



(MFV, Mary Louise Holmes, does Food Demonstration at C & A Daycare and Preschool Ctr in Dahlgren, Va.)

**Fridays**  
**April 7, 14, 21, and 28 2017**  
**9:00 a.m. to 3:00 p.m.**

King George Citizen Center \* 8076 Kings Hwy \* King George VA

*Registration deadline- March 24, 2017 or until class is full*

**Serving Caroline, King George, Spotsylvania, & Stafford counties and the City of Fredericksburg**

## Become A Master Food Volunteer!



(MFV, Joyce Rollins, explains breakfast options.)

### Master Food Volunteer Requirements

There is no prior educational requirement for those interested in becoming a Master Food Volunteer. You will receive a minimum of 30 hours of hands-on, research based training over 4 weeks. The training will cover topics such as basic nutrition, fruits and vegetables, whole grains, low cost meal planning, cooking techniques, food safety, physical activity, healthy lifestyles and effective teaching techniques for working with diverse audiences. In exchange, you are asked to complete 30-hour of service within the first year of training.

## SPECIAL GUESTS:

**Virginia Tech and Virginia State Cooperative Extension Specialists, Registered Dietitians, Local Chefs and many more fantastic lecturers from around the state.**



### Volunteer Opportunities

Health fairs, food demonstrations, cooking classes, farmers' markets and grocery store displays, youth programs, judging fairs, in-school or after-school programs, assisting with education at food distribution sites, health ministries in your community, and more.

### How to Enroll?

Course cost is \$100. It includes a notebook with educational materials, an apron, a tote bag and light refreshments and lunch each day of the training. To apply or for more information, please contact your local Family & Consumer Science Agent:

Pegi Wright  
**King George**  
[lvwright@vt.edu](mailto:lvwright@vt.edu)  
(540) 775-3062

April Payne  
**Spotsylvania**  
[arpayne@vt.edu](mailto:arpayne@vt.edu)  
(540) 507-7568

Katrida Williams  
**Stafford**  
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(540) 658-8000

**LIMITED # OF SCHOLARSHIPS AVAILABLE!!**

Do you love food? Like to cook? Want to learn more about nutrition and wellness? Enjoy volunteering? Want to make a difference in your community? Combine your love for cooking, nutrition, physical activity and helping others by becoming a Virginia Cooperative Extension Master Food Volunteer (MFV)!

### Who are Master Food Volunteers?

Virginia MFVs are volunteer educators who are trained to promote, inform and work with individuals, families and groups presenting programs on food, nutrition and healthy lifestyles. Volunteers come from all walks of life: Nutritionists, Nurses, Culinary Ministers, Chefs, Entrepreneurs, Culinary Students, Family & Consumer Sciences Teachers, Moms, Dads, Retiree

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Pegi Wright at (540) 775-3062, TDD 1-800-828- 1120 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.

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