



Fostering community partnerships promoting wellness and school success for youth and families, creating a community of lifelong learners that embraces diversity.

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## **Myers-Wilkins Fresh Fruits and Vegetables Volunteer**

The Fresh Fruits and Vegetables Program (FFVP) is a federal grant that was awarded to Myers-Wilkins Elementary School. This program provides all K-5th grade students fresh fruits and/or vegetables twice a week outside of mealtimes, and aims to educate families and students about healthy food choices. This program was applied for as part of the Full-Service Community School Improvement process, in which school staff and students identified the need for healthy snacks at school between mealtimes as a preventative measure against sleepiness and other behaviors they experienced stemming from hunger throughout the day. So far, this program has been successful in its aim to reduce those behaviors and increase engagement.

However, in order to keep this program running, we need your help!

This program needs volunteers on Tuesdays and Thursdays to assist with food prep and distribution to classrooms. Volunteers will love handing out healthy food and interacting with students and staff. Volunteers are needed at 7:30 AM to prepare food until 9 AM when distribution to classrooms begins. The whole shift would be 7:30-9:30 AM, and volunteers may choose one or two days/week. We seek 2 volunteers per day who can commit to at least one day/week until at least March 2023 with few or no absences.

### **As a FFVP volunteer, your daily tasks would include:**

- ❖ Preparing fruits and vegetables including cutting, portioning, and delivering them to the classroom
- ❖ Providing assistance in tracking the data of fruits and vegetables served
- ❖ Occasionally collecting or changing classroom trays and condiment bottles

### **Required Skills and Experience:**

- ❖ Ability to lift, push, and pull a cart loaded with fruits and vegetables
- ❖ Ability to stand for up to an hour in the kitchen preparing fruits and vegetables
- ❖ Ability to bend, reach, and grasp items needed in preparation
- ❖ Ability to be on-time early in the morning and follow-through on work until completion
- ❖ Ability to work politely and respectfully with our kitchen staff in a tight space
- ❖ Ability to engage patiently and politely with students, even if they express dislike of the options
- ❖ Food service experience or a degree in nutrition not required but would be an asset!

### **Volunteer Commitments:**

- Show up in-person, on time, at least once each week as scheduled.
- Submit to a background check
- Personal commitment to anti-racism and the mission, goals, and philosophy of the Duluth Community School Collaborative
- Follow COVID-19 and food safety procedures as directed.



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***Given the high risk of exposure to COVID-19 in school environments during the pandemic, vaccination against COVID-19 is strongly recommended.***

FFV Program Volunteers will work with the Myers-Wilkins Community Health Coordinator, Anita Tamang.

If you have questions about this role, contact her at [nd.anita.tamang@lsd709.org](mailto:nd.anita.tamang@lsd709.org) or at 507-405-6657.

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### **Interested in this or other volunteer opportunities?**

Go to <https://www.duluthcsc.org/support> and fill out the volunteer interest form

-OR-

scan the QR code below and complete the form.

*Our director of programs will reach out to all applicants who complete the form within a few business days of submitting.*



**Thank you for your interest in supporting the wellbeing and academic success of the young people at Myers-Wilkins Community School!**