



Welcome to Seed to Supper at FOOD for Lane County!

Thank you for your interest in volunteering with FOOD for Lane County to provide valuable gardening education to members of your community. Enclosed you'll find information about how to become a volunteer educator for the Seed to Supper Program.

This packet covers the following topics:

- Seed to Supper Overview
- Oregon Food Bank and FOOD for Lane County At-A-Glance
- Seed to Supper volunteer training requirements
- FAQs about Seed to Supper
- Seed to Supper Volunteer Job Description

Once you've had the opportunity to look through the information provided in this packet, please submit your application and feel free to follow up via phone or e-mail with questions.

Sincerely,

Jen Anonia
Gardens Program Manager
gardens@foodforlanecounty.org
541-343-2822, x314

Seed to Supper Program Overview

Seed to Supper is a comprehensive beginning gardening course series that gives novice, adult gardeners the tools and confidence they need to successfully grow a portion of their own food on a limited budget.

Seed to Supper is a joint effort of Oregon Food Bank (OFB) and the Oregon State University Extension Service Master Gardener™ Program. OFB offers Seed to Supper classes throughout Multnomah, Washington, Clackamas, and Clark Counties in collaboration with community-based host agencies, and statewide through a network of Satellite Partners like FOOD for Lane County.

Every day, participants face the difficult choices of how to use their resources and live with economic hardship. Instilling hope and providing food alternatives are some of the main goals of Seed to Supper.

-Seed to Supper Host Agency Representative

At Oregon Food Bank, our goal is to foster long-term solutions to hunger by giving people the tools and knowledge to be more resilient to economic hardship. Teams of volunteers support participants as they learn to plan, plant, and harvest their own fresh garden produce—increasing participants' access to fresh produce and improving overall food security.

Quick Course Facts At-A-Glance

- The Seed to Supper curriculum is available in both English and Spanish.
- Each course includes six 2-hour long sessions typically held at the same time each week for five consecutive weeks. (Alternative arrangements are available.)
- Classes cover vegetable gardening fundamentals: soil preparation, garden planning, planting, maintenance, and harvest.
- Classes are taught indoors, by PowerPoint, with flexibility for hands-on activities.
- Classes are typically taught by teams of 2-4 volunteers.
- 8-25 adult participants commit to attending all classes in the series.
- Course participants receive a free gardening reference book that is theirs to keep.
- Class attendance, course booklets, and other supplies are provided to all class participants at no charge to the Host Agency, Garden Educator, or participant.
- All participants and volunteers complete an end-of-course evaluation to measure key learning points and provide feedback for program improvements.



Oregon Food Bank and the Oregon Food Bank Network At-A-Glance

If you are new to Oregon Food Bank, please take a few moments to read about our organization before you move on to learn more about Seed to Supper.

The OFB Network

Oregon Food Bank works with a cooperative, statewide network of partner agencies and programs throughout Oregon and Clark County, WA.

OFB distributes food to 4 OFB branches and 17 independent non-profit food banks statewide like FOOD for Lane County which, in turn, distribute food to 945 local agencies and programs, such as food pantries, soup kitchens, shelters and more. These local programs provide food directly to people who are hungry in the form of boxes of food for people to take home or prepared meals.

More than 270,000 people per month ate meals from an emergency food box last year. In 2012-13, OFB distributed a total of 43.5 million pounds of food. 46% came from food industry donations; 18% from the USDA; 4% from food drives; and 32% was purchased by OFB.



The Oregon Food Bank Network has a large geographic service area that covers a variety of urban and rural communities. Each presents challenges and opportunities for organizations that serve people with low incomes. Working with our statewide network allows OFB to ensure efficient and equitable distribution of food throughout Oregon and Clark County, WA.

Who is hungry?

There are myths and stereotypes about people who aren't trying, or working, or doing their share. But many of us are working twice as hard and when we hear that someone else is hurting, many of us will give what little we have to help. We're taking in family members. We're sharing with other people who don't have food. Our real stories are different from the myths. We aren't freeloaders. We're people who are trying to survive in a very tough economy.

- JoAnn, emergency food box recipient from Silverton, OR

- **Hunger is at record levels and has dramatically increased since the beginning of the Great Recession in 2008;** most adult recipients of emergency food are looking for work, working, retired or disabled.
- **Oregon has one of the highest child food insecurity rates in the nation;** an estimated 92,000 children eat meals from emergency food boxes each month. Children who are hungry have a harder time learning in school and may face long-term health issues later in life.
- **Agencies continue to see new faces** ... people who are seeking help for the first time in their lives.

Seed to Supper Program Volunteer Training Requirements

Getting Started:

- Review this Volunteer Information Packet
- Complete and submit the Seed to Supper Program Volunteer Application (available online at
 - FFLC staff will contact you after reviewing your application
- Attend a Seed to Supper Volunteer Training
 - Scheduled for January 9th from 9am-3pm

Before Your First Class:

- Attend an On-site Orientation with FOOD for Lane County staff at the location where your class will be held
- Coordinate with the FOOD for Lane County Gardens Program Manager to divide teaching and other duties.

Ongoing training

- OFB staff will periodically send information about training opportunities and program updates via e-mail
- Contact program staff with specific questions or training needs



I just finished up the Seed to Supper Program at Rockwood Station last week and am feeling very proud of our work there. We had lots of engaged, eager participants who seemed to benefit in many ways from the program. Personally, I gained great experience teaching a diverse group of adults and sharing my love of gardening. I hope to be able to continue working as a workshop presenter in the future.

