

## The SEED – Community Food Markets (Setup/ Takedown)

<b>Program:</b>	The SEED Community Food Project
<b>Commitment:</b>	1-3 hours weekly (3 month minimum)
<b>Date/Time:</b>	<b>Various shifts.</b> Tuesdays: 1:30-4:00pm OR 5:30-7:30pm (Downtown) OR Thursdays; 1:00-3:30pm OR 5:30-7:30pm (West End)
<b>Support Person:</b>	Madeline Barber, Community Resources Coordinator Brittany Skelton, Community Food Markets Coordinator
<b>Locations:</b>	Downtown: Guelph Community Health Centre, 176 Wyndham St N West End: West End Community Centre, 21 Imperial Rd S
<b>Client Group:</b>	CHC clients and community members throughout the city
<b>Impact of Position:</b>	Increased access to healthy food for community members
<b>Goal of Position:</b>	Help make food more physically and financially accessible to community members in Guelph

### Duties:

- Help to set up or take down the mobile market (from the truck)
- Lift (up to 30lbs)
- Sort produce, make the market look attractive
- Make coffee and tea as needed
- Weigh produce as needed
- Make the space feel welcoming and warm to everyone

### Skills Required:

- Can lift up to 30lbs
- Commitment to equity and anti-oppressive practices
- Great team player
- Supportive of The SEED's mission, vision and values
- Reliable and punctual

**Training:**

- SEED volunteer intake session and GCHC orientation
- Personal safety plan on first day
- Training and support from onsite staff as needed

**Benefits:**

- Have the opportunity to meet people in your community
- Directly contribute to building food security in Guelph
- Gain experience working in a market setting
- Gain knowledge of fresh produce
- Be appreciated for all of your hard work and patience
- Build your network and possibly gain future references
- Have Fun!

**Risk: MEDIUM**

- Physical work, heavy lifting
- Space with medium to high public visibility
- Minimal supervision by Support Staff at times
- Personal relationships that extend over time

**About The SEED:**

The SEED is a community food project of the Guelph Community Health Centre. About 16% of households in Guelph are food insecure (Guelph Wellbeing, 2014). Our goal is to change that by offering programs and services that tackle the root causes of poverty.

Mission: The SEED delivers community programs and advocates to address the causes and effects of food insecurity.

Vision: A community with no barriers to healthy food.

We believe in:

- Food Justice. Access to healthy food, food skills, and food policies are basic human rights.
- Community food programs. They empower us to be agents of change.
- Diversity. Solutions come from diverse voices, experiences and input.
- Grassroots community leadership. There are potential food leaders in every corner of Guelph Wellington.



## **About Community Food Markets**

The Community Food Markets are a weekly affordable fresh food market, aimed at increasing the accessibility (both physical and financial) of good food for everyone in Guelph.

Our items are priced on a sliding scale, with the top amount equivalent to retail value, and the lower amount as cheap as we can sustainably offer (often 30-50% below retail prices). You pay whatever feels right for you within the range listed.

We pair the market with kitchen activities whenever possible, and offer free coffee/tea and a community space to anyone who stops by. We are hoping to break down social isolation and income divide in the Guelph community through this space. Everyone is always welcome! Paying the mid to retail end of the scale subsidizes the cost for others in our community who benefit from the lower end of the scale. By shopping at the market, you are directly contributing to an equity-based food system.