




**HARVEST
KITCHEN**
— at the —
EXTENSION LEARNING FARM



**Volunteer Training
for
Master Food
Preservers**

JUNE 16-18, 2022



Cornell Cooperative Extension | St. Lawrence County

**Learn more about this unique program and how to apply.
Space is limited.**

Have you ever considered becoming a Volunteer for the Master Food Preserver Program?



Cornell Cooperative Extension of St. Lawrence County is currently seeking new trainees for our Master Preserver Volunteer Program in St. Lawrence County. Volunteers receive extensive training, which involves a considerable time commitment. The rewards for volunteers are many; you can feel good about teaching others, and learn a lot about food preservation in the process. The training is a 3-day intensive, with hands-on and lecture from numerous instructors. Class size is limited to 18. The training is June 16-18, 2022. **NOTE:** If you are interested in improving your food preservation skills but are not interested in volunteering, we recommend our standalone workshops rather than this intensive training.

WE ARE SEEKING PEOPLE WITH

- Keen interest in food preservation and some practical experience
- Good communications skills and an interest in helping others
- A flexible time schedule and a realistic expectation of being able to contribute 40 hours of volunteer time each year after the initial training

SUCCESSFUL APPLICANTS RECEIVE

- 24+ hours of initial training
- On-going learning opportunities through workshops and meetings
- Access to local and regional staff and Cornell resources
- Connection with others who are actively interested in food preservation

Specifics of Training Program and Ongoing Participation



TRAINING PROGRAM

- Training is Thursday, June 16- Saturday, June 18th, 8am-5pm at the Harvest Kitchen at the Extension Learning Farm in Canton.
- COST: One-time fee of \$125 per person that includes all ingredients, lunch and a manual for each participant
- Trainees receive 24+ hours of technical training in food safety and preservation of fruits, vegetables and meats by various methods including:
 - dehydration, fermentation, freezing, water bath canning, pressure canning

POST-TRAINING VOLUNTEER TIME

- Individuals are considered Master Food Preserver Volunteers only during the years when they are actively volunteering with CCE
- Participants are expected to volunteer 40 hours a year, which includes service, meetings and ongoing learning opportunities
- Individuals choose projects of interest to them, see following page for examples
- Volunteer time can be done at the Harvest Kitchen or in the community of each individual
- Activity logs are submitted Cornell Cooperative Extension

Ready to Apply?

There is a lot of demand for this training. That's why it's essential to make sure we are finding individuals who understand the program and are excited to share their passion for food preservation by serving the community after the initial training.



HOW VOLUNTEERS CONTRIBUTE

One or more of the following:

- Teaching and/or helping with food workshops
- Answering individual preservation questions
- Working with youth, such as at Farm Day Camp
- Staffing exhibits at local events
- Creating educational materials
- Writing for our Fruition blog:
 - <https://blogs.cornell.edu/fruition/>
- Other projects that interest you



APPLICATION PROCESS

1. Read position description on our website.
2. Submit online application by April 25, 2022.
3. Personal phone interview with Extension.
4. Notifications of acceptance by May 18.
5. Pay \$125 before training.
6. Training is June 16-18, 2022.

Cornell Cooperative Extension offers equal program and employment opportunities..

Position Description and application available on our website.

WEBSITE: stlawrence.cce.cornell.edu

APPLICATION: <https://bit.ly/CCEpreserver>

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