



## CSU Master Food Safety Advisor Program

Colorado  
State  
University

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!**

Extension

### [What is a Master Food Safety Advisor](#)

The Master food Safety Advisor program serves to extend CSU Extension's education programs in food safety and food preservation to adults and youth. The Master Food Safety Advisor is a trained volunteer educator and resource person in the community to provide the public with research-based information from Colorado State University and USDA.

### [Why you should become a Master Food Safety Advisor?](#)

- You enjoy or want to hone your skills in the art and science of home food preservation.
- You would like to develop expertise in food preservation and food safety.
- 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 for at least 30 hours.
- Pass written exam.
- Complete at least 30 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 for a minimal fee, in exchange for commitment of 30 hours of volunteer service each year with a CSU county Extension office. Training is scheduled in the spring. See specific county links below for contact information, training dates and program cost.

### [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 30-hour commitment can be fulfilled by:

- Helping others to learn, and provide 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?

#### **Larimer County**

Edie McSherry, Extension Agent

Email: [emcsherry@larimer.org](mailto:emcsherry@larimer.org)

Telephone: 970-498-6008

Website: [www.larimer.org/ext](http://www.larimer.org/ext)

#### **Boulder County**

Anne Zander, Extension Agent

Email: [azander@bouldercounty.org](mailto:azander@bouldercounty.org)

Telephone: 303-678-6238

#### **Eagle County**

Glenda Wentworth, Extension Agent

Email: [Glenda.wentworth@colostate.edu](mailto:Glenda.wentworth@colostate.edu)

Telephone: 970-328-8632

#### **LaPlata, Montezuma and Archuleta Counties**

Wendy Rice, Extension Agent

Email: [wendy.rice@co.laplata.co.us](mailto:wendy.rice@co.laplata.co.us)

Telephone: 970-382-6461

#### **Mesa County**

Rhonda Follman, Extension Agent

Email: [Rhonda.follman@colostate.edu](mailto:Rhonda.follman@colostate.edu)

Telephone: 970-244-1834

#### **Pueblo County**

Lois Illick, Extension Agent

Email: [loisi@coop.ext.colostate.edu](mailto:loisi@coop.ext.colostate.edu)

Telephone: 719-583-6566

#### **Routt County**

Karen Massey, Extension Agent

Email: [Karen.massey@colostate.edu](mailto:Karen.massey@colostate.edu)

Telephone: 970-879-0825