

**Family Food Education/Nutrition Education Volunteer (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, One 4 hour event each month

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

The volunteer will help extend the OSU Extension Service – Nutrition Education Program to SNAP Benefit-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.

**Nutrition Education Volunteer Responsibilities Include:**

- Attend the training.
- Teach (or assist with teaching) food-related subject matter (basic nutrition, food safety and food preparation skills).
- Optional: 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.

**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 & seek appropriate information from an approved research base.
- Availability for the training sessions and for payback following training.

- Ability to provide own transportation.

**Benefits of becoming a 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 Nutrition Education Volunteer?**

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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Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

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**Oregon State University Extension Service  
Family Food Education/Nutrition Education Volunteer (NEV)  
Training Program Application**

Materials will be made available in large print, Braille, on audiotape, computer disk, verbally or other formats, upon request. Contact your local Extension office.

First Name	Middle	Last
Address		Apt. # or P. O. Box
City	County	State
/		Zip code
Home Phone	Best time to call	Work Phone
/		Best time to call
E-mail	Occupation	Employer
<b>Check one:</b> <input type="checkbox"/> Female <input type="checkbox"/> Male	<b>Race or ethnic group:</b>	
	<input type="checkbox"/> White (non-Hispanic) <input type="checkbox"/> Hispanic	
	<input type="checkbox"/> Black (non-Hispanic) <input type="checkbox"/> Asian or Pacific Islander	
	<input type="checkbox"/> American Indian/Alaska Native	
Food Handlers Card: Yes ___ No ___ Card No. _____ Expires: _____		

Describe any past volunteer experience (organization that you worked with, time period, type of audience, activities): \_\_\_\_\_

**References** (employer, minister, etc. – **not family members/relatives**) – Please include complete mailing address:

1. Name: \_\_\_\_\_ Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

Address: \_\_\_\_\_

City State Zip

2. Name: \_\_\_\_\_ Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

Address: \_\_\_\_\_

City State Zip

**Currently my skills are in the following areas: ("X" all that apply)**

<input type="checkbox"/> Clerical / Office / Filing	<input type="checkbox"/> Recipe testing
<input type="checkbox"/> Cooking demonstrations	<input type="checkbox"/> Teaching groups
<input type="checkbox"/> Developing teaching materials	<input type="checkbox"/> Youth*
<input type="checkbox"/> Food preparation	<input type="checkbox"/> Adult
<input type="checkbox"/> Food preservation	<input type="checkbox"/> Seniors
<input type="checkbox"/> Foreign language(s) _____	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Leadership / Management	<input type="checkbox"/> Other skills, interests or hobbies: _____
<input type="checkbox"/> Master Gardener (MG)	
<input type="checkbox"/> Newsletter / Writing	
<input type="checkbox"/> Organize/catalog resources	
<input type="checkbox"/> Public relations / Marketing	

\* Criminal Background Check Required – OAR 580-023

**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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This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. **SNAP puts healthy food within reach** - call Oregon SafeNet at 1-800-723-3638. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. USDA is an equal opportunity provider and employer.

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