

# Opportunities for High School Students

## Youth- Based Organizations

**One Montana-** Picture a world where leaders find common ground rather than lines in the sand. Where businesses cross rural-urban boundaries to build markets and support networks. Where small towns and urban centers have equal opportunity to grow and prosper. Our programs and conversations include Agriculture, Water, Landowner/Sportsmen Relations, and Youth Entrepreneurship. Find what unites us rather than what divides us with *One Montana*. [www.onemontana.org](http://www.onemontana.org)

**Learning By Nature** understands getting dirty! We design and install natural playgrounds, school gardens and outdoor classrooms, but it's better than that even- YOU help with the design and installation too! If your community is interested in learning and playing or you have a project that needs help growing... it's what we do best! [www.LearninByNature.org](http://www.LearninByNature.org)

**Montana Kids Coop** is a shared brand and cooperative business that is owned, managed, and worked by youth (up to age 25). The Kids Co-op is designed to strengthen our local food economy by tapping into the knowledge, experience, and best practices of local farmers and food producers, while empowering the youth with control of their own business. The Kids Co-op has the potential to be one of the fastest growing companies because there are several products and services that may fall under one brand: Kids Co-op, known for organic/healthy/quality/locally produced. [www.montanacoop.com](http://www.montanacoop.com) contact [Jason@montanacoop.com](mailto:Jason@montanacoop.com) for more information.

## Job/Internship Opportunities

**Kalispell Regional Medical Center (Kalispell)** If you're 16 or older you can work 4-hour shifts delivering trays at the hospital. If you are 18 or older you can work for Seth full time. He is an experienced, accomplished chef who sources over one million dollars worth of local food every year, which is about 40% of his budget. <https://www.kalispellregional.org/krmc/patients-and-visitors/on-campus-and-off-campus-dining>.

Contact Chef Seth Bostick by coming to the KRMC Sunnyview Café Cafeteria and asking for him or by calling 406-752-5111 ext. 2432.

**The Livingston Farm to School Internship Program** offers students a unique opportunity to learn about every facet of sustainable farming, including but not limited to planting, irrigation,

seeding, transplanting, composting, trellising, soil health, harvesting, preserving, cooking, and selling produce to the community through a Community Supported Agriculture (CSA) Program. Supported by the Farm to School Farm Educator, interns will work at all Livingston School gardens and growing spaces to develop business, agricultural, and team skills through cultivating, harvesting, processing, packaging, and delivering 20 CSA shares on a weekly basis. Through this exciting opportunity, interns will build their resumes and gain a deeper understanding of their local food system.

If interested, contact Farmer Educator Rachael Jones at [rachael.jones@livingston.k12.mt.us](mailto:rachael.jones@livingston.k12.mt.us)

**The Western Sustainability Exchange (WSE)** hopes to pay an intern in 2016 to help at the Livingston Farmers Market with set-up and take down, running WSE booth, and in the process learn about and contribute to the running of the market. If you can commit to once a week for the full summer, this is a great opportunity for you!

Visit [www.westernsustainabilityexchange.org](http://www.westernsustainabilityexchange.org) for more information about WSE and contact Katie Plumb at (406) 222-0730 or [kplumb@wsestaff.org](mailto:kplumb@wsestaff.org) to get involved!

**Youth Harvest Program ( Missoula)** is a therapeutic, service-oriented, work program. In operation since 2003, it is a collaboration between Missoula Youth Drug Court, Willard Alternative High School, and Garden City Harvest. The Youth Harvest Project employs six to twelve youth each growing season to work at the PEAS Farm. In addition to daily farm work, the youth operate the Mobile Market, harvesting and delivering fresh produce to sell at very low cost to seniors at subsidized housing complexes in town.

Contact Laurie Strand Bridgeman at [laurie@gardencityharvest.com](mailto:laurie@gardencityharvest.com)

**Peaceful Gardens (Bigfork)** is a community oriented, year round, food self-sufficiency program specializing in growing organic fruits, veggies, herbs, sprouts and wheat grass. They hire summer help and plan to have some educational workshops. <http://peacefulgardens.net/>

**Wild Swan Farm (Swan Valley)** is home to Organically Grown Heirloom Fruits, Vegetables, Herbs, Organic Eggs, Goats and Turkish Akbash Dogs is currently looking for part-time employment! <http://www.wildswanretreat.com/farm--garden.html>

Contact Lisa Gilbert 805-252-4175, [lisagilbert97@yahoo.com](mailto:lisagilbert97@yahoo.com)

**Glacier Nursery (Kalispell)** hires High School students for Spring/ Summer work.  
<http://www.glaciernursery.com/>

## **Volunteer Opportunities**

**Flathead Food Bank**-Volunteer at the Flathead Food Bank and give back to your community!  
You can contact the food bank at 406-752-3663 or [info@flatheadfoodbank.com](mailto:info@flatheadfoodbank.com).  
<http://www.flatheadfoodbank.com/volunteer.php>

