



2009 CSU Volunteer Master Food Safety Advisor Program



Do you enjoy the art and science of food preservation? Would you like to develop expertise in food preservation and food safety? Become a Master Food Safety Advisor!

What is a Master Food Safety Advisor?

Master Food Safety Advisors serve to extend Extension's education programs in food safety and food preservation to adults and youth. The Master Food Safety Advisor serves as a volunteer educator and resource person in the community to provide the public with research-based information from Colorado State University and USDA. This unique program is only offered through Extension in a few states throughout the United States.

Why you should become a Master Food Safety Advisor?

- You enjoy the art and science of food preservation and food safety or want to learn.
- A desire to share your expertise with others in the community.

Who is eligible to apply?

Anyone 21 years or older is eligible to apply to take Master Food Safety Advisor training. To become a Master Food Safety Advisor, applicants must meet the following qualifications:

- Attend training sessions.
- Pass written exam.
- Complete at least 40 hours of volunteer service as a Master Food Safety Advisor or 20 hours if also participating as a Master Gardner volunteer.
- Complete quarterly reports on the number of public contacts made.

What training is provided?

CSU Extension offers 30 hours of intensive training on methods of canning, pickling, freezing, dehydrating, food safety and prevention of foodborne illness. Training is scheduled in the spring. The cost of the training is \$45 with a commitment of 35 hours of volunteer service or \$130 if you choose not to volunteer.

What does the training cover?

During the lectures, discussion and labs in the demonstration kitchen, you will learn:

- The latest information on food safety and food preservation from Colorado State University and USDA
- Prevention of Foodborne Illness
- Food Storage and Safety
- Basis of Spoilage and Preservation
- Altitude Adjustments for Food Preparation and Safety
- Canning Basics
- Canning Acid Foods
- Canning Low-Acid Foods
- Pickled and Fermented Foods
- Preserving Fruit Spreads
- Freezing Foods
- Drying Food Products
- Nutritional Considerations
- Preparing for and Coping with Emergencies and Disasters
- Answering Consumer Questions

What are Master Food Safety Advisor volunteer experiences?

After completing your training, you will have an opportunity to choose your volunteer experiences. The 40-hour commitment can be fulfilled by:

- Helping others to learn and providing research-based information from Colorado State University Extension.
- Answering consumer phone calls.
- Providing information at local farmers' markets, fairs, or supermarkets.
- Conducting presentations and workshops, as part of a team or on your own, for community groups and schools
- Preparing educational displays, writing articles for newsletters, newspapers, etc.

How do you apply?

Request an application:

Write: CSU Extension-Pueblo County
Lois Illick, Extension Agent
212 W. 12th Street, Suite 220
Pueblo, CO 81003

Call: 719-583-6566

Or E-Mail: pauletich@co.pueblo.co.us

