

**Volunteer Opportunity:** Garden Volunteer

**Garden Supervisor:** Food and Wellness Program Manager and the Garden Coordinator

**Volunteer Position Overview:**

CommuniCare OLE's Food is Medicine Program's initiatives connect patients, staff, and community members with each other and with healthy food to improve holistic health. Garden Volunteers perform tasks in the Garden and Outdoor Classroom not limited to seeding, transplanting, cultivating, and harvesting. Tasks will be assigned and supervised by the Garden Coordinator and/or the Food Programs Manager. First-time volunteers will participate in a garden safety discussion and orientation to CommuniCare Health Centers. Individuals can volunteer as frequently as they would like, or as they are able.

**Volunteer Duties:**

- Assist with gardening projects as needed
- Harvest produce and help coordinate distribution accordingly

**Garden Experiences/Benefits you can expect:**

- Exposure to Federally Qualified Health Centers and clinical direct service
- When interested, volunteers can inquire about opportunities to work with Nutritionists, Diabetes Educators, and patient outreach services through the Food and Wellness Program Manager
- Letter of recommendation available when applicable for those in good standing with supervisor

**Minimum Qualifications:**

- Able to commit to one 2-hour shift
- Interested in gardening and contributing to Food is Medicine Program initiatives
- Able to work outdoors and to self-monitor for heat and physical exhaustion

**Diversity, Equity, and Inclusion:**

CommuniCare OLE is an inclusive environment that promotes and values diversity and life experience. CommuniCare OLE encourages people of all backgrounds to contribute their unique perspectives to CommuniCare OLE as a volunteer including, but not limited to, Black, indigenous, people of color, immigrants, refugees, LGBTQIA+, people with disabilities, veterans, individuals of all ages and religions, as well as those who have experienced the criminal justice system.

**Volunteer Expectations and Physical Requirements:**

All abilities are welcome. The Food Programs team will ensure volunteers remain hydrated and will postpone workdays that coincide with extreme heat incidents. Volunteers will be encouraged to take breaks as appropriate based on their physical needs.