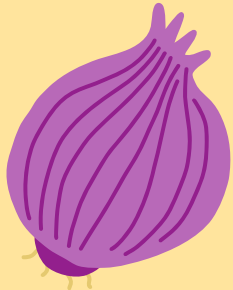


**Students Wanted!**

**nourish.NJ**  
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# VITAL VEGGIES



**We believe everyone in our community deserves access to nutritious, culturally relevant food. nourish.NJ runs 3 FREE Farmer's Markets every week, year round for anyone in need.**

## STUDENTS CAN HELP!

1. Organize a fundraiser to help nourish.NJ purchase market food.
2. Select veggies, milk or eggs from our commercial supplier's list to be paid for by your fundraiser. We will place the order.
3. You can then volunteer at our market, serving the produce that you helped purchase!



### THROUGH OUR VITAL VEGGIES PROGRAM

Youth gain leadership skills and confidence as they learn the importance of community, creativity and caring for others. Students also learn how non-profits function - and the value of purchasing in bulk commercially!

# VITAL VEGGIES

## DETAILS

Use your creativity to design and implement a fundraiser. Anything goes! But remember to keep track of your volunteer hours, and keep us in the loop.

### FUNDRAISING GOAL LEVELS

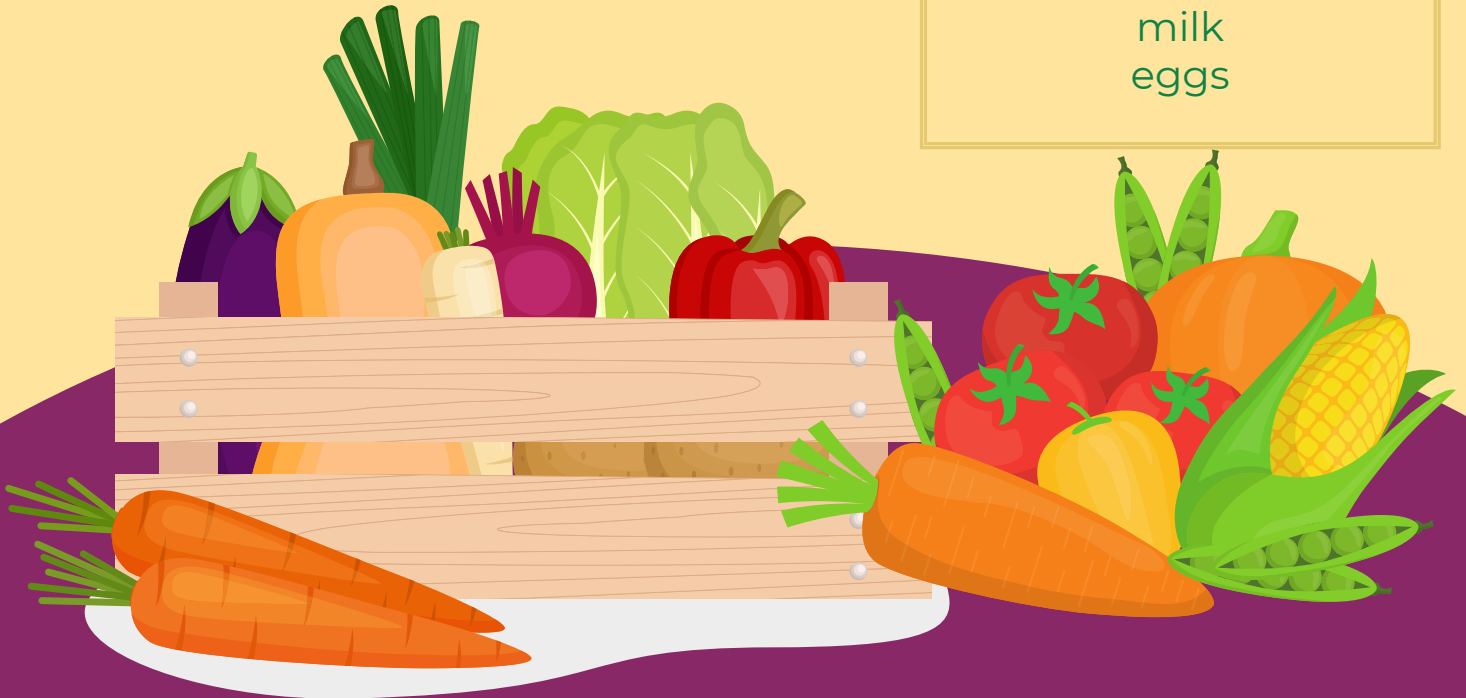
- \$ 300 - purchases 1 item from our supplier for market
- \$ 500 - purchases 2 items from our supplier for market
- \$ 1,000 - 3 items from our supplier
- \$ 1,500 - 4 items from our supplier
- \$ 3,000 - covers all food for 1 market for 150 households! Student may also select 1 bonus food item from our bonus item list.

