

Who Are Master Foods Educators

The Master Foods Educators concept is a model used throughout the country by the Cooperative Extension to provide education to the public regarding foods, nutrition and food safety.

Master Foods Educators are foods 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 educational efforts of University of Delaware Cooperative Extension by working in their communities and organizations.

New Castle County is offering its Master Foods Educator program in the Fall 2009.

Candidates for the Master Foods 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 foods
- ◆ 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

Master Foods Educator Training

The Master Foods Educator Training course is an intensive and comprehensive 30-35 hours course designed to prepare Master Foods Educator candidates for the community outreach phase of the program.

Training is provided by University of Delaware Cooperative Extension specialists and educators, faculty and industry experts. The training includes formal lectures, discussion sessions, workshops and hands on activities.

As a result of Master Foods Educators training, you will be able to:

- Identify the role food and physical activity plays in good health
- Use tools such as MyPyramid 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 in making presentations and answering questions

Community Outreach Phase

Organizational Outreach – For those professionals working in organizations who attend the training, upon completion of the training program, you will be expected to implement educational programming or provide information to your organization's clientele/members who will benefit from your expertise. You will be asked to report your efforts to Cooperative Extension. The cost of training for you is \$125.

Individuals will have access to Cooperative Extension resources in order to accomplish their outreach efforts. These include items such as teaching resources, publications and expertise of Extension professionals.

Volunteer Outreach - Upon completion of the training program, Master Foods 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 University of Delaware Cooperative Extension programming efforts. For those who volunteer through Cooperative Extension, the training is free.

Volunteer Master Foods Educators decide how they would like to contribute their time. Ongoing projects include:

Staffing Educational Displays - for State Fair, Ag Day, Day on the Farm, health fairs and expos at schools and businesses.

Assist or Conduct Presentations or Demonstrations - are conducted on topics such as food safety, foods selection/preparation, nutrition and diet, stretching your food dollar and others.

Volunteers who do not satisfy the 40 hours volunteer requirement within one year will be charged a \$125 fee.

**WHEN AND WHERE WILL
TRAINING BE HELD?**

Master Foods Educator training
will be held 10 sessions:
Monday and Wednesday evenings
from 6-9 pm
Monday, Oct 5 through Wednesday,
November 4

Training will be held at the New Castle
County Cooperative Extension Office, 461
Wyoming Rd. Newark, DE 19716
<http://ag.udel.edu/extension/ncc/NCCdirections.php>

NEED MORE INFORMATION?

Contact Maria Pippidis or Sandy Peralta
Phone: 831-1239
Fax: 831-8934

An application can be found at:
<http://ag.udel.edu/extension/ncc>

Or send in this form and we will send you the
application form:

Name: _____

Address: _____

City _____

State _____ Zip _____

Phone _____

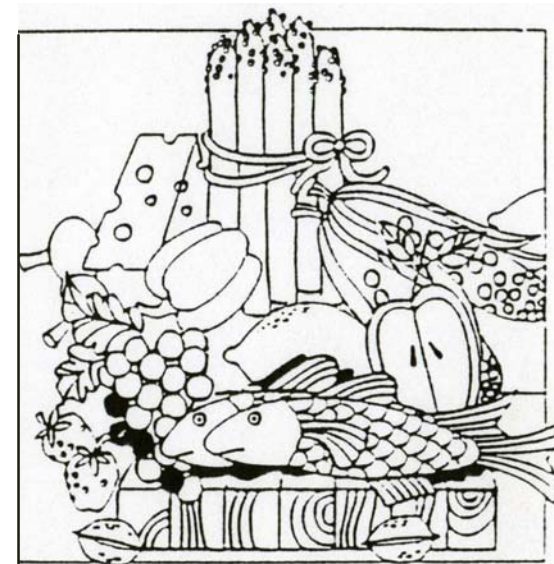
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MASTER FOODS EDUCATOR

Professional and Volunteer
Training
Program



Fall 2009
New Castle County
Extension