

VOLUNTEER HANDBOOK

Volunteer Handbook

Everything you need to know before your first day on the farm.

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Welcome

Thank you for showing up. More than 60% of our volunteers are first-timers, and every one of them was welcomed by someone else's first day the week before. This handbook covers the practical basics: what to wear, what to expect, and how we work together.

Before you come

- Register for a shift at globaloneurbanfarming.org/volunteer
- Wear closed-toe shoes and clothes that can get dirty
- Bring a full water bottle and a hat
- Sunscreen and bug spray are provided on-site

What a shift looks like

Shifts are three hours. We start with a 15-minute circle where the farm lead introduces the day's work and the crew introduces themselves. We work in small teams of 3-5 for about two hours, take a 15-minute break with snacks and cold water, and finish with a 15-minute closing circle and cleanup.

Tools & safety

All tools are provided. The farm lead will show you how to use anything you haven't used before — never guess. If something feels unsafe, stop and ask. Report any injury, no matter how small, to the farm lead immediately.

Our community agreements

- We take care of ourselves, each other, and the land
- We ask before we teach
- We work at a pace that lets everyone finish together
- We take what we need from the harvest and leave plenty for our neighbors

After your shift

Log your hours through the volunteer portal so we can track collective impact. If it's been more than 30 days since your last shift, we'll email a short survey — please fill it out. Your feedback shapes how we train future crew leads.

Questions

Reach volunteer coordinator Maya at volunteer@globaloneurbanfarming.org or (816) 555-0142.