

Gain real-life work experience in Sustainable Food Access, Ag Economics, Nutrition Education, & Professional Research with Crossroads Community Food Network!

College Credit Internships Possible

**Are you passionate about your community having access to healthy food? Want to practice and develop professional skills as well as language skills?
If so, come join our volunteer team!**

What: Crossroads Community Food Network is a 501(c)(3) nonprofit dedicated to building the food system of the Takoma/Langley Crossroads through a variety of programs, including Microenterprise business training and Healthy Eating education for students and parents! In the region's International Corridor, Crossroads Farmers Market (CFM) operates an extremely diverse farmers market where 75% of our vendors are immigrants, and our customers are from all over the world. An integral program at the Crossroads Farmers Market is the "Fresh Checks" program: A customer who spends their federal nutrition benefits at market (SNAP, WIC) will receive *double-dollars*, or Fresh Checks, to purchase even more fresh, healthy produce with local farmers!

Where: Just down the street from UMD & Montgomery College: Takoma Park, Maryland

When: Primarily Wednesdays, May 31st through December 2017!

More flexible January-May community outreach & educator positions available!

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If you have other great skills to share, please contact us - we are always looking for ways to improve!

Find out more about Crossroads at <https://www.crossroadscommunityfoodnetwork.org>

Please contact Michelle:

mdudley@crossroadscommunityfoodnetwork.org with any questions.

Healthy Eating Education

Healthy Eating Program Assistant (ongoing): This position is a great fit for someone looking for experience working in nutrition/education with parents and/or kids. As Healthy Eating Program Assistant, you will join our Programs Manager with in-school food education programs with fifth grade students and parents groups at local elementary schools. Creativity is encouraged - help us plan culturally appropriate curriculum related to healthy food choices and food systems awareness for future generations!

Market Demo Chef (Crossroads Farmers Market, 1-3 Wednesdays/month): This position is perfect for someone who wants experience working with food, nutrition education, and/or with diverse populations with diverse tastes! This position is flexible, and is good for someone with limited availability - the Market Demo Chef will be needed for a few hours at the farmers market. Help us further our mission of teaching the community how to prepare healthy, seasonal recipes on a budget!

Market Demo Assistant (Crossroads Farmers Market, weekly): This position is perfect for someone who wants experience working with food, nutrition education, and/or with diverse populations with diverse tastes! The Market Demo Assistant will help set up the demo booth, assist the Market Demo Chef during the farmers market food demo. Help us further our mission of teaching the community how to prepare healthy, seasonal recipes on a budget!

Youth Engagement Coordinator (Crossroads Farmers Market, weekly): The Youth Engagement Coordinator will be an energetic and creative individual that loves working with children and doesn't mind getting a little messy. This volunteer will plan art projects and other activities for the children who attend market. This position is perfect for someone who excels at engaging children and/or teaching about healthy eating!

Youth Engagement Assistant (Crossroads Farmers Market, weekly): The Youth Engagement Assistant will be an energetic and creative individual that loves working with children and doesn't mind getting a little messy while teaching healthy eating through art! The Assistant will help the Youth Engagement Coordinator in planning and facilitating the children's activities. The Assistant is also expected to help support the Coordinator while at the market and be a helping hand at the Kids' booth.

Hydration Specialist (Crossroads Farmers Market, weekly): This position is great for a sociable person who is able to help transport supplies (such as the water cooler). The Hydration Specialist maintains the hydration tent at market and ensures that senior citizens, kids, vendors, market staff and other patrons get enough fluids during hot market days. Creativity is encouraged – we love trying infused waters like cucumber or raspberry and herbal teas! Possibility to partner with the Milken Institute School of Public Health @ GW University/Avance Center's "WaterUp!" initiative in Langley Park.

Local Food Access

CSA (Community Supported Agriculture) Assistant (Crossroads Farmers Market, weekly): This position is ideal for someone passionate about supporting local farmers and bringing local food into the community. Before the market season, CSA Assistant will help staff promote our multi-farm CSA program to the Takoma/Langley area. At market, the CSA Assistant will interact with farmers, help pack shares, and assist with delivery/ pickup logistics. This is a great fit for a detail-oriented, organized, and dedicated person. Must be able to lift 20 lbs.

Market Setup Aide (Crossroads Farmers Market, weekly) - Energetic and consistent volunteer needed to assist with market setup on Wednesdays from 9-11am, or earlier if you are a morning person! Help set up tents, tables, chairs and more to ensure that market day will run smoothly by setting up the market in an organized manner. Included in this role is the task of taking a brief (twenty minute) stroll around the local area and putting up signs to advertise the market. This position is great for someone who wants a physical challenge and who is good at listening to directions and taking initiative. Must be able to lift 20 lbs.

