

WE NEED YOU IN THE CAFETERIA!

Any lunch period, any school, any day!
@ 11 am – 1:00 pm (schedule varies by school)

- ✓ **Help kids at the NEW SALAD BARS**
Bellingham Public Schools is rolling out fabulous new salad bars in all the schools. Help elementary students use the salad bar successfully and encourage them to try new foods!
- ✓ **Distribute Harvest of the Month Taste Tests**
We need *all hands on deck* for the last Tuesday of each month, take sample cups around and encourage kids to try the featured fruit or vegetable. Check out the Harvest of the Month recipes and educational materials at: <http://www.whatcomfarmtoschool.org>.
- ✓ **Be a “lunch buddy”**
Eat lunch with the kids! You can be a positive presence and casually encourage healthy eating and nice table manners ☺. Plus, the more parents and children purchase lunches, the stronger our program becomes financially, making it easier to serve high quality food to all students. Lunch for adults is only \$4 – try out the new salad bar!
- ✓ **Support kids in reducing waste**
After kids finish eating, they sort their waste into “garbage” and “food-plus” for composting. Help support them in learning to easily sort their waste, at school and at home.
- ✓ **Connect with other food education opportunities**
In addition to helping out in school cafeterias, you might enjoy helping in the school garden or cooking in the classroom! Learn more at: <https://commonthreadsfarm.org/?s=volunteer>.

To sign up:

Step One: Register with Bellingham School District:
<https://bellingshamschools.org/about/volunteer-program>

Step Two: Email the Food Education Volunteer Coordinator,
to confirm where you will be, and what you will do!
robyn@commonthreadsfarm.org

What We Feed Our Kids Matters!



Whatcom
Community Foundation

