

VOLUNTEER 2022-2023
SEEDS IN THE MIDDLE - TASTES OF BROOKLYN
GARDENING - FARM MARKETS - HEALTHY CAFES - FRESH COOKING - TUTOR
- WELLNESS - FITNESS - VIRTUAL
YOU CAN SIGN UP BY GOING Here: [BIT.LY/SEEDSVOLUNTEERSIGNUP](https://bit.ly/seedsvolunteersignup)

Thank you for offering to volunteer for Seeds in the Middle & Tastes of Brooklyn. Below is an array of potential help we need as of December 2022 with general guidance. All offers from you are welcome. We can assign you a position or you can tell us if there is something you particularly would like to do. The number of volunteers may vary per project for the markets and other Seeds in the Middle and Tastes of Brooklyn activities. These volunteer opportunities are for both Seeds in the Middle fresh markets and outreach and/or Tastes of Brooklyn map-making, phone calls, etc.

When you ready to commit, kindly fill out our survey [here](#) or email us at info@seedsinthemiddle.org

See [map](#) of our locations and other links at linktr.ee/seedsinthemiddle
We are happy to provide community service credits, letters of recommendation and anything you need. Kindly ask your employer if they donate for your volunteer hours.

Thanks for volunteering for us.

****Care about wellness, see end...***

REMOTE/VIRTUAL: Bookkeeping, website help, administrative, end of year fundraising, social media - email us what you can do

ONGOING

Wednesdays, (12-6p), PS 705, 443 St. Marks Ave., Crown Heights
Help set up and break down farm stand, help students cook healthy + make fresh juices, smoothies for farm stand - *schedule changing for winter, but let us know if you are interested in working in Crown Heights*

THURSDAYS (12-6p), IS 392, 104 Sutter Ave., Brownsville (Spring)
Help us set up and break down farm stand, mentor students at market, make smoothies, juices, fresh fruit cups at the farm stand - market is 2-5p)

FRIDAYS (COMING SOON) Market at PS 139, 400 Rugby Ave., Flatbush

Help set up and break down market, run market, work with students, make smoothies, juices, fresh fruit cups at the farm stand 2-5p - (Also will be making bags for delivery to east Flatbush, Brownsville)

Upcoming EVENTS:

MARTIN LUTHER KING DAYS OF SERVICE - JAN. 14, 15, 16

- Help us make fresh produce bags, tutor with kids, build gardens, fix up schools

January: News conference/march for - Light up the Block, 142

Watkins St,

Sign petition here: change.org/lightupwatkins

TASTES OF BROOKLYN EVENTS

Potential Bar Crawls - January-March

Spring Food and Drink Crawls start in March 2023

Want to help us build foodie events? Email us.

Volunteers needed starting at 10 or 11 am

(all ages, no special skills needed)

If you can help do social media, reach out to bars/restaurants to get them to participate and more BEFORE events, please email us at

tastesofbrooklyn@gmail.com

Buy tickets at tastesofbrooklyn.com

ON-SITE - VARIOUS DAYS

EDUCATION:

FARM STANDS, GARDENS, COOKING

Hip2B Healthy Cafes

SEEKING gardeners, educators, cooks, anyone who loves to cook fresh, tutors, reading buddies, construction help, anyone who can

help us boost opportunity for underserved children in central Brooklyn.

TUTOR:

Wednesdays/Fridays 4-6pm, Charity Baptist Church, 142 Watkins St.

Our schools/sites: 2022-2023

[IS 392, 104 Sutter Ave. Thursdays](#)

[PS 705, 443 St. Marks Avenue at Classon, Crown Heights](#)

[Clara Barton HS, 901 Classon, Crown Heights \(TBD\)](#)

PS 41, 411 Thatford Ave., Brownsville (Day TBD)

PS 139, 330 Rugby Ave.

