



Front row from left: Pat Margolies, DD Ross, Maureen Wells, Paula Wilde. Back row from left: Melissa Barnwell, Diane Crawford, Nancy Stegon FCS Extension Agent, Sherry Swann, Sheila Copeland. Not pictured: Carol McElroy and Carolyn Daly.

TEN PRINCE WILLIAM MASTER FOOD VOLUNTEERS GRADUATE FROM PROGRAM

Those who love cooking, learning about nutrition and wellness, and wanted to help others embarked upon a training through the Master Food Volunteer (MFV) Program of Virginia Cooperative Extension (VCE) which began October 1 and concluded on October 22. This training program was held on Thursdays at Fairview at River Club in Fredericksburg, Virginia with 30 participants from throughout Northern Virginia, ten are from the Greater Prince William area.

The Master Food Volunteer Program is modeled after the Master Gardener Program of Extension. Volunteers in the MFV received 30 hours of training in basic nutrition, meal planning, healthy cooking techniques, and food safety, with an opportunity to sample delicious recipes. In exchange, they are asked to complete 30 hours of volunteering within one year.

Opportunities for volunteering will include food demonstrations and displays at health fairs, farmers markets and food pantries. They will also teach canning classes and test pressure canners as well as food preparation and food safety classes. With the FCS extension agent and three SNAP Ed program assistants they will be able to increase nutrition education programs for adults and children. Volunteers will also have the opportunity to create their own forum for outreach in the community. Contact Nancy Stegon, (703)792-4764 for more information.

Volunteers have a plethora of experience including registered dietitians, culinary arts students, family and consumer science teachers, chefs, entrepreneurs and more. This training in Northern District of Virginia encompassed 19 counties and the 30 volunteers who are being trained to assist Family & Consumer Sciences Agents through community outreach. This pilot program will be replicated in other localities throughout Virginia.