

# Farm Lunch Volunteer

[Family Harvest Farm](#) (FHF) is a program of [John Muir Land Trust](#) (JMLT) and a place where young adults and adults participate in a local food system that encourages healthy living, nurtures the environment, and grows community. Family Harvest Farm employs transition-age foster youth as apprentices in a hands-on job-readiness program, teaching marketable skills and offering a supportive community.

**Volunteer Opportunity Overview:** Fresh food and healthy meal preparation are crucial at FHF, and we can't do it without volunteers. All Farm Lunch Volunteers will offer a vegetarian lunch at the farm, and some lead workshops on preparing healthy food.

## **Responsibilities and Duties:**

- Plan for, prepare, and cook healthy, vegetarian lunch for 5-10 people
- Serve lunch on select Tuesdays – Fridays at 12:30pm at FHF
- Cook lunch at FHF's rugged kitchen or at your home
- Gather ingredients, needed materials, and integrate FHF produce as available
- Coordinate with FHF staff around scheduling, available produce, and working alongside apprentices
- Assist with kitchen set-up and clean-up
- May facilitate lessons about healthy recipes, eating seasonally, and other topics that can assist apprentices and other community members
- May participate in activities, workshops, and discussions with apprentices

## **Qualifications:**

- Experience and knowledge of cooking fresh or healthy meals, or willingness to learn
- Able to work outdoors, uneven surfaces, and be on your feet
- 18 years of age or attending with a legal guardian
- Good communicator, team player, and able to accept and give clear direction
- May be fingerprinted with background check
- May be required to participate in diversity trainings

## **Extra Information:**

**Training:** Visit the farm for training. Recommended: review [Food Safety Education by the University of California](#) online ([www.ucanr.edu/sites/MISKIS/Intro/](http://www.ucanr.edu/sites/MISKIS/Intro/))

**Commitment:** 1-2 hours on a weekday Tuesday – Friday. Lunch is served at 12:30pm

**Location:** Family Harvest Farm, 1300 Power Avenue, Pittsburg, CA 94565

**Compensation:** This role is purely voluntary.

*Interested? Reach out to [alex@jmlt.org](mailto:alex@jmlt.org) or (510) 990-5980*