

VOLUNTEERING AT JOYFUL FOOD MARKETS

FAQ sheet for Joyful Food Market volunteers



WHAT ARE JOYFUL FOOD MARKETS?

The markets are joyful community events, where families and children can mingle with volunteers and school administrators while selecting from fresh, seasonal produce and healthy pantry staples, totaling 23 pounds of food per enrolled student. Our markets also feature kids' cooking activities, recipe samples, and chef-led culinary demonstrations, designed to get children excited about healthy eating and cooking. Each market is assigned an experienced Market Leader who makes sure the event goes smoothly from start to finish!



WHAT DO VOLUNTEERS DO DURING THIS SHIFT?

The shift is 4 hours long and consists of set up (1 hour), distribution of food to families (2 hours), and clean up (1 hour). Volunteers assist our market team in setting up tables, moving and organizing the boxes of food, distributing groceries to families, assisting our chefs with culinary demonstrations, distributing flyers, and checking people in at our registration table. The volunteers for this shift are often active and busy throughout the entire shift!

WHO IS THE FOOD FOR?

The healthy food distributed at our elementary school markets is for anyone with children enrolled in the school, as well as the staff of the school. All market food is at no cost to customers!



CAN VOLUNTEERS SHOP TOO?

Yes, volunteers are welcomed to receive groceries at the same quantity as participants.

WHAT ABOUT THE LEFTOVERS?

No food goes to waste! Leftovers are packed up and used at a future market or in our lobby market at Martha's Table's headquarters.

DO I NEED ANY SPECIAL SKILLS?

No special skills are needed to volunteer at markets.

IS THERE A DRESS CODE?

We recommend the following dress code for our market volunteer shifts:

- Closed-toe shoes (no sandals)
- Comfortable clothing you can move around in
- During warm weather, markets are generally held outside, so please dress accordingly!

CAN I BRING A GROUP TO VOLUNTEER AT A JOYFUL FOOD MARKET?

Group leaders should look for a date with enough spaces available to accommodate everyone in your group. Only the leader will need to reserve the shift for the entire group. Once you have found a date please send an email to volunteer@marthastable.org with the amount of slots you would like to book. You will get back an email confirming your reservation. Space is limited, so please do not bring more than scheduled number of attendees.



WHAT IF I NEED TO CANCEL MY SHIFT?

We ask that volunteers let us know as soon as possible if they would like to cancel a shift by emailing the volunteer team at volunteer@martha's Table.org. You can cancel your shift your own up to 24 hours in advance. We rely on volunteers to make these markets successful, so please do not sign up for a shift if you do not think you will be able to keep your commitment.

IT'S MY FIRST SHIFT, DO I NEED TO BRING ANYTHING?

We ask that volunteers who have never worked with Martha's Table before please print and sign our **Volunteer Waiver** and bring this document to the market shift. You can access the Volunteer Waiver on the volunteer page of our website: www.marthastable.org/get-involved-2/volunteer

WHERE ARE THE MARKETS LOCATED?

See a list of our Joyful Food Markets below:

- Aiton Elementary
- Anne Beers Elementary
- AppleTree PCS
- Burrville Elementary
- Cedar Tree Academy
- Center City PCS
- CW Harris Elementary
- DC Scholars PCS
- Democracy Prep
- Drew Elementary
- Eagle Academy
- Excel Academy
- Friendship Charter
- Garfield Elementary
- Hendley Elementary
- Houston Elementary
- JC Nalle Elementary
- Kimball Elementary
- KIPP DC: Heights Academy
- Martin Luther King Jr. Elementary
- Moten Elementary
- Neval Thomas Elementary
- Patterson Elementary
- Plummer ES
- Rocketship Elementary
- Savoy Elementary
- Smothers Elementary
- Stanton Elementary
- Turner Elementary

LOOKING FOR A LONG TERM VOLUNTEER COMMITMENT?

Through Martha's Table's Adopt-A-Market program, organizations, social groups, religious organizations, university clubs, work teams, or inspired friends select one of our monthly school markets to adopt. Adopting a school market requires that each group provide 10 volunteers for the market shift each month.

If you are interested in adopting a school market please contact Francisca Alba, Assistant Director of Volunteer Engagement, at falba@marthastable.org or (202) 750-8454.