

WHAT YOU NEED TO KNOW ABOUT

# VOLUNTEERING AT The FARM

## VOLUNTEER GUIDELINES

- Farm volunteers should be in good physical condition and able to bend, lift, walk, kneel and carry items.
- Volunteers should be prepared to be outside for the duration of their shift.
- Volunteers should be capable of lifting 30 pounds.
- Volunteers are required to be 16 years of age.
- Buildings and facilities are handicap accessible; fields are not.
- Volunteers may not consume alcohol leading up to or during a shift.
- All Hunger Task Force locations are completely smoke free.

## CLOTHING + GEAR REQUIREMENTS

- Closed-toe shoes are required (no sandals or crocs).
- Please dress in clothes you don't mind getting dirty.
- We will provide: gloves, sunscreen and bug spray.
- Long pants are recommended to protect your legs from potential scratches, insect bites, or contact with plants. This is especially important when working in the fields.
- Depending on the season, temperatures may vary throughout the day. You may also work both indoors and outdoors during your time at The Farm. Consider dressing in layers to accommodate changes in weather and/or work conditions.
- **Bring your own reusable water bottles!** Water as well as paper cups will be provided.

## STAFFING

Hunger Task Force staff will be present to greet and sign in volunteers, review instructions and procedures and assign specific duties to volunteers. Staff will work with volunteers for the duration of the shift.

## SAFETY

Hunger Task Force makes all possible efforts to ensure a safe environment for volunteers. Volunteers are under the direct supervision of Hunger Task Force staff and should follow written and verbal instructions for their own safety as well as the safety of those working around them. Volunteers are not required to have previous agricultural experience. Please let staff know if you feel uncomfortable with an activity or situation and adjustments will be made.

## VALUABLES

There is not a secure area for valuables/purses. Please leave these items in your vehicle or at home. Hunger Task Force is not to be held responsible for the loss of damage of any personal property.

## INCLEMENT WEATHER

Hunger Task Force reserves the right to cancel volunteer activities due to weather conditions, either because of limited field access or safety concerns. If such a situation occurs, the group leader will be contacted as soon as possible. Group members, if you are unable to reach your group lead please call our hotline number at **414.295.9938** to get an update on shift cancellations. The hotline is updated one hour before the start of your shift.

## ACTIVITIES

### SPRING

*Transplanting and cultivating crops*

*Maintaining Oak Savanna and trail building*

*Landscaping*

### SUMMER

*Cultivating crops*

*Harvesting crops*

*Washing produce*

### FALL

*Harvesting crops*

*Washing produce*

*Maintaining Oak Savannah*

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[www.HungerTaskForce.org/Farm](http://www.HungerTaskForce.org/Farm)    