

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!

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 the 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 17th through November 2019. More flexible community outreach (March-May) & educator positions (Jan-June) 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 the 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/Farmer 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 the 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) - 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. *Wednesdays 10:30am-3pm*

Information Booth & Hydration Specialist (Crossroads Farmers Market, weekly): This position is great for a sociable, bilingual (English/Spanish) and flexible person who is able to 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*

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 recycle applicable bottles, etc. and will help implement the plastic bag ban in Takoma Park by distributing promoting the use of reusable bags. *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 in 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 on our community and funders.

A fun team of outgoing and multi-lingual volunteers conducts 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; Average total spending per shopper per visit; What shoppers most value about the market/community; etc.

Community Kitchen/Small Business Development

Food Business Branding Specialist (ongoing):

- Website enhancements/updates
- Write feature stories on kitchen users or happenings....for TPSSCK website, local newspapers, online platforms, blogs, OTBA communications...
- Design logo
- Write menus for print and online
- Take food photos

Food Business Coach (one-on-one mentoring):

- If you are a person who is inspired by food, is business savvy, has an inner cheerleader / motivator spirit, loves to encourage others to follow their dreams, then a Food Business Coach position is right for you.
- Finding useful food business weblinks, tools and resources
- Teach / Lead a workshop on food business related topic (i.e. social media, pricing, entering retail outlet, packaging, hiring employees/labor, food business accounting, restaurant / food business laws & regulations, etc., business plan, customer service)
- Monthly check-ins with small business food entrepreneur

Food Business Assistant (one-on-one pairing):

- Entering data into spreadsheets
- Cost/Pricing calculation support
- Grocery shopping, placing orders, farmers market shopping, deliveries
- Do the legwork to identify which things are useful and /or making the trip to pick the items up; Jars, Bags, bulk items; seasonings

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 with any questions.