



## Nutrition Internship Description

2022 Market Season

### Program Background

Meet Your Vegetables is now the Mill City Cooks Nutrition Internship! This internship is designed for nutrition and public health students seeking an opportunity to learn about our local food system. Led by market managers, interns work together to create and sample nutritious, seasonal recipes featuring market produce. They also complete a community engagement project focused on nutrition, sustainable farming, food access or another related topic. The internship requires a minimum of 120 hours, completed between May and October.

Throughout the internship, students have opportunities to work with professional chefs, local farmers, health care providers and non-profit professionals, for opportunities with networking and career development.

### Internship Objectives

1. Inspire Mill City Farmers Market visitors and the wider community to eat more local food through recipe creation, recipe promotion and a community engagement project
2. Drive fresh vegetable sales for local farmers through educational demonstrations at the Market and online
3. Discover how to effectively communicate with the public about nutrition and wellness
4. Learn about the local food industry and career development skills from chefs, farmers, health care providers and other professionals

### Internship Details

60% - Seasonal Recipe Development & Sampling (Remote and In-Person Outdoors)

- As a team of two interns, create six simple recipes that highlight seasonal vegetables available at the market
- Produce high-quality photos for each recipe, used for the market's website
- Create a short video demonstrating the recipe for Instagram Reels using personal smartphone or Market's iPad/camera
- Sample all 6 intern recipes to visitors at the Market
  - Twice monthly June through August (exact dates TBD, based on interns' schedules)
  - Must be on-site at market 7:30 a.m. to 1:30 p.m.
  - Educate and engage hundreds of market visitors on sourcing, preparation techniques and nutritional information of featured produce
- Staff the Market's Power of Produce kids' veggie tasting table at 3 additional market dates from 7:30 a.m. to 1:30 p.m. (exact dates TBD, based on interns' schedules)

30% - Community engagement project (Remote or In-Person, dependent on project)

- Working independently or as a team of interns, create a community engagement project focused on nutrition, cooking, food access, regenerative farming or another topic related to our local food system
- Examples include any combination of social media content, blog articles, podcasts, public presentations, additional recipe development or sampling, or other creative ideas.

10% - Educational opportunities (Zoom or In-Person, TBD)

- Trainings: general organizational training, recipe development basics, social media best practices
- Community Engagement Project introduction, check-in meetings and presentations
- 4 networking and career development meetings with local chefs, farmers, non-profit professionals, local government leaders and healthcare providers. Speakers and topics TBD based on intern interest. Topics could include general networking, resume review, interview coaching or job shadowing.

Required skills and qualifications

- Basic cooking experience (including cooking for yourself at home!)
- Basic nutrition knowledge of common fruits and vegetables
- Interest in regenerative farming practices and local food
- Independently motivated
- Good communication skills
- Available 9 Saturdays May through October

Preferred skills and qualifications

- Nutrition or public health student
- Experience volunteering or working in local food systems (farm-to-table restaurants, food co-ops, farms, farmers markets, non-profits)
- Experience creating recipes
- Experience creating Instagram Reels and other digital content

## Compensation

Payment for the internship includes a \$1,000 stipend. However, if you have a student visa or scholarship that prohibits compensation for an internship, we can work with you so please still apply. Interns will also be reimbursed for pre-approved expenses, such as ingredients for recipe development.

Note to University of Minnesota CFANS Students: Grants are available for unpaid internships through Career and Internship Services. Learn more: [careerhelp.umn.edu/internshipfunding](https://careerhelp.umn.edu/internshipfunding) or email Mari Ruddy, [mmruddy@umn.edu](mailto:mmruddy@umn.edu)

## Application Instructions

To apply, send a cover letter and resume to Jenny Heck: [jenny@millcityfarmersmarket.org](mailto:jenny@millcityfarmersmarket.org). Please note in your cover letter whether or not you are considering this internship for college credit.

Applications are due March 6, 2022.

## About Mill City Farmers Market

Mill City Farmers Market (MCFM) is Minneapolis' trusted source for healthy, local and sustainable groceries, combining a vibrant marketplace with nourishing community connection. MCFM is a non-profit organization that was founded in June of 2006 by farm-to-table chef and restaurateur Brenda Langton, in collaboration with the Mill City Museum. With over 100 local farmers, food makers and artists, MCFM strives to build a local, sustainable and organic food economy in a vibrant, educational marketplace. In addition to delicious local food, MCFM offers cooking demos, engaging children's activities, free outdoor yoga and other [programming through our Charitable Fund](#).

MCFM is located on Dakota Land. We are grateful to have our market at this beautiful space with views of the Misi-ziibi, the Ojibwe name for the Great River, or Wakpá Thánka in Dakota. Owamni Omni (St. Anthony Falls) is located just blocks away from the market and has long been a culturally significant place for the Dakota people. Read our complete land acknowledgement statement and find more market information at [millcityfarmersmarket.org/about](http://millcityfarmersmarket.org/about).