



Master Food Preserver Volunteer Position Description

Title

Master Food Preserver Volunteer

Objective

The Master Food Preserver serves as a volunteer and resource in the community to provide the public with research-based information from various sources including Cornell Cooperative Extension, National Center for Home Food Preservation, and USDA. Master Food Preserver Volunteers serve to extend Cornell Cooperative Extension's educational programs in food preservation to adults and youth.

Qualifications

While there are a handful of Master Preserver Programs around New York State, this position is affiliated with Cornell Cooperative Extension of St. Lawrence County. As such, any NYS resident 18 years or older that can commit to participating in meetings and training in Canton, NY several times a year, is eligible to apply. To become a Master Food Preserver, applicants must meet the following qualifications:

- Interest in working with others
- Experience in handling food in the home
- Interest in or experience in food preservation
- Willingness to follow recommended preservation procedures of Cornell Cooperative Extension, National Center for Home Food Preservation, or USDA
- Ability to ask questions to pinpoint problems
- Ability to know his/her limitations and when to refer questions to someone else
- Attend the 3-day Master Food Preserver course, including hands-on kitchen lab sessions
- Pass the final written exam
- Complete volunteer service as a Master Food Preserver (see below for details)
- Complete activity log tracking public contacts and outreach

Engaging as a Volunteer

After completing the group training, you will have an opportunity to choose your volunteer experiences towards community enrichment. This volunteerism is based on your skills and interests, examples include:

- Teaching or assisting with demonstrations or hands-on workshops at the Harvest Kitchen or other community locations
- Answering questions 1-1 by phone or email that Cornell Cooperative Extension receives
- Creating educational materials for online or event use
- Staffing a booth at community events, farmers' markets or fairs
- Writing articles for our local [Fruition Blog](https://blogs.cornell.edu/fruition/): <https://blogs.cornell.edu/fruition/>
- Other projects that interest you that further the mission of food preservation education

Cornell Cooperative Extension | St. Lawrence County

Cornell Cooperative Extension provides equal program and employment opportunities.



Time Commitment

Annually each person is expected to

- Attend at least 4 of the 6 meetings/skill-sharing sessions held bi-monthly at the Harvest Kitchen in Canton
- Participate in at least two public preservation events which may include helping or teaching at workshops, tabling, demonstrations, etc.
- Participate at least 40 hours of volunteer hours per year
- Track and submit your volunteer hours to Cornell Cooperative Extension of St. Lawrence

Training and Support

During the lectures, discussions, and hands-on kitchen lab experiences of the training, you will learn

- The latest information on food safety and food preservation
- Prevention of foodborne illness
- Food storage and safety
- Canning basics
- Canning acid foods
- Canning low-acid foods
- Pickling and fermenting foods
- Preserving jams and jellies
- Freezing foods
- Drying food products

Continued support is offered during the bimonthly meetings/check-ins.

Benefits to the Volunteer

- Extensive training and knowledge including Master Food Preserver Manual
- Cornell Cooperative Extension as a resource and network
- Connection with other trained Master Food Preserver volunteers
- Development and leadership opportunities

Master Food Preserver Volunteer Program Coordinator

M. Flip Filippi

Local Food Program Leader & Harvest Kitchen Manager

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