

Who Are Master Food Educators

The Master Food 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 Food 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 Food Educator program in the Winter 2012. 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 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
- ◆ 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 30-35 hours 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 and educators, faculty and industry experts. The training includes formal lectures, discussion sessions, workshops and hands on activities.

As a result of Master Food 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 by making presentations and answering questions

Cooperative Extension will work to accommodate special learning needs of those who contact us at least 2 weeks prior to program.

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 University of Delaware Cooperative Extension programming efforts. For those who volunteer through Cooperative Extension, the training is free.

Volunteer Master Food 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.
Elementary and Middle School based educational programs - presenting on topics such as nutrition, food safety, and wellness curriculum.

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

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 due at the time of application.

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

WHEN AND WHERE WILL TRAINING BE HELD?

Master Food Educator training will be 12 sessions held on Tuesday and Thursday mornings from 9:30am-12:30 Tuesday, January 31 through Thursday, March 8
Snow date: February 22 and 29

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.
Applications due January 20, 2012

Name: _____

Address: _____

City _____

State _____ Zip _____

Phone _____

Email: _____

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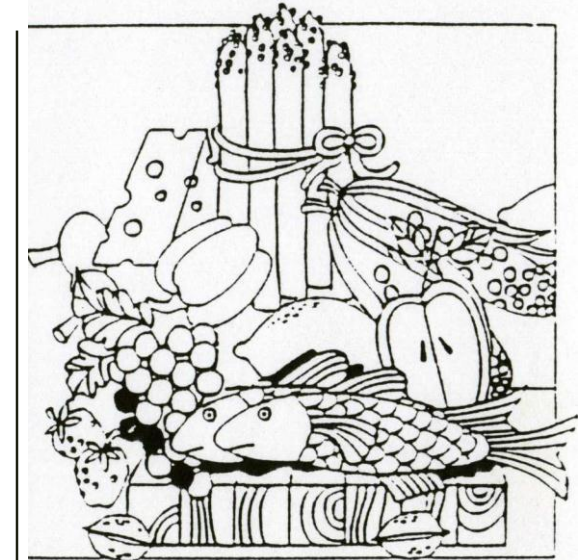
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Cooperative Extension
461 Wyoming Rd.
Newark, DE 19716



Cooperative Extension
COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

MASTER FOOD EDUCATOR

Volunteer and Professional
Training Program



Winter 2012
New Castle County
Cooperative Extension