



# Volunteer Opportunities

We are looking for volunteers for the following roles:

- **Fridge Angel:** keep local community-access refrigerators stocked with produce left over after our markets;
- **Compost Runner:** collect the overripe veggies left from our markets & either compost at your house or bring them to the Tompkins County drop-off;
- **Cardboard Captain:** break down cardboard boxes after the market & bring them to the Tompkins County drop-off;
- **Traffic Controller/Event Worker:** work at the market & help keep the line moving, make sure our seniors & kids know where to pick up their produce; re-stock produce;
- **Food Demonstrator:** run a simple demonstration of food preparation using products we're offering at the market;
- **Produce Runner:** pick up produce at farms/stores before the market and/or redistribute it to Friendship Donation Network and other sites after the market;
- **Gleaner:** gather produce at you-pick opportunities at our farm share

Questions? Email [gail.brisson@gmail.com](mailto:gail.brisson@gmail.com)