

## Master Family & Consumer Sciences Volunteer Program Summary

Institution: Colorado State University Extension  
Program: Master Food Safety Advisor Program  
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The Master Food Safety Advisor Program serves to extend CSU Extension's education programs in food safety and food preservation to adults and youth. The Master Food Safety Advisor is a trained volunteer educator and resource person in the community to provide the public with research-based information from Colorado State University and USDA.

Anyone 21 years or older is eligible to apply to take the Master Food Safety Advisor training. To become a Master Food Safety Advisor, applicants must meet the following qualifications:

- Attend training sessions for at least 30 hours.
- Pass a written exam.
- Complete at least 30 hours of volunteer service as a Master Food Safety Advisor or 20 hours if also participating as a Master Gardener volunteer.
- Complete quarterly reports on the number of public contacts made.

CSU Extension offers 30 hours of intensive training on methods of canning, pickling, freezing, dehydrating, food safety and prevention of foodborne illness for a minimal fee, in exchange for commitment of 30 hours of volunteer service each year with a CSU county Extension office.

The trainings cover the following: the latest information on food safety and food preservation from CSU and USDA; prevention of foodborne illness; food storage and safety; basis of spoilage and preservation; altitude adjustments for food preparation and safety; canning basics; canning acid foods; canning low-acid foods; pickled and fermented foods; preserving fruit spreads; freezing foods; drying food products; nutritional considerations; preparing for and coping with emergencies and disasters; and, answering consumer questions.

After completing the training, participants will have opportunity to choose their volunteer experiences. The 30-hour commitment can be fulfilled by:

- Helping others to learn, and provide research-based information from CSU and Extension.
- Answering consumer phone calls.
- Providing information at local Farmers' Markets, fairs, or supermarkets.
- Conducting presentations and workshops as part of a team or on your own for community groups and schools.
- Preparing educational displays, writing articles for newsletters, newspapers, etc.