



ROLLING HARVEST FOOD RESCUE

Connecting local farmers with neighbors in need

Our Valiant Volunteers give their energy, sweat and time, year after year, in all kinds of weather. We could not roll without them!

Who are our gleaners/volunteers?

- Individuals; Families; Schools; Faith Based Organizations.
- Corporate/employee groups – we can accommodate groups of 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 - *please park in designated areas.*
- Farming can get messy - **please wear clothes you can get dirty & close-toed shoes.**
- Bring water bottles (most farms have access to refill water bottles if needed), sunscreen, hats, bug spray (**without DEET**) and work/garden gloves. RHFR will provide all tools needed for gleaning and farm tasks, and water is available for refills.
- Shaded space is available and **there are facilities for volunteer use at the farm.** RHFR will have a first aid kit available at each event (if needed).
- Children are welcome to participate - minimum age is 5 yrs old. All children under the age of 15 must be accompanied by an adult and have their own transportation to and from the farm.
- We are guests on our partner farmers' fields. **We always respect our farmers' 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.** Some farms have animals living on the farm, **please be aware of precautions around any farm animals.**
- Sign up on our website to be included on all future volunteer announcements and events **and be sure to complete the Volunteer Form.** If you haven't signed the form, you will be asked to complete one prior to the event.
<https://rollingharvest.org/volunteer-opportunities/#Volunteer-Form>

What to expect:

- A RHFR representative will be at all scheduled Corporate & group work days.
- Be sure to sign-in w/RHFR when you arrive
- 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 there are torrential downpours, extreme heat and/or 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 request for organized group dates depends on the farmer's schedule; groups may not get their first choice for dates. RHFR will work with groups to schedule dates as they become available.