

# Food Education Volunteer Opportunities

There are LOTS of different ways to get involved in seed-to-table food education at schools. **Please check opportunities that interest you or write in any ideas you have. The more ideas and passion, the better!**



## GARDEN

- \_\_\_ **School Garden Lessons:** Assist Common Threads' Food Educators with school garden-based lessons. Includes experiential outdoor education and facilitating small groups of students. No gardening knowledge required (but welcomed!).
- \_\_\_ **Garden Maintenance & Care:** Weed, prune, mulch, plant and water during the school year and summer break.
- \_\_\_ **Special Garden Projects:** Occasional one-off projects, such as light carpentry, setting up drip systems, hauling debris or compost, etc. (A truck is particularly handy!)
- \_\_\_ **After School Garden Clubs:** Assist Common Threads Food Educators with after-school gardening club activities in the spring and fall.

## CLASSROOM

- \_\_\_ **Classroom Cooking:** Assist Common Threads Food Educators with classroom-based healthy cooking activities. Our classroom cooking programs run October-January.
- \_\_\_ **After-School Cooking Clubs:** Assist Common Threads Food Educators with after-school cooking club activities (could be fall, winter, or spring)
- \_\_\_ **Evening Family & Community Events:** Assist Common Threads Food Educators with cooking demos and tasting opportunities at evening family events & community events, such as school-hosted satellite food banks.

## CAFETERIA



- \_\_\_ **Distribute Taste Tests\*:** Assist food service staff in distributing taste tests for new menu items and on *Harvest of the Month* lunch days in the cafeteria once a month.



- \_\_\_ **Support New Programs\*:** Volunteer to support students, teachers, and food service staff during the start of new healthy eating programs such as *Breakfast in the Classroom*, *Recess Before Lunch*, *Salad Bars*, and new recipe taste-tests.



- \_\_\_ **Cafeteria Composting\*:** Support students, food service and custodial staff, and teachers in creating and sustaining thoughtful cafeteria food recovery and composting practices.

## COMMON THREADS SUMMER CAMPS

\_\_\_ Assist Common Threads Food Educators in facilitating a diversity of summer programs. We lead camp programs at the Outback Farm on the WWU campus and at low-income housing sites.

## BEHIND THE SCENES

\_\_\_ **School/District-Level Advocacy\***: Work with Common Threads Farm, Whatcom Farm-to-School, the school district's Wellness Director and other organizations to advocate for children to have access to healthy food at school.

\_\_\_ **Office & Data Entry Assistance**: General office operations.

\_\_\_ **Board Member**: Common Threads is guided by a board of directors that meets on a monthly basis. If you are interested in learning more, please contact Laura at (360)927-1590 or [laura@commonthreadsfarm.org](mailto:laura@commonthreadsfarm.org).

Your Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Availability (what days/times are you usually available during the school year? In summer?):

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Your Children's Schools/Grade Levels:

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\*These are initiatives of other awesome organizations in our community. Based on your interest, we'll put you in touch with the right person!

