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 $80 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/

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.

When and where will training be held?

**New Castle County**

Training will be held on Tuesdays & Thursdays
From January 17 – February 16, 2017 and
Wednesdays, January 18 & 25, 2017
Snow Dates: February 8 & 15, 2017
9:30 a.m. – 12:30 p.m.
Training will be held at
New Castle County
Cooperative Extension
461 Wyoming Road
Newark, DE 19716
http://extension.udel.edu/ncc/location-directions/
For New Castle County information, contact Maria Pippidis or Serena Conner 302-831-1239

New Castle County application & fee due by January 4, 2017

**Sussex County/Kent County**

Training will be held on Tuesdays and Thursdays from March 21 – April 27, 2017
9:30 a.m. – 12:30 p.m.
Training will be held at
Sussex County Cooperative Extension
16483 County Seat Highway
Georgetown, DE 19947
http://www.rec.udel.edu/CarvelDirections.htm
For Sussex/Kent County information, contact Nancy Mears or Kim Lewis 302-856-7303

Sussex/Kent County application & fee due February 28, 2017