



## GREAT FIRST-TIME JOB EXPERIENCE

- Meet new people
- Work with peers
- Connect with your community
- Develop leadership skills

## LEARN NEW SKILLS

- Greenhouse production
- Work outside
- Grow and harvest fresh produce
- Building and using farm equipment

## COMPENSATION

- Pay starts at \$14
- Free Farm Fresh Produce to take home

## JOB REQUIREMENTS

- Ideal for post high school & college students
- Have an interest in urban agriculture, culinary arts, being outside, and community building.
- Reliable transportation (includes public transportation) or live within walking distance of 40th and Seward streets
- Able to lift at least 35lbs
- Flexible work hours Monday - Thursday
  - 9am - 4pm 15-20 hours/week
- Willing to work in a variety of weather conditions such as light rain, high heat, and humidity.
- Personal email address

## SPRING SESSION: APRIL 1ST- MAY 24TH !



With the tremendous help of the 2023 Urban Farming Interns, City Sprouts harvested and distributed over 15,000 lbs of fresh, sustainable produce in just one season! We're gearing up for an even bigger yield in 2024, and we're looking for passionate young folks to join us. Direct questions to Aaron French [aaron@omaha.sprouts.org](mailto:aaron@omaha.sprouts.org)  
**Applications due by March 15th**





## GREAT FIRST-TIME JOB EXPERIENCE

- Meet new people
- Work with peers
- Connect with your community
- Develop leadership skills

## LEARN NEW SKILLS

- Work outside
- Grow and harvest fresh produce
- Culinary & Financial Education
- Volunteer with Community Organizations

## COMPENSATION

- Pay starts at \$14/hour
- Take home food you've grown
- Lunch Provided during Summer Session

## JOB REQUIREMENTS

- 15 - 21 years old
- Have an interest in urban agriculture, culinary arts, being outside, and community building.
- Reliable transportation (includes public transportation) or live within walking distance of 40th and Seward streets
- Able to lift at least 35lbs
- Availability to work Monday-Thursday
  - 9 am-3 pm 20 hours/week
- Willing to work in a variety of weather conditions such as light rain, high heat, and humidity.
- Personal email address

## SUMMER SESSION: JUNE 3RD - AUGUST 14TH!

We're gearing up for the biggest and best year of the City Sprouts Urban Farming Internship ever in 2024! If you're interested in learning more about this paid opportunity to grow your own food, learn valuable skills and get to know an incredible group of young leaders, apply today! Direct questions to Aaron French [aaron@omahasprouts.org](mailto:aaron@omahasprouts.org)

**Applications due by April 20th**







## GREAT FIRST-TIME JOB EXPERIENCE

- Meet new people
- Work with other teens
- Connect with your community
- Develop leadership skills

## LEARN NEW SKILLS

- Work outside
- Grow and harvest vegetables and fruits
- Conservation Research
- Learn about food preservation and seed saving

## COMPENSATION

- Pay starts at \$14/hour
- Take home food you've grown

## JOB REQUIREMENTS

- Ideal for post high school & college students
- Have an interest in farming, gardening, plants, cooking, nutrition, being outdoors, having fun, and youth education
- Reliable transportation (includes public transportation) or live within walking distance of 40th and Seward streets
- Able to lift up to 35lbs
- Flexible work hours Monday- Wednesday
  - 9am - 3pm 15-20 hours/week
- Personal email address

## FALL SESSION: AUGUST 26TH- NOVEMBER 15TH !

We're gearing up for the biggest and best year of the City Sprouts Urban Farming Internship ever in 2024! If you're interested in learning more about this paid opportunity to grow your own food, learn valuable skills and get to know an incredible group of young leaders, contact Aaron French (aaron@omahasprouts.org).

**Applications due by August 2nd**

