

who is EMFV for?

This program is ideal for volunteers who are interested in formalizing and deepening their training and involvement with Cooperative Extension.

This includes:

- individuals who are passionate about food, cooking, and local foods,
- community garden leaders and gardeners,
- community of faith and ministry leaders,
- youth leaders,
- college students, and
- You!



Grow. Cook. Eat.

NC STATE

EXTENSION

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NC STATE

EXTENSION

EXTENSION MASTER FOOD VOLUNTEER PROGRAM



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GO.NCSU.EDU/EXTENSIONMFV

about 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.

The EMFV program allows FCS Extension Agents to train volunteers to support their food and nutrition programming and promote local food, thereby building their capacity to deliver high quality, evidence-based interventions.

why EMFV?

OPPORTUNITY TO LEARN ABOUT FOOD

The NC EMFV program teaches volunteers about key food concepts. With a food systems emphasis, the program broadens the citizens' perspective about their relationship with food.

OPPORTUNITY TO SERVE

EMFVs are trained to not only assist their FCS Agent with innovative programs, but to also provide outreach and education at farmers markets, community groups and local events.

MAKE NEW FRIENDS

Serving to others brings people together that we might not otherwise meet. EMFVs have the opportunity to learn from each other, serve together and build relationships.



how the program works



APPLY

Candidates can complete the EMFV application at go.ncsu.edu/emfvapp. Applications are reviewed and interviews are conducted annually at the end of the year.



LEARN

Upon acceptance into the program, EMFVs are required to complete 30 hours of training. Training topics include food systems, nutrition, food safety, diversity and cooking skills, amount others.

After the first year, EMFVs are required to complete 10 hours of continued education per year.



SERVE

EMFVs are required to provide 20 hours of service per year in Mecklenburg. In the first year EMFVs spend most of their time shadowing the FCS agent. After the first year, volunteers are more empowered initiate community projects.