

Virginia Cooperative Extension

**MASTER** **V** **F O O D**  
 **VOLUNTEER**



**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

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# Food, Nutrition, and Health

- Increased rates of obesity
- Increased rates of chronic disease
- Improve health and quality of life



# Train Volunteers



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Year	Number of Volunteers	People Reached	Hours Reciprocated	Value of Volunteer Time
2012	89	4,226	3,657	\$79,686.03 (*\$21.79/hour)
2013	154	16,401	4,656	\$103,083.84 (*\$22.14/hour)
2014	86	11,021	5,326	\$130,433.74 (*\$24.49/hour)
2015	187	13,177	5,779	\$133,321.50 (*\$23.07/hour)








\*Independent sector estimate

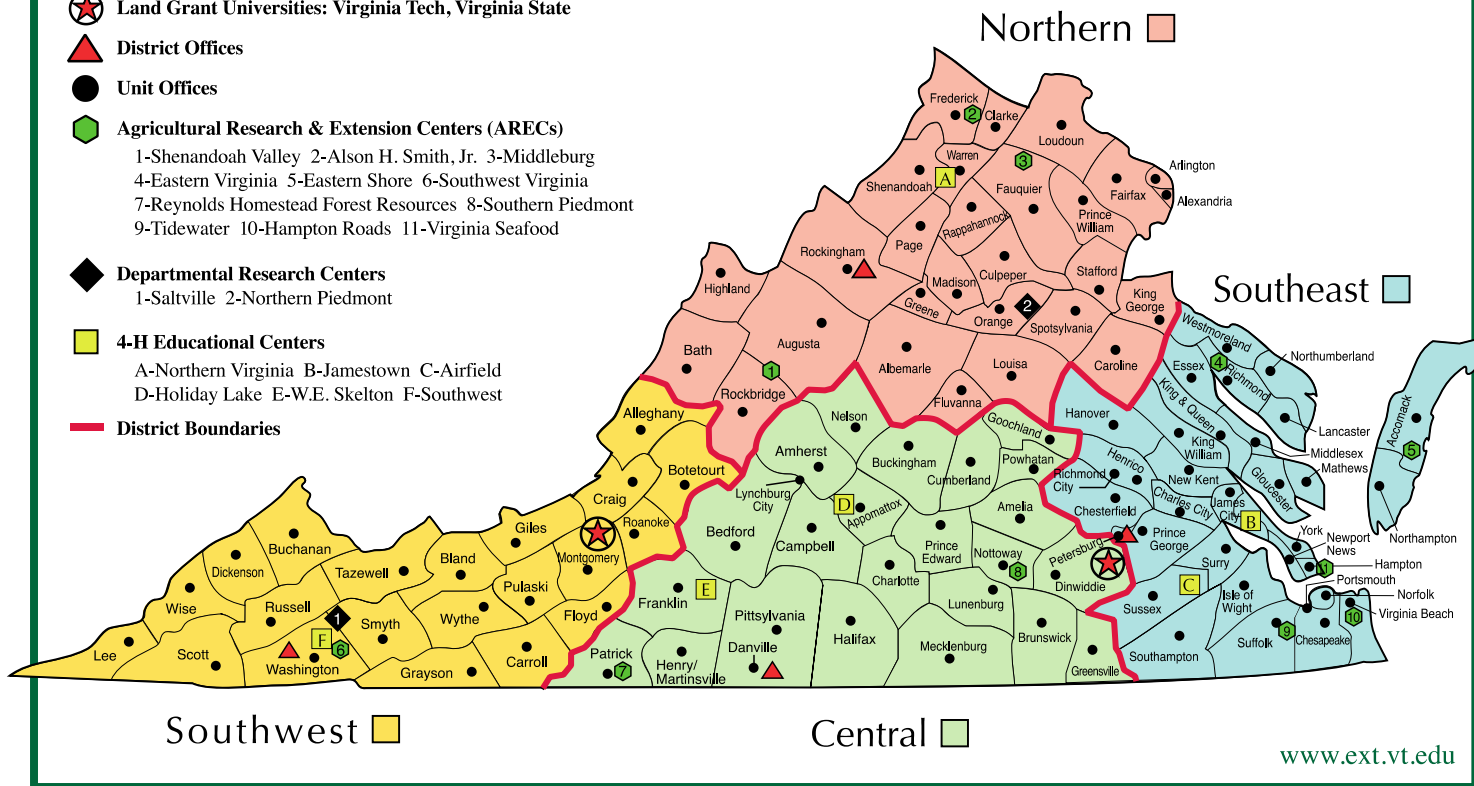


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-  **Land Grant Universities: Virginia Tech, Virginia State**
-  **District Offices**
-  **Unit Offices**
