

**Family Food Education/Nutrition Education Volunteer (FFE/NEV)  
Position Description  
Eating Well For Good Health**

**Position Title:** OSU Extension Family Food Education/Nutrition Education Volunteer

**Time Commitment:**

- ▶ Attend 6+ hour training session on May 9, 2007
- ▶ At least 10 hours teaching at educational events (during the quarter in which you have been trained)

**Roles of the Family Food Education Volunteer Position:**

The volunteer will help extend the OSU Extension Service – Nutrition Education Program to Food Stamp-eligible youth and adults. Program assignments are arranged between the volunteer coordinator, community groups requesting the program, and the volunteer.

The following are some topics included in the training program: Dietary Guidelines, Nutrients & Food Labels, and Food Safety.

**Family Food Education Volunteer Responsibilities Include:**

- Attend the training
- Teach (or assist with teaching) food-related subject matter (basic nutrition, food safety and food preparation skills) at a minimum of 2-3 educational events for individuals and small groups of Food Stamp eligible adults and youth.
- Assisting OSU Extension faculty and staff with nutrition and food safety programs.
- Maintaining a current food handler's card.
- Maintain paperwork and evaluation materials provided for volunteer service.
- Use research-based information provided or approved by the OSU Extension Service.

**Examples of Work:** Teaching guides and handouts will be provided. Demonstrating quick, one-dish meals to a community group or agency clientele within the emergency food network; teaching food safety principles to youth and adults; sharing children's snack ideas with a parent group; or teaching a short program on stretching food dollars.

**Skills and Abilities Needed:**

- Interest and/or desire to work with a variety of people.
- Experience in food shopping and nutritious meal planning.
- Empathy for individuals and families with limited food resources.
- Willingness to follow recommendations of Oregon State University Extension Service and the U.S. Department of Agriculture.
- Ability to communicate effectively with individuals and the desire to improve skills for communicating with small groups.

- Ability to ask questions and seek appropriate information from an approved research base.
- Availability for the training sessions and for payback in the quarter following training.
- Ability to provide own transportation.

**Benefits of becoming a Family Food Education/Nutrition Education Volunteer:**

- Increase knowledge and understanding of the USDA Dietary Guidelines, meal planning and preparation, and food safety.
- Learn how to adapt teaching methods to audience and use a variety of teaching materials.
- Receive research-based information and resources.
- Gain work experience.
- Become a member of a working team, make new friends, and provide a valuable service to people in your community.
- Gain leadership skills.
- Receive community recognition as a volunteer.

**How do you become a FFE/NEV?**

If selected, applicants complete a 6 hour course in Nutrition Education. Upon completion of the course, an open-book certification exam is given and those passing are eligible to be certified FFE/NEV. Applicants must also pass the county or state Food Handler's Test. The fee will be paid by OSU Extension if volunteers assist with the OFNP Program.



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**Please check all the days and times you are currently available for volunteering:**

<b>Day of Week</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Are there any limitations that might prevent you from accepting some volunteer assignments?

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Why are you interested in volunteering with our program?

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Have you had previous training or education in food, nutrition, food safety and/or food preparation skills? If yes, where and when? \_\_\_\_\_

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What experiences have you had working with people? Please include examples of teaching, informal sharing of information, public speaking, and other related skills acquired through employment or volunteer work.

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Have you ever been convicted of a crime involving offenses against children?	Yes: ____ No: ____
Have you ever been convicted of a crime involving physical harm to another person?	Yes: ____ No: ____
Have you ever been convicted of a crime involving a firearm?	Yes: ____ No: ____
Within the past 10 years, have you been convicted of a crime involving theft or dishonesty?	Yes: ____ No: ____
Within the past 10 years, have you been convicted of a crime involving possession of a controlled substance?	Yes: ____ No: ____
If yes to any of the above, please explain:	



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