

EXTENSION MASTER FOOD VOLUNTEER PROGRAM

2021 REPORT

The Extension Master Food Volunteer Program (EMFV) engages residents in food and nutrition programming in their community and trains volunteers to broaden the reach of NC Cooperative Extension.

EMFVs work closely with their Family & Consumer Sciences (FCS) Agent, to expand and build upon programs that serve families at risk of food insecurity, teach how to cook nutritious, low cost meals at home, and increase the availability of local foods.

Learn more about the EMFV program at <https://fcs.ces.ncsu.edu/master-food-volunteers/>.



Grow. Cook. Eat.

NC STATE

Extension Master
Food Volunteer Program



54

Counties

2021 Totals



1,233
Volunteer
Hours



Valued at
\$36,928



7,775
Community
Members Reached

Cumulative Totals 2017-2021

44
Trained Agents

108
Trained Volunteers

28,000
Community
Members Reached

Success Story

Volunteers in Rutherford County contributed over 24 hours of volunteer time to the Farm to Pantry project which focuses on the donation of fresh produce and meats from local farmers and growers in the area. They worked to harvest, wash, bag, and deliver the donations, keeping costs down for the project.

Monthly Continuing Education



- COVID-19 & Extension Food Programming
- Understanding the Racial Wealth Gap
- Local Food Directories
- Sharing Stories: VA & NC Master Food Volunteers
- Farm to Early Care & Education
- Home Food Preservation
- Diverse NC Crops
- Cooking with Seafood
- Food Safety for the Holidays
- Working with Food Pantries
- Holiday Cultural Food Traditions