-  **Agricultural Research & Extension Centers (ARECs)**  
1-Shenandoah Valley 2-Alson H. Smith, Jr. 3-Middleburg  
4-Eastern Virginia 5-Eastern Shore 6-Southwest Virginia  
7-Reynolds Homestead Forest Resources 8-Southern Piedmont  
9-Tidewater 10-Hampton Roads 11-Virginia Seafood
-  **Departmental Research Centers**  
1-Saltville 2-Northern Piedmont
-  **4-H Educational Centers**  
A-Northern Virginia B-Jamestown C-Airfield  
D-Holiday Lake E-W.E. Skelton F-Southwest
-  **District Boundaries**



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Fairfax County Neighborhood and Community Service Volunteer  
Gold Star Award for 2014



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## Rebecca

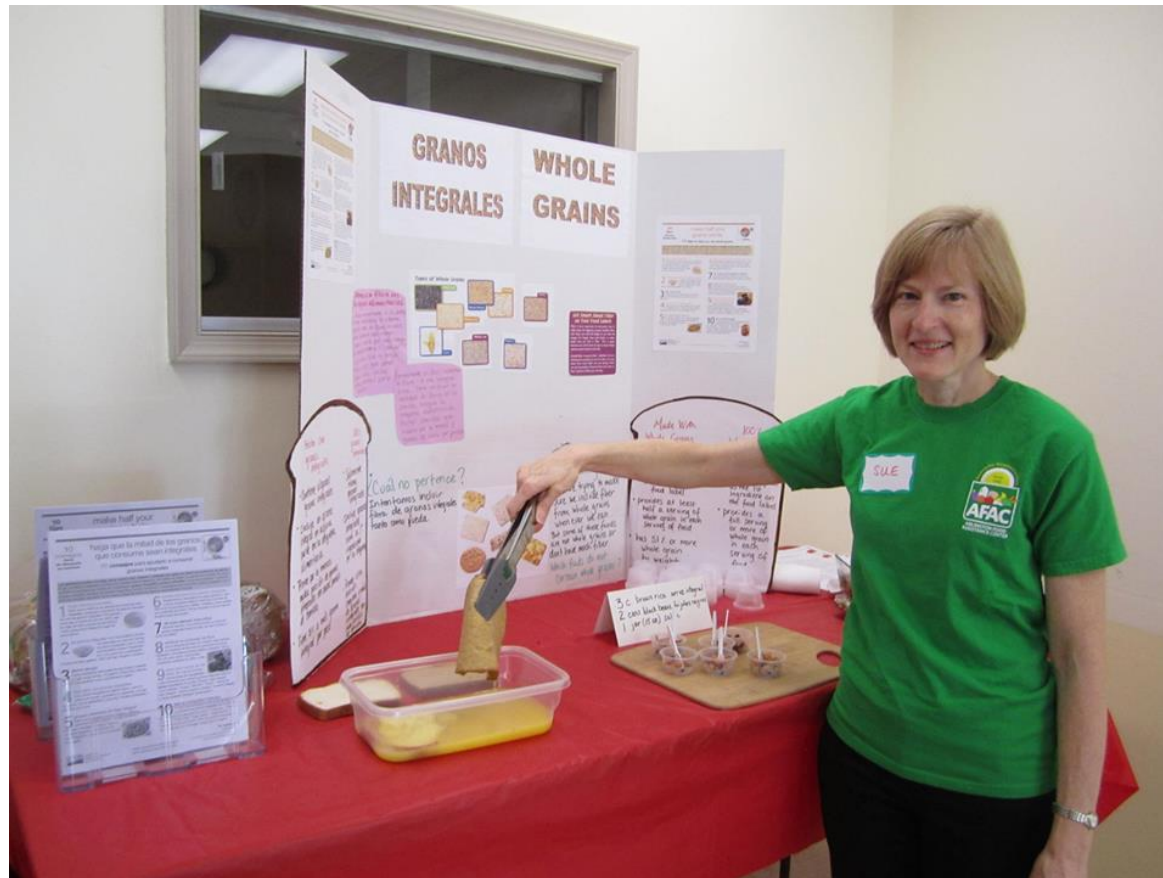
“We can give a family a sack of food and they’ll eat for a week. But if we teach them how to garden and cook and preserve, they will be able to feed themselves forever. That’s why I volunteer.”



