



CONVIVIVUM VOLUNTEER OPPORTUNITIES

GARDEN VOLUNTEER ROLES

Convivium Urban Farmstead grows food on over 7,000 square feet of garden space. This food is used in a variety of ways towards supporting Convivium's mission of "improving life through food." Some of the food is enjoyed in our restaurant or merchandise, where the proceeds go toward supporting our non-profit outreach programs. Some of the food is handed out as ingredients in our weekly free casserole program. And some of the food is picked by the general public as free, accessible, healthy produce.

Volunteer gardeners are an important part of the labor force that brings that food to life, gets it on to people's plates, and helps fulfill Convivium's mission.

Garden Guru

A Garden Guru leads small volunteer groups in growing and caring for Convivium's gardens. Working closely with the Farm Manager, a Garden Guru leads weekly volunteer sessions in varying aspects of tending a garden including preparing beds, planting, mulching, watering, weeding, harvesting, and general garden care. Some gardening experience is helpful, but not as important as a willingness to learn, a welcoming and friendly temperament, and the ability to lead a small group. There is a pre-season orientation, as well as personalized trainings and demonstrations throughout the season for Garden Gurus. We are seeking Garden Gurus who can commit to an entire growing season.

Garden Tender

A Garden Tender keeps Convivium's gardens healthy, thriving, and productive. Garden Tenders work at recurring weekly volunteer sessions alongside a Garden Guru preparing beds, planting, mulching, watering, weeding, harvesting, and doing all the little things that help food to grow. Garden experience is beneficial but not as important as a willingness to learn and a desire to become part of the Convivium mission of improving life through food.

Harvest Helper

A Harvest Helper guides the produce from Convivium's gardens on its journey from the field to the kitchen. By working with the Farm Manager and the Harvest Coordinator, Harvest Helpers carefully harvest, safely transport, (possibly sample!), clean, and weigh the harvest before handing it off to the kitchens. Garden experience is beneficial but not as important as a willingness to learn and a desire to become part of the Convivium mission of improving life through food.

KITCHEN VOLUNTEER ROLES

Convivium Urban Farmstead restaurant has a from-scratch menu that highlights fresh produce we grow ourselves in nearby neighborhood gardens. All proceeds from the restaurant help support our classes and other nonprofit programming. Our Free Community Casserole program also prepares, assembles and distributes about 200 free casseroles every week to address food insecurity in our community. Kitchen tasks vary throughout the seasons and may include tasks like processing our garden produce or baking holiday treats.

Kitchen Team Leader

Convivium Urban Farmstead restaurant has a from-scratch menu that highlights fresh produce we grow ourselves in nearby neighborhood gardens. All proceeds from the restaurant help support our classes and other nonprofit programming.

Convivium Kitchen Team Leaders must have some experience and knowledge of cooking, baking, safe food handling and be open to learning new techniques and skills. Professional food preparation experience a plus, but not necessary. Those interested in this role should be welcoming, friendly, have excellent communication skills and some experience leading groups. These volunteers will work closely with Convivium staff and will lead small groups in weekly tasks including food prep, dishwashing, packaging etc. We are seeking volunteers who can commit to recurring weekly volunteer work. Team leaders should be able to meet physical requirements necessary with kitchen work like standing for long periods of time. Team Leaders are also expected to attend an orientation/training.

Veg Preppers

Veg Preppers will work alongside Team Leaders to process our garden harvest or prepare food for use in casseroles or by prep cooks. Tasks vary week to week but may include peeling, dicing, spinning or packaging produce. Kitchen volunteers should be able to meet physical requirements necessary with kitchen work like standing for long periods of time.

Produce Preservers

The Produce Preserver team helps our produce live throughout the year. Whether it is turning basil into pesto, tomatoes into tomato jam, tomatillos into salsa verde, or dehydrating peppers, cherry tomatoes and herbs – the Produce Preservers help process our abundant harvest in a way that can be enjoyed all year round. Previous cooking or canning experience is helpful, but training will be provided for required tasks. Kitchen volunteers should be able to meet physical requirements necessary with kitchen work like standing for long periods of time.

Nutrition Education Instructor

As part of Convivium's mission, we provide access and education about healthy food choices to children and others who are struggling with food access and the adverse health effects of eating a diet of highly processed food. Our adult, family, and youth cooking and nutrition education classes are designed to expose people to real, fresh foods; provide the knowledge of where our food comes from and the importance of healthy choices; and teach the skills of how to prepare simple recipes using fresh ingredients. Volunteer instructors will lead such classes. Curriculum is provided. Instructors should have experience cooking and baking. Formal experience teaching or leading groups would be beneficial. Instructors must attend an orientation/training.

Nutrition Education Instructor Aide

As part of Convivium's mission, we provide access and education about healthy food choices to children and others who are struggling with food access and the adverse health effects of eating a diet of highly processed food. Our adult, family, and youth cooking and nutrition education classes are designed to expose people to real, fresh foods; provide the knowledge of where our food comes from and the importance of healthy choices; and teach the skills of how to prepare simple recipes using fresh ingredients. Instructor aides will be an extra set of hands throughout the classes and be open to doing a variety of tasks during class time. Aides should have some experience cooking and baking. Formal experience teaching or leading groups would be beneficial. Instructor aides must attend an orientation/training.



ADDITIONAL VOLUNTEER OPPORTUNITIES

Admin Extraordinaire

Admin tasks will vary week to week and may include answering phones, data entry or filing documents. Volunteers should be flexible and open to a variety of tasks that require attention to detail skills.

Tour Guide

Tours of Convivium Urban Farmstead are interactive and unique experiences that showcase our urban farm and facility, as well as teach participants about our mission and outreach efforts to increase access to healthy food here in the North End of Dubuque. Guides will highlight small space gardening techniques, our Common Bed gardens that anyone can harvest from, and encourage participants to eat their way through the neighborhood – tasting a variety of plants we are growing this year! Guides must be able to stand/walk for at least 45 minutes and attend a training.

Construction/Maintenance/Landscaping

The Convivium facility is an old greenhouse complex built in the late 1920s. Maintenance volunteers work on projects to keep the facility working and looking great. Woodworking and construction skills would be helpful but not necessary. Tasks vary week to week and seasonally.

Free Food Box Distributor

Convivium Urban Farmstead hosts a food box distribution on our patio with food donated by St. Stephen's Food Bank every 2nd & 4th Tuesday of each month. Community members can pick up free food starting at 3pm. Distribution continues while supplies last. Volunteers help distribute food and carry boxes to vehicles. Volunteers should be able to lift and move 30 lb. boxes and withstand outdoor weather for short periods of time.