

## Extension Master Food Volunteer Course



### Registration is Now Open... Hope you can join us.

Do you enjoy cooking, eating, visiting produce markets, or just simply – food? If you answered yes to any of these, join the Extension Master Food Volunteer program now!! The 2018 application for the EMFV program is open to Chowan, Perquimans, Pasquotank County citizens! The application deadline is August 15 but sign up early because spots are limited! Classes will be conducted at the various Extension Centers, unless otherwise noted, between 9 a.m. – Noon. Training dates, locations and topics include:

- Sept. 4 - Pasquotank Extension Center – 1209 McPherson St., Elizabeth City, NC  
EMFV Program Overview 9:00 am-12:00 pm
- Sept 11 - Currituck Extension Center – 120 Community Way, Barco, NC  
History of Extension 9:00 am-12:00 pm
- Sept 18 - Perquimans Extension Center – 601 South Edenton Road St., Hertford, NC  
Teaching Strategies/Diversity 9:00 am-12:00 pm
- Sept 25 - Pasquotank County Center – 1209 McPherson St., Elizabeth City, NC  
Programs That Work 9:00 am-12:00 pm
- Oct 2 - Chowan Extension Center – 730 N. Granville St., Edenton, NC  
Changing Health Behaviors 9:00 am-12:00 pm
- Oct 9 - Perquimans Extension Center – 601 South Edenton Road St., Hertford, NC  
Cooking Skills 9:00 am-1:00 pm
- Oct 16 - Pasquotank Extension Center – 1209 McPherson St., Elizabeth City, NC  
Nutrition 101 9:00 am-12:00 pm
- Oct 23 - Currituck Extension Center – 120 Community Way, Barco, NC  
Cooking Demo 9:00 am-1:00 pm
- Oct. 30 - Perquimans Rec Department – 310 South Granby St. Hertford, NC  
Food Safety 9:00 am-12:00 pm
- Nov. 6 - Pasquotank Extension Center – 1209 McPherson St., Elizabeth City, NC  
Food Systems & Local Foods, / Graduation 9:00 am-12:00 pm

The EMFV program, similar to the highly-recognized Extension Master Gardener<sup>SM</sup> Volunteer (EMGV) program, is designed to provide volunteers the opportunity to support Family and Consumer Sciences (FCS) agents with food-related programming. Volunteers with the EMFV program will receive a core curriculum of 30 hours of training and will then shadow the FCS agent for 30 hours during their first year.

Volunteers will be able to provide support to the FCS agent's food-related programming, including assisting with cooking, nutrition education, and food safety classes, and conducting food demonstrations in the community. The cost of the program is \$50.

Perquimans County's Sue Mitchell, was one the first Extension Master Food Volunteers to become trained in 2016, during the NC State Campus Pilot Program started in Currituck County under the direction of Olivia Jones, Currituck/Camden FCS Agent. Mitchell will be assisting with the course and is excited to see others join this elite group of individuals that represent North Carolina State University's Extension Outreach.

To apply for the 2018 class, [register online](#) at the Perquimans Cooperative Extension Website at [perquimans.ces.ncsu.edu](http://perquimans.ces.ncsu.edu) or contact [Jewel\\_Winslow@ncsu.edu](mailto:Jewel_Winslow@ncsu.edu), 252-426-5428.