



Sole Food Street Farms 2026 Seasonal Volunteer Program

A season-long volunteer position at Sole Food Street Farms is for individuals with an interest in urban agriculture and engagement with social enterprises. This is a hands-on opportunity to learn crop production and maintenance throughout an entire growing season. Additionally, there will be opportunities to attend and host workshops relating to our joint focus of providing an equitable workplace and sustainable farming in an urban environment.



About Sole Food Street Farms

Sole Food is a Vancouver, B.C.-based social enterprise that transforms vacant urban land into street farms that grow artisan-quality fruits and vegetables. Sole Food trains and employs residents from Vancouver's Downtown Eastside Neighbourhood who are facing barriers to traditional employment. Individuals are given the opportunity to work with living soil, grow fresh food, develop new skills, and spend their days in an environment that supports a healthy body, mind and soul.

Sole Food Street Farms models the economic and social possibilities for urban agriculture and demonstrates the vital connections between farming, land stewardship, and community well-being.

Sole Food Street Farms is in its sixteenth year of operation with nearly three acres of land in production, 30 employees, and up to 40,000 lbs of food produced annually. We are modelling innovative ways of growing food in vacant urban spaces and abandoned lots with contaminated soils.

Volunteering with Sole Food Street Farms

We have a diverse and innovative urban farming operation, which requires a wide range of skills. Some tasks that could be expected of volunteers to participate in (with adequate training/guidance) include:

- Trellising and pruning in our greenhouses, field planting, weeding, harvesting, post-harvest processing, preparing restaurant orders, compost turning, bed clearing and infrastructure construction or repair.

No background in farming or gardening is needed, but you should be prepared for physically demanding work performed in all types of weather.

We aim to provide you with well-rounded training in urban agriculture and farm operations. Besides the informal training that happens each day, we will provide regular workshops on various topics. We invite our volunteers to ask many questions and aim to match you with daily tasks compatible with your specific farming interests.

Please consider this a serious commitment of your time. The success of our farm, measured in both production and community building amongst the team, depends greatly on having volunteers that can show up consistently, on time, and ready to participate in the day's tasks. We also appreciate you giving us notice if you will not be able to attend your scheduled shift.

Perks of Volunteering with Sole Food

Volunteers will receive access to the staff section of our walk-in fridge, where we always have a selection of almost perfect produce available. All volunteers (including drop-in or infrequent volunteers) get this perk at the end of their shift.

Volunteers are welcome to join all workshops hosted by Sole Food. This can include urban agriculture training (ex. Soil Science, Compost Demos, etc), life skills training (ex. Stretching with an Occupational Therapist, Cooking with Farm Produce, etc), and fun team-building activities (ex. Plant Dyeing, Tomato-fest, etc). Workshops are held bi-weekly in the peak season when possible.

Note: We do not believe that you should need to buy additional produce during peak season if you work on a farm. We do our best to allocate a significant amount of produce to all staff, including volunteers!

Work Schedule

- The program begins in May and ends mid-October, with some flexibility possible.
- We operate from Monday to Friday.
- Volunteers work either one or two 4-hour shifts per week on days of their choosing.
- Start time of our work days depends on daylight hours and temperature. Shifts can begin as early as 7:00 am in the peak summer. We prefer volunteers to start with the rest of the team but may accommodate other start times for regular volunteers.
- At the start of the day, the Farm Co-Managers will go over the specific tasks that need to be completed.
- Be punctual and prepared to work at the designated time with the necessary tools and proper clothing (see the below diagram). Closed-toed shoes and weather appropriate clothing are required at all times.
- You will need to bring rain gear, rubber boots, a sun hat, and a water bottle. We can provide sunscreen, harvesting tools, and gardening gloves, though you are welcome to bring your own.



Our ideal candidate has:

- Physical ability to carry out farm tasks (able to lift 50 lbs)
- Great energy, hard-working mentality with ability to have fun too
- Open and positive communication skills and attitude
- Patience, kindness, compassion, and understanding
- Interest in both the social and farming aspects of Sole Food's mission

To apply:

Please submit a resume and answers to the following questions:

1. Why do you want to volunteer with Sole Food specifically?
2. Should we know of any physical limitations you might have in performing farm tasks (bending over for long stretches, lifting, pushing heavy wheelbarrows)? We will work with you as best as we can to accommodate.
3. What is your availability? Please be as specific as possible with days and times; let us know if you have any plans to be away. We operate from Monday to Friday with seasonally shifting schedules.
4. Optional: If you were to run an afternoon workshop for our staff, what would be the topic?

Please email a completed application and resume to k.dowd@solefoodfarms.com. Qualified applicants will be contacted for a farm tour and initial meeting before scheduling volunteer shifts.

Learn more at solefoodfarms.com or follow us on Instagram or Facebook @SoleFoodFarms