

Who Are Master Food Educators?

The Master Food Educator concept is a model used throughout the state by University of Delaware Cooperative Extension to provide education to the public regarding food, nutrition and food safety.

Master Food Educator volunteers are food or nutrition professionals or individuals without professional training who have an interest in these areas. Provided with training, these individuals help to expand the nutrition and food safety educational efforts of University of Delaware Cooperative Extension by working in their communities and organizations.

Candidates for the Master Food Educator program are people who:

- ◆ have an interest in food and nutrition issues
- ◆ need a basic nutrition background to improve their on-the-job skills
- ◆ have experience working with food
- ◆ want to learn more about nutrition, diet and health
- ◆ have experience and interest in helping others stretch their food dollars
- ◆ are concerned about food safety
- ◆ have a desire to help others in their community such as youth, senior citizens, young parents and community groups
- ◆ would like to be more involved in promoting good health and wellness in their communities

Master Food Educator Training

The Master Food Educator training course is an intensive and comprehensive 36-hour course designed to prepare Master Food Educator candidates for the community outreach phase of the program.

Training is provided by University of Delaware Cooperative Extension specialists, educators and faculty. The training includes formal lectures, discussion sessions, workshops and hands-on activities.

As a result of Master Food Educator training, you will be able to:

- ◆ identify the role food and physical activity plays in good health
- ◆ use tools such as MyPlate and Nutrition Facts to select a healthy diet
- ◆ understand the relationship of food selection and physical activity to various health issues such as obesity, heart disease and osteoporosis
- ◆ recognize scientifically accurate nutrition and food safety information
- ◆ help others plan, buy, prepare and store foods within their food budget
- ◆ work with the public by making presentations and answering questions

Community Outreach Phase

Volunteer Outreach – Upon completion of the training program, Master Food Educators are expected to donate 40 hours of their time to Cooperative Extension. Volunteer time is spent educating and advising the public on various topics as part of UD Cooperative Extension programming efforts. For those who volunteer through Cooperative Extension, the training is \$40 due at the time of application.

Volunteer Master Food Educators decide how they would like to contribute their time. Ongoing projects include:

Staffing Educational Displays – at locations such as Delaware State Fair, health fairs and expos at schools and businesses

Assist or Conduct Workshops or Demonstrations – on topics such as food safety, food selection/preparation, nutrition and diet, stretching your food dollar and others

Educational Resource Development – like fact sheets or recipe testing for educational programs

Individuals will have access to UD Cooperative Extension resources to accomplish their outreach efforts. These include items such as teaching resources, publications and expertise of Extension professionals.

For an application,
please visit our website
[http://extension.udel.edu/fcs/master-
food-educator-volunteer-program/](http://extension.udel.edu/fcs/master-food-educator-volunteer-program/)

If you prefer, you may contact the
county office where the training is
offered to request an application. We
would be glad to mail one to you.

Cooperative Extension will work to
accommodate special learning needs of
those who contact us at least two
weeks prior to program.

Cooperative Extension Education in Agriculture and Home
Economics, University of Delaware, Delaware State University
and the United States Department of Agriculture cooperating.
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or national origin.

WHEN AND WHERE WILL TRAINING BE HELD?

Kent County

The 2018 statewide training will be held on

Mondays and Thursdays
from March 5, 2018 – April 12, 2018
9:30 a.m. – 12:30 p.m.

Training will be held at
Kent County Cooperative Extension
Paradee Center
69 Transportation Circle
Dover, DE 19901

For more information, contact:

Cheryl Bush
New Castle County
302-831-1327

Kathleen Splane or Kimberly Moore
Kent County
302-730-4000

Nancy Mears
Sussex County
302-856-7303

***Application & Fee is due no later than
Friday, February 16, 2018***

MASTER FOOD EDUCATOR

Volunteer and
Professional Training
Program



2018
Training