**Missoula Food Bank**- People of diverse experiences share their time, energy and talents through a variety of jobs. These include stocking of the store's shelves, sorting food, interviewing clients, entering data, bagging groceries, cleaning, repacking perishable food, collecting donated goods, and delivering food to senior citizens. Other opportunities to volunteer throughout the year include the holiday food drive, postal carrier food drive, newsletter collation, and helping to make sandwiches for our summer nutrition program for children. Volunteers are always needed and welcome! <http://www.missoulafoodbank.org/index.php/help/volunteer>

**Bigfork, Somers, Lakeside or Cayuse Prairie School Gardens**- volunteer in school gardens across the valley! There are additional volunteer opportunities if you are interested in helping with taste tests, teaching nutrition, gardening, or cooking classes.

Contact Maddy Halverson at [maddy.halverson@foodcorps.org](mailto:maddy.halverson@foodcorps.org) for more information

**Kalispell School District 5**- Volunteer opportunities include helping out with school garden maintenance and helping with taste tests in the cafeteria, or teaching nutrition, gardening, or cooking classes in the classroom or after school.

Contact Whitney Pratt, [whitney.pratt@foodcorps.org](mailto:whitney.pratt@foodcorps.org) or 802-779-5868

**Homestead Organics Youth Roots Project (Hamilton)** The program brings area youth to the farm to learn about and experience locally grown, fresh foods. Youth participants tend their own garden located on the farm and learn from farmers and interns. The youth earn a CSA box each week.

For more information contact Lauran and Henry at 406-363-6627 or [homesteadorganics@earthlink.com](mailto:homesteadorganics@earthlink.com)

**Jr. Master Gardener Program** is an international youth gardening program of the university cooperative Extension network. JMG engages children in novel, “hands-on” group and individual learning experiences that provide a love of gardening, develop an appreciation for the environment, and cultivate the mind.

**The Livingston Farm to School Program** often needs volunteers to help with events and other fundraising activities. If you would like to help us, please send us your contact information and we will add you to our list of generous volunteers. We appreciate your time and talents!

Contact Farmer Educator Rachael Jones at [rachael.jones@livingston.k12.mt.us](mailto:rachael.jones@livingston.k12.mt.us) to get working!

**The Western Sustainability Exchange (WSE)** has volunteer opportunities at the Livingston Farmers throughout the summer, as well as with the Young Entrepreneurial Stewards (YES) program, which currently works with younger students to develop sustainable business ideas for the farmers market. There are lots of opportunities for high school students to get involved in leadership and mentoring and if there was enough interest for the YES program, WSE would be interested in working with students to develop a high school focused program as well.

Visit [www.westernsustainabilityexchange.org](http://www.westernsustainabilityexchange.org) for more information about WSE and contact Katie Plumb at (406) 222-0730 or [kplumb@wsestaff.org](mailto:kplumb@wsestaff.org) to get involved!

**Garden City Harvest (Missoula)**- Volunteer at the PEAS farm, River Road Farm & community gardens, Orchard Farm and Community Gardens in exchange for veggies over the summer-time! For more information visit <http://www.gardencityharvest.org/get-involved/volunteering/>

## Summer Camps / Educational Opportunities

**Montana Farmers Union Summer Camp (Bigfork)**- Montana Farmers Union Youth Leadership camps provide many opportunities to develop leadership and life skills as well as learn about the cooperative business model. Each day brings crafts, dances, games, hikes, and workshops. Camp takes place at our 144-acre facility in the Highwood mountains.

Visit <http://www.montanafarmersunion.com/> or Contact Delisa Protsman, Education Director at [dprotsman@montanafarmersunion.com](mailto:dprotsman@montanafarmersunion.com) for more details.

**Blue Sky Stewardship (Missoula)** is a non-profit focused on food sovereignty and sustainability. Their mission is to cultivate their community’s relationship with food through education, localization and urban farming. They are currently working with several youth-focused organizations and plan to offer an array of educational workshops.

<http://www.blueskystewardship.org/>

**Mansfield Center American Youth Leadership Program (International Opportunity)**

Sponsored by the U.S. Department of State, AYLP Thailand 2016 engages 20 Montana high school students and two Adult Participants on an all-expense paid study of Thailand focused on food security & climate change, leadership development, and community service. Applications are Due November 8<sup>th</sup>.

Please visit <http://www.umt.edu/mansfield/internationalprograms/aylpthailand/default.php> or contact Kelsey Stamm at [kelsey.stamm@umontana.edu](mailto:kelsey.stamm@umontana.edu) or (406) 243-2838.