

Everyone's Harvest

Volunteer Opportunities

Everyone's Harvest Edible Education for Healthy Youth Program

Contact: Emily McDearmon, Volunteer Coordinator

Email: emcdearmon@csumb.edu

Phone: (831) 384-6961

Website: www.everyonesharvest.org

Mission: Everyone's Harvest mission is to create vibrant healthy communities and equitable food webs.

Who you will work with: Everyone's Harvest Market and Program Managers, small-scale family farmers, local vendors, and the general public.

About Everyone's Harvest:

Everyone's Harvest, a non-profit, brings people and healthy food together. We run the Marina, Pacific Grove, and Alisal Certified Farmers' Markets for the benefit of farmers and consumers alike. Everyone's Harvest strongly believes everyone deserves the right to fresh, healthy, organic, produce supplied by our local region and free public events are necessary to strengthen a community. In 2002, Everyone's Harvest started when five women (three CSUMB students) noticed the lack of local, fresh, organic produce in Marina. Together, they decided to start the Marina Certified Farmers' Market. The project was fueled by a CSUMB capstone project. In 2011, Everyone's Harvest is also involved in the Salinas-Marina Community Food Project supporting community gardens and running an Edible Education for Healthy Youth Program using the farmers' markets as an outdoor classroom to teach youth and families about nutrition, small-scale family farmers, and local produce. We greatly appreciate our volunteers; without their commitment, many Market events and activities would not be possible.

Locations and Times Available:

- Marina Certified Farmers' Market (Marina Village Shopping Center, 215 Reservation Rd)
Sundays from 9:30 AM to 2:30 PM
- Pacific Grove Certified Farmers' Market (Central and Grand Ave, by the library and park)
Mondays from 3:30 PM to 7:30 PM
- Everyone's Harvest office (3180 Imjin Rd. Suite 149 in Marina. Note: Turn in when you see 3200) Wednesdays and Fridays between 9 AM and 5 PM

Job Description:

The Everyone's Harvest Edible Education for Healthy Youth Program teaches youth and their families about nutrition, small-scale family farmers and exercise. The *Edible Ed* program conducts Farmers' Market scavenger hunts, healthy cooking workshops and interactive nutrition demonstrations. These *Edible Ed* activities educate and empower youth and their families on the importance of eating fresh fruits and vegetables and how to incorporate healthier lifestyle changes.

As a volunteer with the *Edible Ed* program, you would assist the Everyone's Harvest to recruit, host, and run *Edible Ed* sessions at the market. Educate participants on the importance of fresh produce, farmers' markets, small-scale family farmers, and active living. Assist Everyone's Harvest with program set-up and take-down info structure including moving and cleaning tables, tents, and cooking supplies.

Desired skills and traits:

- Be nice, reliable, detailed orientated, motivated, and respectful
- Schedule and attend a 30 minute orientation with the volunteer coordinator
- Interest in Farmers' Markets and local, seasonal and organic produce
- Knowledgeable about nutrition and healthy cooking techniques