Master Food and Nutrition Volunteer Class Forming In Lake County

Would you like to develop expertise in the area of food and nutrition and share your knowledge with others?

The Master Food and Nutrition Volunteer program is being offered by University of Florida/IFAS Lake County Extension. The program is designed to provide food and nutrition training for selected individuals in Lake County. Master Food and Nutrition Volunteer is a title given to individuals who receive in-depth food and nutrition training from County Extension Family and Consumer Sciences Agents and agree in return to give a minimum of 50 hours of volunteer service to Lake County Extension Family and Consumer Sciences programs in the next year.

The Lake County Extension office is accepting applications for volunteers. A joint training will be held at the Lake, Orange and Seminole County Extension offices on Wednesdays beginning September 5, 2012 and ending December 5, 2012. Training sessions begin at 9:00 a.m. and last until 3:00 p.m. Training will includes topics such as nutrition and health throughout the lifecycle, chronic disease management, food preparation techniques, and food safety.

Master Food and Nutrition Volunteers will give their volunteer hours in many ways. These may include assisting with agent demonstrations and educational projects, teaching nutrition classes, health fairs and working with the 4-H youth program.

Applications for a limited number of openings in the class are now being taken. For more information or to receive an application, contact Julie England, Family and Consumer Sciences agent at the Lake County Extension office at (352) 343-4101 extension 2721 or 2719 or julieeng@ufl.edu.

Application deadline is August 10. There is charge of $100 to cover training materials and supplies for the course.

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