

Master Family & Consumer Sciences Volunteer Program Summary

Institution: University of Kentucky Extension
Program: Champion Food Volunteer Program
Contact: Sandra Bastin, Extension Educator
Email: sbastin@uky.edu

The Champion Food Volunteer program provides volunteers a foundation of knowledge, skills, and competencies in basic nutrition; food safety, handling, and preparation; cooking methods and techniques; food science; and physical activity.

The program allows people who have an interest in food, cooking, and nutrition a way to hone their skills and take them to a new level, all while helping their community. Upon completion of the training, volunteers will commit to spending a specified amount of time sharing their enhanced expertise with others.

Program requirements:

- Attend five, six-hour sessions and complete all pre- and post-activities.
- Contribute a minimum of 40 hours of approved community service.

Volunteer requirements:

- Live in the county where the volunteer work will take place.
- Have a high school diploma or equivalent.
- Be able and willing to travel to a training site for all classes.
- Enjoy working with diverse audiences.
- Be willing to learn how to use research-based websites.
- Be available for approximately 30 hours of training classes.
- Complete approximately 10 hours of pre- and post-activities.
- Be committed to donating 40 hours of approved community service.