

Extension Master Food Volunteer Program 2022 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.



Grow. Cook. Eat.

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.

NC STATE

Extension Master Food Volunteer Program

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



2022 Totals

Ten new agents were trained in the program and **six** agents held volunteer trainings, training **26** new volunteers.

1,922

Service Hours

Valued at

\$57,564

11,773

Community Members Reached



As we continue to grow back the program following the COVID pandemic, we are always excited to have new volunteers trained in the program! In two of our counties, Stanly and Sampson, community members attending agents' classes learned about Extension and the EMFV program and decided to become EMFVs! Other counties are engaging EMFVs in programs like Color Me Healthy, Med Instead of Meds, Donation Stations, Lunch n' Learns, and even helping with social media!

Cumulative Totals (2017-2022)

44

Trained Agents*

*high turnover in agents kept our totals the same as 2021

134

Volunteers

40,000

Community Members Reached



54 counties



Monthly Continuing Education