- Volunteer Seed to Supper
Garden Educator

Seed to Supper (S2S): Frequently Asked Questions for Volunteers

| | |
|--|--|
| What is Seed to Supper (S2S)? | S2S is a comprehensive beginning gardening course series designed for adults gardening on a budget. It was developed collaboratively by OFB's Learning Gardens Program and Oregon State University Extension Service's Master Gardener™ Program. |
| How are the classes structured? | S2S classes are taught indoors during the cooler months before the spring gardening season begins. Using an engaging PowerPoint presentation that illustrates a comprehensive course booklet, volunteers teach basic gardening concepts and guide students through activities that help them prepare to start their own gardens in the spring. Classes are typically taught in 6 weekly 2-hour-long sessions, although the materials can be condensed into fewer classes as needed. |
| Who participates in Seed to Supper classes? | Classes are designed for adults gardening on a budget. Class size ranges from 8-25 participants. Community organizations such as food pantries, affordable housing units, and parenting groups with an existing client base work with OFB to provide free classes for their clients. Community organizations like libraries, churches, and community centers also offer classes that are open to the public. Neither participants nor agencies are ever charged for Seed to Supper classes. |
| What do participants receive as part of attending the classes? | Each class participant receives a personal copy of the course booklet—a resource guide containing all the materials covered in class. During the last class, participants receive a certificate of completion and, subject to availability, seeds and/or plant starts to take home. |
| How are the specific needs and interests of the participants taken into account? | FFLC staff and volunteers communicate with the Host Agency coordinator to discuss how best to customize the class to meet the needs of the participants. During the course, participants are encouraged to provide input about what they would like to discuss, and volunteers are encouraged to take creative advantage of onsite gardens (when available) and “teaching moments” as they arise. |
| Who teaches Seed to Supper classes? | Classes are taught by 1-2 volunteer garden educators. Seed to Supper volunteers are typically accomplished home vegetable gardeners, Master Gardeners™, certified permaculturists, and/or experienced garden educators. Some of our volunteers have no formal training, but are aspiring garden educators with a strong interest in increasing their own knowledge and sharing their passion with others—and teaching is a great way to learn! Volunteer teams teach classes independently with training and support from OFB staff, |
| If I am a Master Gardener™, will teaching this class count toward my primary volunteer hours? | Yes. OFB and Oregon State University Extension Service worked together to co-develop the Seed to Supper gardening curriculum. Your volunteer hours as a Seed to Supper Garden Educator will count toward your Master Gardener™ primary volunteer hours. Tell us that you are a Master Gardener™ when you apply so that we can report your hours to your Master Gardener chapter. |
| Why do I need to complete a criminal background check? | Seed to Supper garden educators often work with vulnerable populations, such as people recovering from addiction, people living with mental illness, or people living on low incomes. Background checks help us ensure the safety of our participants. |
| Where are classes held? | Classes are held at community host sites, satellite partner sites, or at OFB. |
| What is the time commitment for volunteer educators? | The time commitment is about 12 hours of classroom time (typically in 6 consecutive weekly sessions), plus time for preparation and training. Volunteer teams attend an Onsite Orientation with program staff and agency staff takes place at the class site prior to the start of the class. Volunteers should plan to arrive 30 minutes prior to each class for set-up and stay 30 minutes after class for clean-up. Volunteers may choose to spend an additional 1-2 hours per session to prepare. |
| What if I can't commit to teaching all sessions in a course series? | We prefer to work with volunteers who can commit to teaching all sessions in a class series, but we may be able to make arrangements for a substitute if you notify us at the time you sign up to work with a class. |
| How do I sign up for a class? | New volunteers complete an online application and a volunteer training. We announce volunteer opportunities via email to our trained volunteers on a rolling basis as we schedule classes throughout the winter and spring. Once trained, reply to program staff when you see a volunteer opportunity in an update that interests you; we will notify you if you are placed in a class. |

FOOD for Lane County Gardens Program
Volunteer Job Description

Job Title: Seed to Supper Garden Educator; 5-week series

Position Summary:

In teams of 2, Seed to Supper volunteer Garden Educators will teach the 6-week Seed to Supper Basic Gardening series for adults gardening on a budget. Classes will be held throughout Lane County in collaboration with a variety of host agencies.

Responsibilities:

- Teach and/or observe classes the Seed to Supper curriculum to groups of 8-25 adults
- Pick up and return course materials from FOOD for Lane County
- Distribute and collect course evaluations from participants
- Complete a weekly report and end of course evaluation

Qualifications:

- Strong interpersonal skills and communication skills
- A strong interest in supporting community food security
- Gardening or agricultural experience, preferably experience gardening in the Pacific Northwest
- Experience working with people from diverse economic, racial and cultural backgrounds
- Experience teaching adult learners

Time Commitment:

- 3 hours per week (not including travel time) for 6 weeks, plus orientation and training time

Resources Provided:

- Seed to Supper Garden Educators must attend a training. There is currently one scheduled for January 9, 2016 from 9am-3pm.
- Ongoing mentoring, supervision, evaluation and training will be provided as needed
- All course materials – outline, visuals, handouts, etc. will be provided

*Note: FOOD for Lane County does not reimburse expenses incurred by volunteers in driving to the course (gas, parking fees, tickets or costs resulting from an accident).

How does this help Oregon Food Bank and FOOD for Lane County?

At Oregon Food Bank, our goal is to create a long-term solution to hunger by giving people the confidence and ability to be more resilient to economic hardship. Seed to Supper garden educators support participants as they learn to plan, plant and harvest their own fresh garden produce—ultimately increasing access to fresh fruits and vegetables and improving overall food security.

FFLC Contact: Jen Anonia, Gardens Program Manager
gardens@foodforlanecounty.org; 541-343-2822, x314