Brooklyn Landmark Elementary, Brownsville

Charity Baptist Church, 142 Watkins St., Brownsville (after-school, wed, fri)

[See map here](#)

FITNESS:

YOGA, FITNESS, WALK AROUND THE FIELD

Location: Hamilton Metz Field, 608 Lefferts

Or

Charity Baptist Church, 142 WATKINS ST. (6pm Wednesdays)

GIVE US YOUR TIMES AND DAYS.. COMMIT TO 8 WEEKS

Field Times for Hamilton Metz:

Saturdays 1-4p. - any fitness or sports or yoga welcome

Sundays 4-7 p - Any fitness or sports or yoga welcome

EARLY MORNINGS: 7am

Fitness Walks/Light work-outs before school:

Hip2B Healthy Morning Cafes at our schools: seeking volunteers - if you work, you are done by 8:30am latest (*serve coffee, tea, smoothies, fresh juices, parfaits, oatmeal to make fresh, healthy food available for community - DAYS TBD -*

if you can do this, just email info@seedsinthemiddle.org

Our POP-UPS - WEEKENDS

COMMUNITY GROUPS OR CORPORATE GROUPS

WHO WANT TO:

- Help renovate gardens
- Do Hip2B Healthy Cafe days at schools with us
- Tutoring Days
- Soccer or Fitness

(or suggest: please email volunteer@seedsinthemiddle.org)

REMOTE

Admin: Transcribe sign in forms to google sheets

Help with website

Take photos of restaurants, bars for our social media (Tastes of BK)

Do health social media posts

Call customers to remind them to come to markets

Text customers, parents, etc to encourage them to come to markets

Administrative work for grants, etc. (all help there!)

FOOD JUSTICE

Get our petition signed and share: change.org/fundequity

SOCCER/FITNESS - Spring (possible winter)

Indoor Winter Soccer - Saturday or Sunday Time TBD

Spring 2023

Soccer and fitness at Hamilton Metz Field, Crown Heights

SOCCER - (no coaching experience necessary, just know the game)

Yoga, Dance classes, Fitness Classes, tell us what you can do!

Field Times:

Tuesdays and Thursdays 4:30-6p

Saturdays 12:45-3p

Sundays 4-6p

Location: [Hamilton Metz Field](#)

If you can do this, [please sign up here](#)

More info: go to bit.ly/chsoccercoachguide

FOOD JUSTICE:

HEALTHY FOOD DAYS OF ACTION - Spring 2023

Tell us if you can help us organize one for the fall or winter where we can get 100 participants

(March over the Brooklyn Bridge to City Hall - students read letters to the Mayor and City Council and demand funding for food and health and educational equity)

***HELP US CREATE BROWNSVILLE FRESH FOOD MARKET/WELLNESS CENTER in collaboration with local residents**

Want more info on all of this:

Email: info@seedsinthemiddle.org

Sign up - bit.ly/seedsvolunteersignup

WANT TO DONATE?

SEE QR PAGE ATTACHED. AND THANK YOU!

Or go to bit.ly/seedsinthemiddle

**WELLNESS: We are working with community members to create a wellness center, featuring healthy, fresh food, meditation, calming room for children and adults, yoga, natural wellness products, a cafe with nutritional and feel-good teas, coffees, fresh juices. If you want to help and also help us raise money for the FIRST wellness center local moms and dads and community leaders in Brownsville, please email volunteer@seedsinthemiddle.org - Just want to donate?*

[Give to our matching fundraiser here](#)

PLEASE SIGN AND SHARE OUR PETITION - CHANGE.ORG/FUNDEQUITY

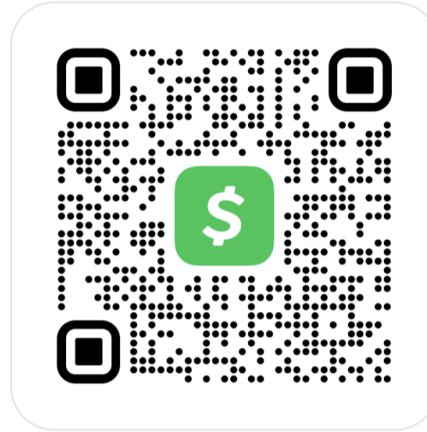
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