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Each of our Free Farmer's Markets serve 150-300 adults and children. Guests make their own selections, picking their family's favorites. We do not pre-bag the food!

### ITEMS SERVED AT A TYPICAL NOURISH.NJ FREE FARMER'S MARKET

potatoes  
onions  
carrots  
plantains  
bananas  
peppers  
lettuce  
tomatoes  
milk  
eggs



Questions? Check out Vital Veggie FAQs on the next page.

# VITAL VEGGIES

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## FAQ

**How do I organize a fundraiser?** The possibilities are limitless! Recently, students ran successful Bowl-a-thon, Balloon-gram, and Cupcakes for a Cause events for nourish.NJ. Consider an idea connected with your interests. This makes the project more fun for you - and also tends to bring in more funds for serving our community! Here is a link with some [fundraising ideas](#).

### **How do I get Community Service hours with my Vital Veggies Project?**

You can share 3 hours or 30 hours depending on your schedule and your fundraiser! You may also opt to volunteer on our serving line to distribute the produce purchased with your funds. See Volunteering at Market details below.

- **Discuss the project with your advisor before beginning** to ensure that this meets your school/congregation's requirements. *Please note that our community service hours are not for court ordered service.*
- **Students are required to track their own hours on the project.** Once the project is completed, including the donation of funds to nourish.NJ, we are happy to provide a community service letter. Please let us know if you need one. Allow one week for processing.

### **How do I submit my fundraising financial donation?** You have options!

- Drop off in person - let us know you are coming so we can make a fuss over you and all that you have accomplished! Email [julie@nourishnj.org](mailto:julie@nourishnj.org) to schedule a drop off time.
- Donate through our [website](#).
- Mail a check made out to nourish.NJ, 57 E. Park Place, Morristown, NJ 07960.

**Where is the Vital Veggies list of market food and bonus options so I can select the items nourish.NJ will purchase through their commercial supplier?** Email [julie@nourishnj.org](mailto:julie@nourishnj.org) for our seasonal list.

### **Can I purchase the food myself with my donation?**

Sorry, but we get a great deal through our supplier - purchasing in bulk commercially ROCKS!

**How do I volunteer at one of your Free Farmer's Markets and serve the produce/milk/eggs that my fundraiser's financial donation purchased? Market volunteers must be 14 years or older.** We have a 30 minute Zoom orientation. The class will give you a deeper understanding of our mission, how a non-profit functions, and all the details you need to feel comfortable when volunteering in-person. The orientation also covers how to schedule your market volunteer opportunity. The class counts towards your community service hours. Here is the link to sign up for [orientation](#).

**Can a sports team or youth group do the Vital Veggies project?** Team and youth groups are welcome to work on our Vital Veggies program, too, but please note that the students will then sign up to volunteer at our market as individuals, probably on different market dates rather than as a group.

**Can nourish.NJ post my project on social media?** We would love to! Send us the signed [photo release](#) along with pics from your fundraiser and a blurb. Your great idea will not only help our neighbors, but can also inspire other students to take action!

**Additional questions? Contact Volunteer Liaison Julie Hess at [julie@nourishnj.org](mailto:julie@nourishnj.org)**