



Common Threads Seed-to-Table Internship

Common Threads connects kids to healthy food in the garden, in the kitchen, and at the table. We want kids to grow up making food choices that are good for their bodies, their communities, and the environment. Founded in 2006 and based in Bellingham, Washington, Common Threads is a grassroots, 501(c)(3) non-profit organization that promotes a “seed to table” approach to food production, good nutrition, and environmental stewardship. Most of our programs take place on public school grounds, during the school day. Additionally, Common Threads runs some after-school gardening and cooking programs and summer camps in our school gardens, at low-income apartment complexes or community centers, and at our urban farm site.

Purpose/objective: Interns work with Common Threads’ Food Educators and School Farmers to deliver gardening and cooking lessons for kids in Kindergarten through 8th grade. The objective of these activities is to build kids’ knowledge and awareness of healthy eating and to encourage them to make positive choices. Interns typically set learning objectives based on their school program and spend a significant amount of time with us.

Locations: Common Threads is at elementary schools in Bellingham, Nooksack Valley, Ferndale, Lynden, and Mt Baker school districts. We are also at two middle schools in Bellingham. Interns are expected to find their own way to schools. If located at a school that is farther away (e.g. outside of Bellingham), there is an option to carpool with our Food Educators.

Responsibilities:

We accept interns each quarter, with the understanding that there are different tasks in the different seasons. See the grid below for the roles that are needed during each quarter.

FALL (Sept. - Dec.)	WINTER (Jan. - Mar.)	SPRING (April - June)	SUMMER (June - Jul/Aug.)
<p>Educator’s Assistant Gardening in schools early Sept - late October</p> <p>Cooking in schools November - mid-December</p>	<p>Educator’s Assistant Cooking in schools January-March</p> <p>After-school clubs typically occur during this time</p>	<p>Educator’s Assistant Gardening in schools Late March - mid-June</p> <p>Spring Break Camps in early April</p> <p>After-school clubs typically occur during this time</p>	<p>Summer Interns Gardening and cooking in summer camp programs at WWU’s Outback Farm end June - mid-August</p> <p>Summer garden care at school garden sites</p>
<p>Additional tasks based on your skills/interests may include: social media, data entry, documenting programs through photo/story/video, event planning, recipe organization, donor relations/mailings, general office tasks, planting starts, garden maintenance, compost systems, etc.</p>			

Qualifications:

- Strong teaching and communication skills
- Work well independently and as a part of a team
- Experience with and enthusiasm for working with young people (K-8) in an outdoor or classroom setting
- Experience/interest in sustainable farming and gardening
- Comfortable leading a small group of children in an activity; if interested in summer, camp experience is useful
- Self-direction, flexibility, humor, and creativity

Time commitment:

- We are flexible and open to discuss what will work
- We have had people intern with us anywhere from 10 hrs/week to 40 hrs/week
- Must be available during our operating hours, which vary depending on the season. During the school year, this is typically 8am-2:30pm in Bellingham schools.

Training/support provided:

- Orientation to Common Threads as a whole
- On-the-job training from Food Educators/School Farmers at program specific locations
- Ongoing training and support as needed; invitations to organization-wide trainings
- Handouts provided on gardening and cooking with kids; additional resources available in our library

Benefits:

- Gain experience working with young people and community members in an outdoor garden and classroom
- Learn through participation in a program that integrates education, nutrition, environmental stewardship, and agriculture
- Contribute towards kids learning about and making healthy food choices
- Learn more about the workings of a nonprofit

To apply:

1) Submit a cover letter and resume to Jessica Moerman, jessica@commonthreadsfarm.org 360-927-1590. In the cover letter address your **specific interest in Common Threads**, your **goals for the Seed-To-Table internship**, and the **experience you hope to gain**. If the internship is connected to a college program, include **how the internship connects to and will enhance your current major/area of study**. Also include the **number of hours** you are looking to dedicate to the internship (include weekly goal and total for the internship), and your **anticipated availability** (times and days of the week).

*** updated September 2019**

Recruiting and retaining a diverse workforce is a high priority at Common Threads. We do not discriminate on the basis of age, gender, race, national origin, ethnicity, religion, sexual orientation, gender identity and expression, political affiliation, marital status, age or any other basis prohibited by law.