

# What is expected?

Complete the EMFV application process including references and background check

30 hours of core training

30 hours of shadowing FCS Agent

20 hours of volunteer service per year

10 hours of continuing education per year

## Opportunities for Service

- Health fairs
- Food/Cooking demonstrations
- Farmers market displays
- In-school and after-school programs
- 4-H youth programs
- Newspaper or newsletter articles on healthy living
- Health ministries in your community
- Cooking classes and more!

For more information, please contact Der Holcomb at 828-632-3125 or email [dxiong3@ncsu.edu](mailto:dxiong3@ncsu.edu)

To learn more about the Alexander County Extension Office Center and our monthly activities, please visit our website at [alexander.ces.ncsu.edu](http://alexander.ces.ncsu.edu) or follow us on facebook at Alexander County Cooperative Extension

North Carolina State University and North Carolina A&T State University commit themselves to positive actions to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran's status. In addition, the two universities welcome all person without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Der Holcomb at 828-632-3125/[dxiong3@nsu.edu](mailto:dxiong3@nsu.edu), or in person at the Cooperative Extension office at least 14 days prior to the event.

## Extension Master Foods Volunteer ..... Training Program

Extension Learning Center  
376 1st Avenue SW  
Taylorsville, NC  
5:30pm - 8:30pm

*Select dates from  
June 25th - September 24th*

**Informational Session:  
May 31st 5:30pm-6:30pm**

**Cost of Program: \$75**

# What is EMFV?

The Extension Master Food Volunteer (EMFV) program is designed to engage residents in food and nutrition programming in their community and train volunteers to further expand the reach of N.C. Cooperative Extension. Volunteers who complete the training and pay their membership fee become a part of the State-Wide Extension Master Food Volunteer Group

# Why become an EMFV?

Combine your love of cooking, nutrition, physical activity, and helping others by becoming a North Carolina Extension Master Food Volunteer



## 2018 Training Schedule

**Monday, June 25th:**  
Orientation

**Tuesday July 10th:**  
Program management

**Monday July 16th:**  
Food Safety & Preservation

**Monday July 23rd:**  
Nutrient Basics

**Monday July 30th:**  
Diversity, Inclusion, & Equality

**Tuesday August 7th:**  
Cooking Techniques 1

**Monday August 20th:**  
Cooking Techniques 2

**Monday August 27th:**  
Food Systems

**Thursday September 6th:**  
Cooking Demo 1

**Monday September 17th:**  
Cooking Demo 2

**Monday September 24th:**  
Make up Date

## 2018 Extension Master Foods Volunteer Program Sign up for the Informational Session on May 31st from 5:30pm - 6:30pm

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
E-Mail: \_\_\_\_\_

Please mail your for to Alexander Cooperative Extension Service to:

**Atten: Extension Master Foods Volunteer, 379 1st Ave SW, Taylorsville, NC 28681**