

Application Deadline: February 22, 2016

Start Date: March 29, 2016 End Date: November 4, 2016

# **Good Food for All**

#### Everyone should have access to healthy food, soil, and community.

We enact this vision by cultivating engaging gardens and programs that catalyze healthy eating, ecological stewardship, and community celebration. Fresh Roots stewards two ½ acre schoolyard market gardens on school grounds in the heart of East and South Vancouver. The food we grow is eaten in local school cafeterias, various Neighbourhood House food security initiatives, and by neighbours. Our fields are hands-on learning classrooms; engaging school communities and residents of Vancouver in addressing food security, community health, and vocational skills development.







## The Internship

## Take your first steps into the world of urban farming and edible education

This volunteer opportunity allows participants to take part in growing and harvesting food on a community engaged farm. Our innovative Schoolyard Farms, the first of their kind in Canada, engage a diversity of individuals through growing, sharing, and celebrating food. Interns will gain hands-on experience in harvesting produce, field preparation, and crop maintenance under the supervision of our farm staff. Interns will work alongside secondary school students and community volunteers on the farms, acting as leaders and role models.

We are seeking four interns to join our team for the 2016 growing season.

## **Learning Opportunities**

- Harvest, process, and package produce for a variety of distribution channels
- Crop maintenance: transplant, thin, weed, and manage pests
- Field preparation: bed amendment, bed creation, and season extension
- Youth and community empowerment





#### Internship Details

- March 29, 2016 November 4, 2016
- Three, 5 hour shifts per week with opportunities for more shifts
- Scheduled activities vary depending on the time of year and day of the week
- \$200/month stipend and access to produce

#### **Equipment Needed**

- Rain gear
- Rubber boots
- Water bottle

#### We are seeking individuals who:

- are eager to learn the basics of growing and harvesting food on a communityengaged farm
- are excited to interact with youth and make a positive impact in the community
- are able to work hard in all types of weather
- can take direction and act as a leader to carry out specific tasks
- are team players with a sense of humour and patience
- practice good communication skills and are able to give and receive feedback
- are physically fit and able to carry out a variety of tasks that involve bending, squatting, and lifting
- will pass a criminal record check









# How to Apply

E-mail a short cover letter (500 words) and resume (in one document) to <a href="mailto:scott@freshroots.ca">scott@freshroots.ca</a>. Your cover letter should address the following:

- Why you are interested in volunteering with Fresh Roots.
- What experiences do you have that support your application
- What do you hope to gain from such this experience?
- What specific interests or areas you would like to learn about?

Applications must be received no later than February 22<sup>nd</sup>, 2016. Review of applications and interviews will begin immediately upon reception. We regret that due to the high volume of applicants only those selected for interviews will be contacted.

