



### **'ĀINA IS NEEDS VOLUNTEERS (We are Growing!!)**

- *Do you have gardening experience or would like to gain gardening skills while sharing the wonders of gardening with school children?*
- *Are you concerned about the eating habits of our youth and can see yourself teaching nutrition in the classroom, and supporting schools in providing healthy lunches?*
- *Are you wacky for worms (not a requirement), or would you like to support schools in their efforts to reduce, reuse and recycle waste in their gardens, classrooms and cafeterias?*



## Yes! I'm interested in VOLUNTEERING with Kokua Hawai`i Foundation's 'ĀINA In Schools Program At my School

'ĀINA In Schools is a farm to school program dedicated to connecting children to their land, waters and food in order to grow a healthier future for Hawai'i. Participating elementary schools include: 'Āikahi, Ala Wai, Makaha, Ke Kula O Kamakau, Sunset Beach, Wai'ālae, Waikiki, and Wheeler.

\_\_\_\_\_ **Nutrition Docent:** No prior nutrition teaching experience necessary. You will be trained to teach nutrition lessons in the school to 2<sup>nd</sup>, 5<sup>th</sup>, or 6<sup>th</sup> graders. (Commitment: Attend 4 trainings, and teach 8 classroom lessons per year, 2 per quarter.)

\_\_\_\_\_ **Nutrition Lesson Assistant:** Assists the nutrition docent during the classroom lesson. (Commitment: Attend 4 trainings, assist with 8 classroom lessons per school year, 2 per quarter)

\_\_\_\_\_ **Nutrition Lesson Shopper:** Behind the scenes nutrition support! Shops for nutrition lesson food items the day before or the morning of the Nutrition Lesson. Prepares the food cart the morning of the nutrition lesson at the school. (Commitment: Assist with 8 classroom lessons per school year, 2 per quarter)

\_\_\_\_\_ **Garden Volunteers:** The garden volunteers help to build and maintain new and existing school gardens. Duties can include assembling garden boxes, loosening soil, shoveling mulch, creating garden artwork, watering, and more. (Commitment: Attend "Garden Parties" at the beginning, middle and end of each school year, or as frequently as every week, depending on volunteer's availability)

\_\_\_\_\_ **Garbage Gurus:** Trained to teach vermicomposting and ecological footprint lessons, and assist schools with periodic "Wastestream Audits" of cafeteria and other school waste. (Commitment: As needed.)

\_\_\_\_\_ **Farm Connections:** Do you know a farmer/s that may be interested in hosting a field trip, speaking to a class, or offering their local produce as a school menu option?

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Thank you for your interest. Our volunteer and outreach coordinator will contact you to further discuss volunteer opportunities with the 'ĀINA IS program.*