**2018 Application Now Open!**

**OPPORTUNITIES**

**FOR VOLUNTEER**

**SERVICES INCLUDE:**

* Cooking Demos
* Nutrition Classes
* Food Preservation
* Youth Programs
* Physical Activity/Exercise

**Application Open: March 4, 2019**

**Application Deadline: May 1, 2019**

**Interview Dates: May 7, 8, 9, 10**

**Training Begins: June 5, 2019**

*More information about the program and dates for the 2018 training can be found on our website:*

**guilford.ces.ncsu.edu**

**WHAT IS EXPECTED?**

* Complete the EMFV application and interview
* Complete mandatory 30 hours of training
* Communicate volunteer interests that suit   
  your skills to your supervising agent
* Contribute 30 hours of shadowing your supervising agent within the first year of service
* Contribute 20 hours of service per year, and   
  10 hours of continuing education
* Registration cost: $40

The NC State Extension Master Food Volunteer (EMFV) program provides NC residents   
the opportunity to engage with their communities by supporting NC Cooperative Extension programming in the areas of nutrition, cooking, food safety, and food systems. NC Cooperative Extension provides evidence-based information through community classes and events.

**Anyone interested in cooking, nutrition, food safety, or food systems can apply­!**