



Bounty & Soul Local Foods Internship

Bounty & Soul is an innovative grassroots community-based organization working to advance food and health equity by giving everyone a fair opportunity to eat well, be healthy, and thrive. We provide consistent access to nourishing food, health & well-being education, and a supportive community. We are an energetic, passionate, and committed team made up of a small but mighty staff, more than 400 volunteers, 100+ community partners and key stakeholders that are dedicated to advancing our mission.

Our mission revolves around 3 interconnected programs: Produce to the People™, Rooted in Health™ and Farmers Alliance™. The Farmers Alliance Program is a program that focuses on collaboratively strengthening the local food system through building and nourishing Bounty & Soul's relationships with farmers, growers, gardens, businesses, and other food security organizations. This program is committed to community-led solutions to providing access to fresh, locally sourced and grown foods through an equity and sustainability lens. The Local Foods Intern will work primarily with the Farmers Alliance Program with some overlap with our other programs.

Local Foods Internship Description

Note: This is mostly work that must be done on-site in Black Mountain or at partner farm and garden locations. There will be about 5-10 hours/week of work that can be done remotely, if needed.

- Represent Bounty & Soul as an outward-facing role with current and potential grower partners. This includes attending weekly workday and harvest shifts with our garden partners.
- Attend all Bounty & Soul markets to share local produce items and education with participants (currently twice a week: Tuesdays, 11am-12:30pm and Fridays, 4:00-5:30 pm).
- Attend and assist with leading volunteer sorting shifts prior to markets.
- Attend and assist with leading volunteer harvest events and workdays at local farms.
- Assist with creating content for a monthly newsletter including volunteer opportunities, program updates, upcoming harvest days, opportunities, partner farm and garden features, etc.
- Document local food and growers through photos and testimonials.
- Create weekly social media posts highlighting Bounty & Soul farm/garden partners.
- Record all donated local food in the established donation logs.
- Cleaning, processing and packaging local food and market supplies.
- Participate in maintaining the overall cleanliness and organization of the food storage area including the refrigerators, freezers, vehicles and compost area.
- Willingness to contribute to the needs of the organization as they may arise.
- Coordinating with other related team members and communicating with clarity.
- Maintaining personal responsibility and reliability.
- Representing Bounty & Soul in the community with dignity, positivity and inclusiveness.



- This intern reports to the Farmers Alliance Manager and works closely with the Manager every day. The internship will begin with a meeting with the Farmers Alliance Manager to outline the intern's individual career goals, their goals for the internship, and discuss the organization's expectations for the internship. There will be weekly planning meetings and two check-ins throughout the internship.

Skills Preferred:

- Interest and passion for sustainable agriculture and local food systems
- Basic/Working knowledge of Google Drive
- Strong social skills and able to communicate clearly and efficiently with partners and staff via phone, email, and in-person correspondences
- Ability to work in a fast paced, dynamic environment
- Leadership skills and/or volunteer management experience/interest is a plus
- Ability to lift up to 30# and work in warm and wet weather conditions