

**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

► At least 6 months of service, 3 hours each month

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 3-5 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; assisting OSU Extension staff with special projects for nutrition education in Central Oregon schools. After volunteering for 3 months, volunteers may choose to come along side OSU Extension staff to share children's snack ideas with a parent group, or teach 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 certified FFE/NEV.



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

Day of Week	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

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

Why are you interested in volunteering with our program?

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

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.

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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