



Volunteer Information for Heartside Gleaning's Good Food Box Program

In partnership with Mercy Health Saint Mary's, Heartside Gleaning will be packing and distributing boxes of "Good Food", i.e. fresh produce, weekly, to individuals and families participating in nutrition education programs with The Hispanic Center of West Michigan and The National Kidney Foundation of Michigan. Our vision is for a healthier community through increased access to healthy food.

Heartside Gleaning relies on a diverse network of core supporters, interns, and volunteers to assist in implementing the mission of the Initiative. Heartside Gleaning is looking for individuals that wish to contribute to their community and are interested in rethinking food systems and nutrition. There are several opportunities to become a part of the Initiative, from sorting and packing food boxes to distributing food to those in need and developing education campaigns. We are happy to work with you to find a fulfilling volunteer or opportunity.

What: Packing and distributing boxes of fresh produce

Where: FULTON STREET FARMERS MARKET at 1145 Fulton St E, Grand Rapids, MI 49503

When: Every Wednesday afternoon from approximately 1:00 p.m. to 4:00 p.m.

Contact: Emily Brink (emily@heartsidegleaning.org)

Packing

Individuals will meet at the north end of the Fulton Street Farmers Market near the restrooms. Keep an eye out for our van labeled with our logo. First time volunteers will then receive a brief orientation. All volunteers will then be assigned to tasks such as carrying produce crates, counting and sorting produce, setting up boxes on the food packing line and ensuring it remains stocked with produce, packing assigned items into each box (assembly line style), adding educational materials to boxes, or cleaning up after packing.

Distribution

The individuals volunteering in this capacity will be working with the vehicle drivers to load, sort, and deliver boxes to final distribution locations. This will require some lifting, sorting boxes, communicating with participants, and loading food boxes into our vehicles.

Education

In coordination with staff, individuals will develop and design educational materials for weekly distribution in the food boxes.

Additional Notes:

- Being on-time and being able to stay for a minimum of 2-3 hours is important to our success.
- Many of these tasks may involve moving and lifting heavy boxes, up to 50 pounds.
- Food safety and sanitation is a priority and safe food handling practices will be observed at all times.

Please sign up HERE: <http://www.heartsidegleaning.org/volunteer-form.html>