



WE DONATE 100% OF THE FRESH FOOD WE GROW.  
WELCOME TO THE FAMILY.

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# GROW CALGARY

# VOLUNTEER WELCOME GUIDE

[WWW.GROWCALGARY.CA](http://WWW.GROWCALGARY.CA)

CONTACT US AT [VOLUNTEERS@GROWCALGARY.CA](mailto:VOLUNTEERS@GROWCALGARY.CA)  
OR FIND US ON SOCIAL MEDIA: [@GROWCALGARY](https://www.instagram.com/growcalgary)





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# ABOUT US

## WHO WE ARE

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### **GROW PEOPLE. GROW FOOD. GROW CALGARY.**

Grow Calgary is a community farm founded in 2011 that donates 100% of what is grown to food access programs and individuals experiencing food insecurity. We utilize agroecology farming practices and are a volunteer-led organization. Along with donating our produce, we advocate for system-level change to address food insecurity in our communities and provide education on this issue as well small-scale farming to people of all ages. Everyone has fundamental rights to food. Our ultimate goal is that everyone has consistent and dignified access to healthy, local food.





# PROUD STEWARDS

OF MO'OHKINSTSIS / TREATY 7 TERRITORY

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The Blackfoot name for Calgary is Mo'ohkinstsis.

- We utilize agroecology techniques with a focus on regenerative farming that reduces our impact on the land
- We grow our food without the use of pesticides or chemical contaminants
- We are a community of volunteers open to all. Every year we welcome hundreds of people from diverse walks of life to the farm



We grow on the traditional and unceded territories of the Blackfoot Confederacy comprising of the Siksika, the Piikani, and the Kainai First Nations, the Tsuut'ina First Nation, and the Stoney Nakoda including the Chiniki, Bearspaw and Goodstoney First Nations. This territory is also home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland. As settlers and uninvited guests, we are grateful for the opportunity to grow and educate on this land which has been stewarded by Indigenous Peoples for millennia.



# FARM LOCATION + DIRECTIONS

5510 26 Ave NE (Behind Robert McClure United Church)

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Entry is off 26 Ave NE and is accessible by car, public transit, biking, or walking. Parking is available in the front lot, or on the street off the property. The farm is behind the church and accessible through a gate.



# FARM SAFETY & POLICIES

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## FARM SAFETY

We strive to be a safe environment where people of all ages and abilities can come to learn. Ensure you have carefully read and signed our waiver prior to your shift. Please:


- Be aware of your surroundings on the farm
- Pick up after yourself and put away tools
- Never operate heavy equipment without prior training
- Inform us prior to your shift of accessibility requirements
- Use your judgement & assess your comfort level, you can opt-out of any activity at any time
- Please dispose of all garbage and recycling in the appropriate bins, fruit & veggie scraps can be discarded in our compost pile

## WEATHER POLICY

We work in all weather conditions. Please check the forecast so that you can be prepared. If very questionable weather arises, contact us to confirm your shift is still happening.

## ANIMAL POLICY

Please leave your pets at home for the safety of the plants and seedlings in our garden beds. This is also for their own protection from the heavily trafficked nearby roads.















# FARM SAFETY & POLICIES

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There is a zero tolerance policy for racism, homophobia, ableism, sexism, ageism and disrespectful behaviours towards volunteers and staff.

-  We respect and share the land
  -  We respect each other
  -  We welcome new ideas, input, and feedback
  -  We are a community that embraces the value of each individual
  -  We will work to be anti-racist and anti-oppressive
  -  We will work to have accessible spaces and remove barriers
  -  We strive to learn and improve our practices
  -  We work to grow food that will benefit vulnerable people
  -  No harm on the farm
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# VOLUNTEERING AT THE FARM



## WHAT TO EXPECT

Join our community of volunteers! We couldn't continue our mission without your help. We welcome volunteers to come by for drop in shifts whenever they can, no minimum shifts required. Tasks at the farm vary throughout the seasons. The majority of our growing season is between April-October. Volunteer tasks include: seeding, planting, building new beds, watering, harvesting produce, packaging donations, and farm organization. Our volunteers have a range of skills & abilities, whether you're new to food growing or you already have a green thumb, all are welcome!

## WHAT TO BRING

Plenty of drinking water, a lunch and/or snacks, sunscreen/sun protection & bug spray. Wear shoes and clothing that you'll be comfortable wearing and working in. Dress for the weather.

# SIGNING UP TO VOLUNTEER

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## TEAM BOOKINGS OF 10-25 PEOPLE

COGS (Companies, Organizations, Groups & Schools):

1. Please read our [\*\*SPONSORSHIP GUIDE HERE\*\*](#)
2. Ensure all participants fill out the sign up/waiver form [\*\*HERE\*\*](#)

## NEW VOLUNTEERS

1. Fill out the sign up/waiver form [\*\*HERE\*\*](#)
2. Go to the Booking Page and sign up for shifts
3. Continue using Booking Page to sign up for shifts

## VOLUNTEER SHIFT TIMES

### **April-October (weather depending)**

Morning: 9:30AM-12:30PM

Afternoon: 1PM-4PM

Please note times are subject to change. The booking page will have the most accurate shift days & times.

**All participants are required to submit a sign up/waiver form on the website including children, friends, family & team members.**

PLANNING ON VOLUNTEERING WEEKLY/LONG-TERM?  
BECOME A FARM MANAGER

# SMALL-SCALE FARM MANAGEMENT CERTIFICATE PROGRAM

Farm Managers are people who want to volunteer on a consistent basis at the farm and lead others.

## PROGRAM OUTCOMES:

- Manage day-to-day farm tasks on your own
- Lead groups and orient volunteers
- Become a point of contact for new volunteers

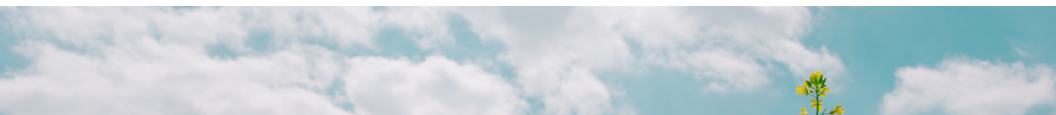
## REQUIREMENTS:

- Volunteer for at least 50-hours at the farm
- Complete the Small-Scale Farm Management Checklist
- Demonstrate the ability to work independently & lead other volunteers

Free and go-at-your-own-pace, we track your hours & learning goals with you. Once you have completed the requirements, you will receive your certification. All ages are welcome to join this program.

Check out the curriculum [HERE](#)

**SIGN UP NEXT TIME YOU'RE AT THE FARM OR BY  
EMAILING [VOLUNTEERS@GROWCALGARY.CA](mailto:VOLUNTEERS@GROWCALGARY.CA)**





# VOLUNTEERING FROM HOME

WITH FLEXIBLE HOURS & FREEDOM TO GROW

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Grow Calgary has numerous off-farm volunteer opportunities for those looking to build their resume and make a meaningful difference in their communities from home.

## POSITIONS INCLUDE:

- Donation Procurement Coordinators
- Fundraising Coordinators
- Food Policy Council Members
- Event Planning & Community Outreach
- Corporations, Organizations, Groups & Schools (COGS) Team
- Social Media Coordinators

## REQUIREMENTS:

- Must be able to commit a minimum of 3 months
- Hours/week vary from 5-10 depending on position

**FOR MORE INFO CONTACT  
VOLUNTEERS@GROWCALGARY.CA**