

## 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/](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.  
Distributed in furtherance of Acts of Congress of May 8 and  
June 30, 1914, Delaware Cooperative Extension, University of  
Delaware. It is the policy of the Delaware Cooperative  
Extension System that no person shall be subjected to  
discrimination on the grounds of race, color, sex, disability, age  
or national origin.

## 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/](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***

## MASTER FOOD EDUCATOR

Volunteer and  
Professional Training  
Program



2017  
Training