

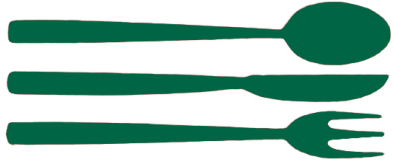


Virginia Cooperative Extension

Virginia Tech • Virginia State University

Invites You to Become A

MASTER **V** F O O D VOLUNTEER



Are you someone that loves to cook & would love to volunteer your time to instruct others in cooking, nutrition & food safety? If so, our 2019 MFV Program is for you.

It is a 30 hour instructional program where you learn and/or increase your knowledge on food preparation, nutrition, food safety and physical activity.



Classes will be 9:00am—3:00pm at the VA Beach Cooperative Ext Office
Mon and Wed starting Wed, Feb 13th – Mon Mar 4th
2449 Princess Anne Road – Building #14, 2nd Floor
Va Bch Municipal Center – Virginia Beach, VA 23456

To register send MFV application and \$95 registration fee payable to
VCE – Chesapeake, 310 Shea Drive, Chesapeake, VA 23322

(\$50.00 fee charged for any unpaid/returned checks) No refunds after February 6, 2019

Want to know more? Additional details can be found by visiting the VCE-
Chesapeake website at <https://chesapeake.ext.vt.edu/>

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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Chesapeake Extension Office 757-382-6348 during business hrs of 7:30 a.m. to 5:00 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120.