

Squash Hunger Intern

About Capital Roots:

Capital Roots is striving to create a more vibrant and equitable food system. We work to reduce the impact of poor nutrition on public health in New York's Capital Region by organizing community gardens, providing healthy food access, offering nutrition and horticulture education for all ages, and coordinating urban greening programs in Albany, Rensselaer, Schenectady and southern Saratoga Counties. Our mission is to nourish healthy communities by providing access to fresh foods and green space for all.

Position Description:

Our Squash Hunger program is a food recovery initiative started in 2004 that collects surplus fruits and vegetables from farms, gardens, markets, and distributors for delivery by a corps of volunteers, staff and community partners to emergency feeding programs in the Capital Region. The program is a year round effort which distributes over 75 tons of produce annually from farmers, markets, and wholesalers. Squash Hunger brings access to fresh healthy fruits and veggies to families and seniors struggling to put food on the table.

The Squash Hunger Intern will assist the Squash Hunger Coordinator with the recovery of fresh produce and coordinate delivery to local food pantries, soup kitchens and shelters, help the program connect with new donors and partners, assist with volunteer coordination, and work with communications team to promote the program through social media and other outlets.

Responsibilities include:

- Coordinate gleaning activities at area farms
- Document gleaning activities through photos, videos and written materials
- Help with unloading, weighing, sorting, and distributing large quantities of produce
- Develop new and maintain existing relationships with local farmers
- Ensure accuracy of data recorded in google doc
- Create emails, thank yous, social media posts, and other communications to inform and engage volunteers, sponsors, partners and the public about the Squash Hunger program

Qualifications:

- Excellent written and verbal communication skills
- Ability to lift boxes of produce weighing 40+ pounds
- Excellent organizational skills
- Interest in food security issues and food justice

Compensation:

This internship is unpaid. College credit may be available.

Opportunities for long-term research projects available. Email with project interest.

Send cover letter and resume via to: Sharon DiLorenzo, Education Director

Email: educationdirector@capitalroots.org