



## **Volunteer Job Description**

### **Hope Farm Volunteer – Duncan, B.C.**

#### **About The Mustard Seed**

The Mustard Seed is a non-profit organization devoted to fighting hunger and restoring faith in Greater Victoria. We provide many crucial services for people in need. From food to friendship, we aim to meet the physical, relational, and spiritual needs of the whole person. Our operations are nearly 100 percent community funded; these include the region's largest and most accessible Food Bank, the Food Security Distribution Centre serving 60+ organizations in the capital region, Family back-to-school and Christmas supports, Hospitality programs, services at Hope Farm Healing Centre as well as Church services.

#### **Job Summary**

We are seeking eager and hard-working individuals who want to get their hands dirty volunteering with our team at the Hope Farm in Duncan, B.C.. As a member of our farming team, you will learn about and participate in all aspects of growing whole, nourishing foods, all the way from seed to harvest. Volunteering at Hope Farm is a wonderful opportunity to grow your horticultural knowledge while also supporting people in need across the Cowichan Valley in a time of exorbitant food prices.

#### **Key Responsibilities**

- Assist with the seeding, planting, watering, weeding, cultivating, pruning and harvesting of a variety of crops
- Collaborate effectively with supervisor and other volunteers
- Follow all health and safety regulations and procedures

#### **Required Training/Skills**

- Ability to stand for extended periods and lift objects of up to 25 pounds
- Ability to kneel and crawl for extended periods
- Positive & collaborative spirit
- Acceptable criminal record check
- Must have own means of transportation and reliable footwear

#### **Benefits**

- Positive community impact
- Social connections
- Physical activity and connection to nature
- Development of agricultural knowledge and farm skills

**Reporting to:** Brent Cooper, Property Manager

**Length of Commitment:** Minimum of 3 months

**Probationary Period:** 2 shifts

**Hours:** one 4-hour shift per week, between 8:00am-2:00pm Mon, Tues, Thurs, or Fri

**Location:** 3504 Drinkwater Rd, Duncan, BC V9L 5Z2

**Position Created On:**

**For more information contact:**

Claudia Rezende – Volunteer Manager

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[www.mustardseed.ca](http://www.mustardseed.ca)