

# SUSTAIN the Australian food network

## Corporate Volunteering Program



**Sowing seeds, making a difference.**





## **About Sustain:**

Sustain is Australia's leading healthy and sustainable food systems organization. Through our urban farm network, our research and our consultancy projects, we are catalyzing Australia's transition to a healthy, socially just, sustainable food system that nourishes all people and the planet.

## **About our Corporate Volunteering program:**

Our corporate volunteering activities are designed to be hands-on and collaborative learning experiences where your team can hone their skills in the garden, deepen their understanding of food systems and contribute to food justice in their community: The fresh, organic produce grown on our urban farms is redistributed to families facing food insecurity through our partner DIVRS.







# Sample session

**8:50** Arrival at the farm

**9:00 – 9:25** Welcome to the Farm: Acknowledgement of Country, Safety Induction & Housekeeping.

**9:25 – 9:40** Farm tour

**9:40 – 10:40** 1st hands-on activity, this could include:

- Building no-dig beds
- Planting out pollinator and biodiversity gardens
- Sowing and propagating seedlings
- Learning about efficient weed management

**10:40 – 11:00** Morning tea: herbal tea made with farm ingredients and a selection of local fresh-baked cakes.

**11:00 - 12:30** 2nd activity may include:

- Building verge gardens and meadows
- Turning hot compost bays
- Seed saving and processing



# Corporate volunteering rates

The rates below are per person and based on group size.

Whilst we cater to groups of up to 100, **option 3 for larger groups will only be available at Bundoora Park farm.**

You have the option of holding your half-day session in either the morning or the afternoon. **If your team is after a longer session please get in touch and we'll work with you to support your needs.**

## ***Option 1***

**5 - 20 people \$100 pp**

## ***Option 2***

**20 - 40 people \$85 pp**

## ***Option 3***

**40 - 100 people \$75 pp**

**\*Please note that we have a minimum booking rate of \$1100 to support the program's sustainability.**







# Impact

By engaging with us through corporate volunteering, you are supporting **so much more** than a bandaid solution to issues of food insecurity in our communities.

## You are supporting:



**Improving biodiversity and increasing green spaces in urban communities.**



**Youth education & skills development around sustainable agriculture and food systems.**



**Building sustainable local food systems that center people's health and wellbeing regardless of income.**



# How to book

To book a corporate volunteering activity with us, please fill out the **Expression of Interest Form** on our website and we will be in touch within the week to finalize the details with you.

Feel free to contact us at **cv@sustain.org.au** with any questions about our programs, mission or pricing structure.

## Alternative ways to engage:

If you would like to support our important work beyond corporate volunteering with your team, we would be happy to help you add Sustain to your company's **workplace giving** system! Find us on Benevity, Good2Give or **send us an email**.

