

# **VOLUNTEERS NEEDED**

## **NORTHVIEW COMMUNITY GARDEN**

For more information please contact  
Nidia - Community Health Worker  
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**All Produce is donated to  
North York Harvest Food Bank**

**540 Finch Ave. West Toronto**  
**Volunteer shifts 9 A.M to 12 P.M**  
**Week Days or Weekend**  
**May to October**

 [@northviewgardenbf](https://www.instagram.com/northviewgardenbf)

### **WHY VOLUNTEER!**

- Help combat food insecurity
- Community involvement hours
- Connect with your community
- Obtain a letter of reference
- Gain transferable skills
- Improve mental health
- Learn, share, laugh

