

**Gain real-life work experience in Local Food Systems, including Sustainable Food Access, Ag Economics, Nutrition Education, Small Business Development & Professional Research with Crossroads Community Food Network!**

**\*SSL hours & College Credit Internships Possible\***

**Are you passionate about your community having access to healthy food? Wish to support start-up food entrepreneurs trying to take their businesses to the next step? Want to practice and develop professional skills as well as language skills?  
If you answered yes to any of these questions, 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, a shared-use community kitchen, 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 57% of our vendors are immigrants, and our customers are from all over the world. The majority, however, are Spanish speaking. *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, Senior FMNP coupons) will receive *double-dollars*, or Fresh Checks, to purchase even more fresh, healthy produce with local farmers!*

**Where:** Takoma Park, Maryland (equidistant between Montgomery College and UMD/College Park)

**Minimum Time Commitment:** 3 months

**When:** Market volunteers work primarily Wednesdays, April 18<sup>th</sup> through November 2018. More flexible community outreach & educator positions are available. Community Kitchen Volunteers are needed for a variety of ongoing projects and schedules.

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## Healthy Eating Education

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

**Market Demo Chef (Crossroads Farmers Market, 1 Wednesday/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. Demo Chef will be responsible for shopping for the Crossroads-procured ingredients or delegating an assistant. Help us further our mission of teaching the community how to prepare healthy, seasonal recipes on a budget! *Wednesdays 10/11am-1/2pm*

**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 AND clean up the weekly 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! *Wednesdays 10am-2/3pm*

**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, seasonal food tastings and other food education-related activities for the youth -and the young at heart- who attend market. This position is perfect for someone who excels at engaging people of all ages, especially children, and/or teaching about healthy eating! *Wednesdays 10am-3pm*

**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 youth activities. The Assistant is also expected to help support the Coordinator while at the market and be a helping hand at the activity booth. *Wednesdays 10am-3pm*

## Local Food Access/Farmers Market

### **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. *Wednesdays 9am-1pm*

**Market Setup Aide (Crossroads Farmers Market, weekly)** - Energetic and consistent volunteer needed to assist with market setup! Help set up tents, tables, chairs, signage 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. *Wednesdays 8/9am-10/11am*

**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 Aides are responsible for ensuring that all of our property - tables, tents, signage 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. *Wednesdays 2:30pm-4pm*

**Fresh Checks Program Assistant (Crossroads Farmers Market, weekly)** - 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. Ideal for someone interested in intercultural communications and/or community health, the Fresh Checks Program Assistant must work well on a team and be warm, welcoming and considerate under pressure. *Wednesdays 10:30am-3pm*

**Recycling Booth Coordinator (Crossroads Farmers Market, weekly):** This position is great for an organized, sociable, and bilingual (English/Spanish) person who is enthusiastic about recycling and making an environmental impact. Coordinator will educate and encourage shoppers to reuse and recycle at market, and beyond. This Coordinator will help implement the Takoma Park plastic bag ban by distributing and promoting the use of reusable bags, creating educational materials and assisting market vendors in bulk purchases of certified compostable biobags. *Wednesdays 10:30am-3:30pm*

**Information Booth & Hydration Specialist (Crossroads Farmers Market, weekly):** This position is great for a sociable, bilingual (English/Spanish) and flexible person who is able provide general market information and to help run errands and transport supplies (such as fill the water cooler) and collect 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. This person also 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! Great position for someone who likes to connect shoppers with important resources and information. *Wednesdays 10:30am-3:30pm*

**Vendor Sales Associate (Crossroads Farmers Market, weekly):** 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! *Wednesdays 10am-4pm*

**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 putting out flyers, reaching out to community organizations, attending special community events, and/or giving presentations to local businesses, on behalf of Crossroads. Language skills helpful, but not required.

## **Researching the Sustainable Impacts of Farmers Markets**

**Market Data Collector-** A fun team of outgoing and multi-lingual volunteers conduct data in a professional and consistent way on a monthly basis from April to November, Wednesdays 10am-3pm. Each data collection day (TBD) requires the assistance of approximately 4 volunteers to collect the following data via surveys and headcounts: *Number of visitors per market day; Dollars spent by customers at neighboring businesses; What shoppers most value about the market/community; etc.*

**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.**

## Community Kitchen/Small Business Development

**Food Business Branding Specialist (ongoing):** This volunteer opportunity is great for someone who has good writing and creative skills and who is looking to expand their marketing and communication experience. Specifically, we need your creative help to design logos for some of our kitchen members and to help them market their food items by photographing their foods for brochures, websites, and other uses. This volunteer position also will tap into your writing ability. You will write feature stories on kitchen users, events, local news papers, blogs, and online platforms. Your volunteer services will have a direct impact on the small business who use the kitchen by helping them make a more professional presentation of their products and getting the word out about their activities.

**Food Business Coach (one-on-one mentoring):** Be a mentor to very small businesses as they take their business to the next level! This volunteer opportunity is great for someone who already has experience in running a business and navigating the regulatory and legal system related to a small food businesses. Expect to share your knowledge with kitchen users looking to improve their business by mentoring a small business once a month. You may also help us help beginning business owners by assembling a list of useful web links and teaching a workshop on one or more of these topics:

- Writing a Business Plan
- Quickbooks and Managing Revenue & Expenses
- Using Social Media to Boost Your Business
- Customer Service Tips and Tricks
- Hiring and Keeping Employees
- Taking Your Business to the Next Level: Running Your Own Retail Shop or Restaurant
- Food Business/Restaurant Laws

**Food Business Administrative Assistant:** This volunteer position is great for someone interested in pairing up with a new food business owner. Start-up small businesses are usually very busy and could use your help with key tasks like entering expenditures and sales data into spreadsheets, calculating the production costs and pricing for their goods, placing orders and purchasing ingredients, making deliveries, and helping identify and securing items such as jars, bags, and bulk items. Your volunteer services will have a direct impact on the small business who use the kitchen by helping them build skills, source goods, and make deliveries.

**Shared-Use Kitchen Researcher:** Help Takoma Park Silver Spring Community Kitchen to better serve its users and the community! Are you great at doing research on the Internet? Or do you already know who in the food industry to call when it comes to purchasing equipment and finding new markets for kitchen users? If so, this volunteer position is for you! We need your help to conduct research on commercial quality items such as mixers, blenders, or juicers so that the kitchen can find quality equipment at a fair price. Other topics for research include co-packing options for kitchen users who plan to bottle or can their projects in larger volumes, hiring temporary kitchen help when a kitchen user is planning a large cooking event, exploring collective purchasing models to reduce costs, and looking for ways to expand markets where kitchen users can sell their goods.



**Food Prep and Event Assistant:** Do you like to cook and host events? If so, there are both volunteer and part-time paid positions available. We are looking for energetic persons who want to gain more experience working with food including cutting, stirring, and serving in the TPSS Community Kitchen and at events. You will also help set up and clean up at events, work to recover useable food items, and make deliveries to nearby food donation locations in collaboration with Takoma Park Presbyterian Church. This position will help you build your planning, organization, and logistical skills and will help the Kitchen host events related to the Crossroads Community Network and its members.

Thank you for your interest in volunteering with Crossroads! Please fill out the [online application](#) if there are particular positions of interest, and we'll be in touch shortly.

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](mailto:mdudley@crossroadscommunityfoodnetwork.org) with any questions.