# Foodwise
# Group Volunteer Opportunities

## Build teamwork, connect with nature, and give back!



**When you volunteer with Foodwise, you get a hands-on experience that engages all your senses in learning about and creating a sustainable and equitable food system. When you spread fresh soil at a school garden, guide a student at the farmers market, or help a family cook a seasonal recipe, you will have direct experience in expanding access to fresh food for your community and youth in San Francisco.**

Foodwise coordinates volunteer activities for groups of 5 to 20. Participants enjoy an experience that strengthens connections within their team and gives back to our community. Based on the time of year, needs of your group, and schedule availability, groups may participate in the following activities:

### SCHOOL GARDEN CLEANUP

» Help with garden maintenance or garden building projects at one of 3 the San Francisco public high schools that participate in the **Foodwise Teens** program. Get your hands in the dirt and prepare the school farms for next semester's students!

» **# volunteers:** 10-20 (potential to accommodate larger groups upon request)

» **Time & location:** Weekdays, school gardens in Mission or Glen Park neighborhoods. Morning 9 am - 1 pm or afternoon 1 pm - 5 pm session, flexible timing based on your group. Minimum 30 days to schedule.

» **Donation:** $1,500 with possible request for $500-$1,000 for materials, based on garden project and size of group

### KIDS' FARMERS MARKET FIELD TRIP

» Assist farmers market field trip for grade 1-5 students in small groups with the **Foodwise Kids** program and support produce tasting. Your group will help kids learn directly from farmers and love fruits and vegetables!

» **# volunteers:** 5-8 (can accommodate larger groups on specific dates)

» **Time & location:** Tuesdays and Thursdays, 9:30 am - 12:30 pm, at Ferry Plaza Farmers Market (fewer dates June-August). Minimum 2 weeks to schedule.

» **Donation:** $500

**For all activities, we require a nominal donation to support our free education programs and help cover our staff time and materials costs in hosting your group.**

We request a minimum of 14 days notice to coordinate the Farmers Market Field Trip group volunteer activity and 30 days for the School Garden Clean Up. We look forward to working with you to make an impact, connect with fresh food and nature, and have fun.

## Let's talk!

**Please contact us at volunteer@foodwise.org or (415) 291-3276 to learn more and book your group volunteer experience.**

# How your volunteering makes an impact in your community


Foodwise Kids


Foodwise Teens

» Through our **Foodwise Kids** program, 2,600+ SFUSD public elementary school students and their families learn to love fresh fruits and vegetables annually.

» Through our **Foodwise Teens** paid youth development program, 100+ high school students are empowered to become change agents for a sustainable, equitable, and nourishing food future annually.

» Farmers markets provide vital food access for everyone. Customers using CalFresh/EBT benefits (food stamps) can double their dollars to buy fresh fruits and veggies through our **Market Match** program.

» Small-scale family farms are critical to a resilient food system. **Foodwise's farmers markets** support more than 130 farms and food businesses.

# What our volunteers say:







"My company has a history of volunteering with Foodwise through garden prep. The sessions are always super fulfilling, and volunteers love getting out into the elements, connecting with the earth, and learning about the hard work that goes into the produce that we eat. We even have some repeat volunteers, and we're hoping to make more of them in future volunteer sessions!"

— **Jessica Padolina, BlackRock**

"I love volunteering with the Foodwise Kids program—it's such a joy seeing the kids get excited about fruits and vegetables at the farmers market and helping them develop an active interest in what they eat."

— **Zachary Berenson-Barros, volunteer**

**Contact volunteer@foodwise.org or visit foodwise.org/group-volunteering**