



The SEED- Good Food Grower

Program:	The SEED Community Food Project
Commitment:	5 hours (weekly)
Date/Time:	Wednesday 8:30am-1:30pm (3 hours performing farm duties, half hour of transportation each way, and half an hour for food) Occasional opportunities for weekend shifts, TBA
Support Person:	Madeline Barber, Community Resources Coordinator of the SEED Jenn Wall, Farm Co-Manager of Everdale
Location:	Everdale Farm, 6th Line, Hillsburgh
Client Group:	SEED program participants & community members
Impact of Position:	Increased fresh local food for priority populations
Goal of Position:	Help grow food to increase food access for people experiencing barriers to healthy food in Guelph and Wellington County.

Duties:

- Work as part of a team
- Help to grow fresh food on the farm, doing planting, weeding, harvesting and other duties as needed

Skills Required:

- Interest in growing food
- Great team player, positive attitude
- Physically capable of working outside doing garden work for 3 hours at a time
- Reliable and punctual
- Willing to work in all types of weather

Training:

- SEED volunteer intake session and GCHC orientation



- Personal safety plan on first day
- Training and support from onsite staff as needed

Benefits:

- Grow food for those who need it in your community
- Gain experience working on a farm
- Expand your knowledge of growing food
- Meet new people
- Be appreciated for all of your hard work through refreshments after your shift
- Build your network and gain future references
- Have fun and enjoy a light meal on the farm each time you volunteer!

Risk: MEDIUM

- Use of small tools and gardening equipment
- Outdoor activities, variable weather conditions
- Space with medium 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 that 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.

About The Good Food Project:



The Good Food Project is a partnership between The SEED and [Everdale](#) farm. In 2019, our goals are to:

- Grow four tonnes of fresh food on two acres of land at Everdale. The food we grow will go straight to The SEED's programs, increasing healthy food access for community members!
- Train and employ local youth who are out of work and out of school. This is a leadership and health initiative. One of the outcomes is for the youth to help grow fresh food for others.
- Host [Team Building days](#) at Everdale, so that local businesses can help to grow food for The SEED, contributing to meaningful change in our community.
- Invite volunteers to help out with food growing!