

## **Rolling Harvest Food Rescue volunteers logged over 1500 hours of service in 2016!**



### **Who are our gleaners/volunteers?**

- Individuals; Families; Schools; Faith Based Organizations.
- Corporate/employee groups – we can accommodate groups up to 20 individuals.
- Anyone who is passionate about our mission of “Connecting local farmers with Neighbors in Need”

### **Important tips:**

- Volunteers drive themselves or carpool to designated farms.
- Wear clothes you can get dirty & close-toed shoes.
- Bring water, sunscreen, hats, bug spray (without DEET) and work/garden gloves.
- RHFR will provide a healthy snack.
- Children of all ages are welcome to participate. All children under the age of 14 must be accompanied by an adult.
- We always respect our farmer's boundaries while on the farms. Our *Food CRED imperative* - always show Compassion, Respect, Empathy and Dignity for all we work with and serve!
- RHFR will train all volunteers prior to getting out in the fields to be sure we are all able to perform the tasks asked of us.
- If tasks seem too much for some volunteers (i.e.,: heavy lifting), we will be sure to accommodate each volunteer with a rewarding experience.
- There are many insects/bees on the farms, you are welcome to use bug spray (in small amounts). If you are allergic to any type of bug bites, *please be sure to bring your medication with you.*
- Sign up on our website to be included on all future volunteer announcements and events:  
<http://rollingharvest.org/volunteer-opportunities/>

### **What to expect:**

- A RHFR representative will be at all scheduled Corporate & group work days.
- Be sure to complete the RHFR sign-in form when you arrive and our evaluation before leaving.
- Time spent on the farm is usually 2-3 hours.
- Tasks on the farm will vary from: weeding and planting; harvesting/gleaning; general farm tasks; some lifting may be required.
- RHFR will assist and support you throughout your time with us on the farms.
- All scheduled work days are rain or shine UNLESS torrential downpours and the threat of extreme weather. If there is a cancellation of a scheduled Corporate/group date, you will be notified by RHFR as soon as possible.
- Any organized group dates depend on the farmer's schedule and so groups may not get their first choice for dates. RHFR will work with groups to schedule dates as they become available.





