

Fall 2019 Farm to School Internship

Part-time, volunteer internship for Project GROWS
40 total hours minimum (up to 120 hours available)



Organization Overview: Project GROWS (PG) is a 501(c)3 nonprofit educational farm with a mission to improve the overall health of children and youth in Staunton, Waynesboro, and Augusta County, Virginia. We cultivate health by connecting children to nutritious food through 1) hands-on, garden-based education and 2) access to healthy local food.

Position Overview: Project GROWS is looking for an intern to help with its Farm to School programming at a minimum of 40 total hours over the fall 2019 season (September-December). This internship will provide experience in three areas: school garden lessons and on-farm field trips from local public school students, vegetable tastings in school cafeterias, and farmwork on a vegetable production farm. Interns will help facilitate a range of programs that help local students participate in the journey that vegetables take from farm to their plate. The Farm to School Intern will report directly to the Education Manager.

Commitment:

Fall 2019 (Starting mid-September and ending mid-December). Hours will be arranged based on applicant's availability and/or desired credits, but will be between 40 - 120 total hours.

Compensation:

This is an unpaid internship. Please state in your application if you are looking to receive course credit or service learning hours for this internship.

Responsibilities:

- Assist with school garden lessons/activities at Dixon Educational Center in Staunton, VA
- Assist with field trips at the Project GROWS farm in Verona, VA
- Assist with garden workdays at Dixon Educational Center and on the Project GROWS farm
- Assist with "Harvest of the Month" Farm to School vegetable tastings in local school cafeterias
- Other duties as assigned

Requirements:

- Can commit to a weekly schedule that aligns with program dates and times
- A valid driver's license and reliable transportation
- Cell phone communication
- Ability to lift up to 50 pounds
- Comfortable working outside
- Able to pass a criminal background check

Desired qualifications:

- Interest in nutrition, school gardening, child health, local food, agriculture, youth engagement, etc.
- Experience working with youth and/or gardening preferred
- Excellent, professional written and oral communication skills
- Comfortable juggling a variety of tasks – organized, and self-motivated
- Energetic, enthusiastic, and engaging

To apply please send a letter of interest, two references and a resume to Nichole Barrows, Education Manager, at nichole@projectgrows.org. Include in the letter your schedule of availability.

Application Deadline: September 13th 2019

Program Descriptions

Dixon Educational Center School Garden Program:

Every fall and spring the Food Access Team at PG offers hands-on garden based education to local preschool students at the Dixon Educational Center school garden. This garden engages children by providing an interactive environment to observe, discover, experiment, nurture and learn. Studies have shown that school gardens encourage preference and consumption of fruits and vegetables, increase parental support and involvement, and improve childrens' enthusiasm about preschool/child care, teamwork skills and self-understanding.



Project GROWS On-Farm Field Trips:

At Project GROWS, we know that kids who garden eat more veggies. Field trips to Project GROWS immerse students in a hands-on, experiential, outdoor learning environment at our 10-acre farm where they can discover how and where vegetables are grown, make connections between the classroom and the farm, participate in age-appropriate farm tasks with their classmates, and explore healthy eating through tasting and cooking. Field trips involve exploration of the education space, production beds, sensory garden, greenhouse, high tunnels, and pollinator garden. Students range in ages from preschool to high school.

Harvest of the Month (HOM):

In partnership with Staunton City Schools and Waynesboro Public Schools, Project GROWS will be offering seasonal, locally-sourced vegetables to students across the Staunton and Waynesboro school districts. This program is designed to increase enjoyment and consumption of fruits and vegetables. In order to motivate students to make healthful choices, they are provided opportunities to taste and explore the featured fruit or vegetable of the month during lunchtime.

Important Program Dates:

September 12th 8:30am-10:30am (Dixon lesson)	October 2nd 9:00am-12:00pm (Field trip)
September 16th 9:00am-11:30am (Field trip)	October 3rd 10:30am-1:15pm (HOM)
September 18th 8:30am-11:30am (Field trip)	October 9th 9:00am-11:30am (Field trip)
September 26th 8:30am-10:30am (Dixon lesson)	October 16th 9:00am-12:00pm (Field trip)
September 27th 10:00am-2:15pm (HOM)	October 17th 10:30am-1:15pm (HOM)
*Other field trip dates are TBD.	October 25th Project GROWS GALA
*Farmwork days/times are more flexible and can be scheduled individually around your schedule.	*Farmwork days/times are more flexible and can be scheduled individually around your schedule.
November 6th 11:00am-1:00pm	December 3rd 11:00am-1:00pm
November 7th 10:30am-1:15pm	December 4th 10:30am-1:15pm
November 20th Time TBD	December 11th Time TBD
November 21st 10:30am-1:15pm	December 12th 10:30am-1:15pm

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Project GROWS | www.projectgrows.org | Mailing address: P.O. Box 781, Staunton, VA 24402
Farm address: 608 Berry Farm Road, Verona, VA 24482