

Spring 2020 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 spring 2020 (March-May). This internship will provide experience facilitating outdoor educational stations on Project GROWS farm field trips in Verona, VA and at school garden lessons at Dixon Education Center in Staunton, VA. Interns will also help facilitate school vegetable tastings that help local students participate in the journey that vegetables take from farm to their plate. Interns may also assist with farm work on our farm as needed. The Farm to School Intern will report directly to the Education Manager.

Commitment:

Spring 2020 (Starting mid-February and ending early May). 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 field trips at the Project GROWS farm in Verona, VA
- Assist with school garden lessons/activities at Dixon Educational Center in Staunton, 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: January 20, 2020

Program Descriptions

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.



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.

Harvest of the Month Tastings:

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:

Phase I: Mid-February through March (Intern Orientation and Training)

Phase II: Field Trip Season

Field trips take place on Wednesday, Thursday, and Friday mornings in April and May. When attending a field trip, interns are required to be at our farm from 8:45am until 11:45am (times are slightly flexible).

Applicants will need to be available to attend **at least one field trip per week in April and May, but ideally two.**

Please note that our farm is located in Verona, VA, and school garden lessons at Dixon Educational Center are located in Staunton, VA, so you may need to account for your travel time when considering your schedule.

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Application Deadline: January 20, 2020

Project GROWS | www.projectgrows.org | Mailing address: P.O. Box 781, Staunton, VA 24402

Farm address: 608 Berry Farm Road, Verona, VA 24482