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## Sue

“I wanted to learn more about nutrition so that I could apply the latest research in my own life as well as share it with family, friends and the community..”



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# Program Collaboration



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## Food For Thought: A Plant-Based Partnership with Roanoke City Public Schools, Master Gardeners and Master Food Volunteers

Kim Butterfield, FCS Extension Agent – Roanoke/Salem; Anna-Beebe Sachs, Instructor - Roanoke City Public Schools; Linda VanLuik, Master Gardener – Roanoke/Salem; and Mary Harshfield, Master Food Volunteer – Roanoke/Salem

### Education In Action – Seeds Sessions



*Left:* James Madison student participates in lesson with MFV.

*Right:* The final product of MFV seed class – a Seed Snack Energy Ball and apple slices



*Left:* Student works with MG to dissect seeds.

*Right:* James Madison student learns about the different parts of a seed.





# Junior MFV Teen Mentors



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# Master Gardener College/Master Food Volunteers Joint Workshops

Theme for 2014: Food/general

- Vegetable fermentation
- Winemaking as a hobby
- Have your art and eat it, too
- Handling produce safely



27th Annual Master Gardener College  
June 25-29, 2014  
Featuring Land Care Steward Training



VIRGINIA COOPERATIVE EXTENSION

#### Housing:

We will again be in the dorms, but local hotel information is also available on the website ([www.hort.vt.edu/mastergardener](http://www.hort.vt.edu/mastergardener)). Go to the website above for information regarding on-campus housing.

#### Meals:

If you are staying in the dorms, your meal ticket is included with your housing reservation. If you are staying off campus, you can either purchase meals individually with cash, check, or credit cards, or purchase a meal plan for the entire conference from Conference and Guest Services. Please see the Master Gardener website for information on meal plans and enjoy the company of other Master Gardeners during meal time.

During Your Stay	Breakdown of Costs	Schedule of Events
Information about meals, residence halls and other accommodations.	A breakdown of costs including Milestone Award discounts.	A day-to-day schedule including concurrent sessions and tours.
<a href="#">2</a>	<a href="#">3</a>	<a href="#">4</a>

Theme for 2015: Fermentation

- Hard cider production
- Vegetable fermentation
- Health benefits of fermentation
- Home brewing



28th Annual Master Gardener College  
June 24-28, 2015  
Featuring Tree Care Steward Training

#### Inside:

##### During Your Stay

Information about meals, residence halls and other accommodations.

2

##### Breakdown of Costs

A breakdown of costs including Milestone Award discounts.

3

##### Schedule of Events

A day-to-day schedule including concurrent sessions and tours.

4

Welcome to the 2015 Master Gardener College edition of In Season! This year's College will feature 34 concurrent sessions, six keynote speakers, four workshops, including a food preservation workshop, and eight pre-college tours, including a hike trip alongside the New River. Save the date!

#### Registration:

Get registration information from your local MG coordinator or agent. This year you will be able to register by mail, telephone, fax, or on the internet. Registration is open only to certified MGs. Contact your local MG coordinator or agent for details, as registration will open in the last week of April.

#### Scholarships:

Are you planning to attend Master Gardener College this summer? Remember that there will be VMGA scholarships again this year. The amounts of the awards have not yet been determined. Any Master Gardener who plans to attend MG College 2015 is eligible except those who have been recipients in the past. The application form must originate with unit agents or Master Gardener Coordinators. However, it is appropriate for you to express your interest and provide details of your service to a nominator who makes the final decision about whose application will be forwarded to the scholarship committee. Go to the VMGA website and select "Educational Events," "MG College Scholarships," and "Scholarship Nominations" to view the actual form. The deadline this year is Friday, April 17. For further information, you may contact the scholarship chairman, Marilyn Riddle at [mriddle@cox.net](mailto:mriddle@cox.net) or 757-229-2177. Other members of the committee are Lynn Jones, Mary Ann Kincaid, Ted Munns, and Wanda Gerard.



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# Multi-State Collaboration



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*“Volunteers do not necessarily have the time; they just have the heart.”*

-Elizabeth Andrew



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