Market Cleanup Aide (Crossroads Farmers Market, weekly) - Cleanup takes place from 2:30-4pm on Wednesdays. This is great for someone who is organized and wants a physical challenge. The Cleanup Aide is responsible for ensuring that all of our property - tables, tents, etc - is collected and properly stored at the end of each market. Included in this role is taking a brief (twenty minute) stroll around the local area and collecting the signs advertising the market. An equally important responsibility is helping maintain our positive relationship with the community by ensuring that we leave the market space cleaner than when we left it. Must be able to lift 20 lbs.

Fresh Checks Program Assistant (Crossroads Farmers Market, weekly) - Ideal for someone interested in intercultural communications and/or community health, the Fresh Checks Program Assistant must work well on a team and be considerate under pressure. This volunteer will work with a team to welcome and register our diverse shoppers, assist staff in distributing Fresh Checks, and assist newcomers at the market. This position provides a great opportunity to practice Spanish, Russian and/or Asian language skills, but language skills are not required.

Information Booth Manager (Crossroads Farmers Market, weekly): This position desires a flexible, positive person with a “can-do” attitude. This person would assist the Market Manager with whatever tasks need to be done, whether it’s running an errand to a local store, re-filling the water station, or collecting the market signage at the end of the day. When there is no errand to be run, this person will serve as a friendly

customer service agent for the market. This person would help customers with directions and answer any questions in a professional, polite and helpful manner.

Vendor Sales Associate (Crossroads Farmers Market, weekly): *New for 2017!* This position allows volunteers to be placed within the vendor tents and working with vendors to sell their products. This volunteer should ideally be energetic, hands-on and come to market ready to work hard. If you're interested in honing your communication skills, customer service skills and learning more about food production, this position is perfect for you. If accepting this position, all communication throughout the market season would transpire between the volunteer and the specific vendor, not with a Crossroads staff member. Help us boost our vendors' revenue and success by becoming an integral part of their business!

Community Outreach Assistant (flexible) – Help us let the community know about our programs! This position has flexible hours to accommodate a variety of schedules. As an outreach volunteer, you play a key role in advertising our programs and bringing in new customers. This position is great for someone who is familiar with the community and is passionate about communicating with diverse populations. We will need your help giving presentations to local businesses, putting out flyers, reaching out to community organizations and attending special community events on behalf of Crossroads. Language skills helpful, but not required.

Researching the Sustainable Impacts of Farmers Markets

The purpose of our market surveys and data collection is to help us understand and communicate our economic, environmental and social impacts to our community and funders.

A fun team of volunteers conduct data in a professional and consistent way on a monthly basis from June to November (monthly, on Wednesdays 11am-3pm). Each day (TBD) requires the assistance of approximately 8 volunteers to collect the following data via surveys and headcounts:

Number of visitors per market day; Dollars spent by customers at neighboring businesses; Average total spending per shopper per visit; Percentage of shoppers walking, carpooling, driving or taking public transportation to the market; Federal nutrition benefits and cash spent at market/shopper food security; What shoppers most value about the market/community; etc.

Data Collection Volunteers (8 ppl, intermittent): Support Data Collection Leaders on select market Wednesdays. We seek volunteers who are outgoing and punctual. Spanish, Russian, and Asian-language skills are strongly encouraged, but not required. Opportunities also available for those interested in assisting staff with data entry and analysis.

2017 Volunteer Application

Crossroads volunteers get the chance to practice their language skills, learn about Maryland’s “International Corridor,” and gain hands-on experience in the food access movement. Join our team to build your skills and gain a new perspective about your community.

<u>Name:</u>	<u>Email:</u>
<u>Phone:</u>	<u>Address:</u>

How did you hear about Crossroads volunteer opportunities?

Please select which position(s) you are interested. **Bolded positions require availability on Wednesdays day-time starting May 31st.** If more than one, please indicate your top 3 choices in order of preference:

Healthy Eating Education Volunteers

- Healthy Eating Program Assistant
- Market Demo Chef**
- Market Demo Assistant**
- Youth Engagement Coordinator
- Youth Engagement Assistant
- Hydration Specialist

Local Food Access Volunteers

- CSA Assistant**
- Market Setup Aide**
- Market Cleanup Aide**
- Fresh Checks Program Assistant**
- Information Booth Manager**
- Vendor Sales Associate**
- Community Outreach Assistant

Sustainable Impacts of Farmers

Markets: Research Volunteers

- Data Collector/Researcher**

What are you good at? Why is that important?

Why do you want to volunteer for Crossroads? What would be your ideal position?

Please describe your skills and/ or experience as it relates to your desired position.

Do you speak or study any other languages? Please describe your language skills.

Thank you for your interest in volunteering with Crossroads!

Please send your completed application to:

6930 Carroll Avenue, Suite 426

Takoma Park, MD 20912

OR

Email: Michelle at mdudley@crossroadscommunityfoodnetwork.org