URI Expanded Food and Nutrition Education Program (EFNEP) Volunteer Program

Description

Instructions: Please review the program description below. If you are interested in applying for the volunteer program, please contact Katie Mulligan at kmulligan@uri.edu for a link to the online application.

PURPOSE

The Expanded Food and Nutrition Education Program (EFNEP) program at URI has been successful at forming and maintaining relationships with many community agencies and schools. However, as agencies come and go and the demographics of cities and towns change, it is important to continuously seek new opportunities. However, relationship building can be time consuming and slow. URI EFNEP has one full-time professional staff who is in charge of running the program, recruiting for groups, and supervising EFNEP Community Nutrition Assistants (CNAs). The EFNEP CNAs are also very busy and are asked to maintain a high workload and complete many tasks and duties essential to their roles.

Volunteers are important for EFNEP to be able to reach the community and influence the environment while maintaining fidelity to the grant. Volunteers also help to streamline the day-to-day work of the EFNEP program.

EFNEP volunteers should have a vested interest in nutrition and public health and a desire to help others. Community members are most receptive to nutrition information when it is delivered in an enthusiastic manner. Prior experience in a nutrition-related field is ideal but not necessary as on the job training will be provided.

Volunteers will be required to complete the 12-hour EFNEP Volunteer Orientation at the University of Rhode Island Providence Campus. Training will include nutrition and physical activity basics, shopping on a budget, proper food safety techniques, orientation to the URI EFNEP office, civil rights requirements, working in the community, expectations, limitations, term of volunteer position, and additional details as needed.

Eligible URI students will be able to use their volunteer experience to gain academic credits for an independent study course through the Department of Nutrition and Food Science.

DESCRIPTION

The EFNEP Volunteer supports the EFNEP program in several ways:

- Keeps communities aware of EFNEP
- Makes connections, builds and maintains effective relationships

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• Assists CNAs to run successful programs in the community
• Promotes the mission of EFNEP in the community

Duties of EFNEP Volunteers may include, but are not limited to:

• Conducting recipe demonstrations in the community at places such as churches, food pantries, health centers, community centers, libraries with the intent to recruit EFNEP participants
• Making connections with the goal of bringing EFNEP programing into the community
• Prepping class materials – making copies and assembling folders for upcoming classes for Community Nutrition Assistants
• Prepping recipes in the URI food lab
• Attending groups to assist the Community Nutrition Assistants with classroom management and food prep
• Updating/restocking lesson kits and materials
• Attend teach backs as a mock audience member to give CNAs opportunity to practice and improve teaching skills

Candidates for the EFNEP Volunteer Program are people who:

• Have an interest in food and nutrition issues
• Need a basic nutrition background to improve their job skills
• Want to learn more about diet, nutrition and health
• Have experience helping others stretch their food dollars
• Are concerned about food safety
• Have a desire to help others, especially those with limited incomes
• Would like to be involved in promoting good health and wellness in under-served communities
• Seek rewarding experience to enhance resume or college application
• Seek credits for college courses in the nutrition, medical, social work, adult education, or family consumer science field
• Able to work occasional evening hours

TRAINING

EFNEP Volunteers will be required to complete 12 hours of training. Volunteers must complete the EFNEP Volunteer training before they are allowed to participate in EFNEP programming or volunteer duties. As a result of training, EFNEP volunteers will be able to:

• Use tools such as MyPlate and Nutrition Facts to select a healthy diet
• Understand the relationship between food selection and physical activity to various health issues such as obesity, heart disease, and osteoporosis

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• Recognize scientifically accurate nutrition and food safety information
• Assist in collecting data for a 24 hour food recall
• Conduct a professional and food-safe food demonstration to the public
• Work with the public by setting up and managing EFNEP display tables in the community
• Understand the mission of EFNEP and the essential role volunteers play

COMMITTMENT

URI EFNEP utilizes volunteers between the months of September and May. Volunteers are needed at various time throughout the week – daytime and evening. Hours can be flexible to meet the needs of both URI EFNEP and the volunteer. URI EFNEP requests a commitment of at least 3 hours per week for a period of 4 months from volunteers. If volunteers are requesting college credit for their hours the following guidelines must be met:

1 credit = 3 hours/week for entire semester
2 credit = 6 hours/week for entire semester
3 credits = 9 hours/week for entire semester

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CONTACT

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