



HEALTHY FOODS LOCAL FARMERS

2020 Mill City Farmers Market 'Meet Your Vegetables' Internship

Background

Founded in 2006, Mill City Farmers Market (MCFM or the "Market") is Minneapolis' trusted source for healthful, local and organic food. In addition to organizing a market for over 100 vendors and 4,000 guests each week, the Market also runs a 501(c)3 non-profit Charitable Fund (MCFM-CF) working to support regenerative farming practices, healthful eating and food access in our community.

Meet Your Vegetables is MCFM-CF's nutrition and public health internship in partnership with [Allina Health](#). Designed for undergraduate students seeking an opportunity to learn more about local food, interns work together to create healthful, seasonal recipes to sample at the Market. They also complete a community engagement project focused on nutrition, food access or another related topic. The internship requires a minimum of 120 hours, which is completed between May and October.

Throughout the internship, students work alongside professional chefs, local farmers, health care providers and non-profit professionals, giving them the opportunity for mentorship and career development in related fields.

Objectives

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

45% - Recipe creation and demonstration at the Market

- As a team of 4 to 6 interns, create 9 simple and healthful recipes that highlight seasonal market produce
- Demonstrate recipes to visitors at the Market
 - o June through August (exact dates TBD)
 - o Must be able to attend at least 6 of the 9 dates (7:30 a.m. to 1:30 p.m.)
 - o Educate and engage market visitors on sourcing, preparation techniques and nutritional information of food
 - o Partner with Allina Health staff and practitioners and incorporate their programming into the market booth
- Staff the Market's [Power of Produce](#) kids' veggie tasting table at 3 to 5 additional markets (7:45 a.m. to 1:15p.m.)
- Work and learn from professional chefs during [Mill City Cooks](#) public cooking classes at 1 to 2 markets (10:00 a.m. to 12:00 p.m.)
- Connect and network with chefs, farmers, health care providers and other professionals to learn about our food system and career development in related fields



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45% - Community engagement project

- Working independently or as a team of interns, create a community engagement project focused on nutrition, food access or another related topic (cooking, wellness, regenerative farming)
 - o Media examples: articles, booklets, digital or social media content, public presentations or demonstrations, videos or a combination of any of these

10% - Educational opportunities

- Kick-off training with a class from public health educator and Market Chef Jenny Breen to learn about recipe creation and review nutrition basics
- 2-hour cooking class with a local professional chef or MCFM vendor
- Career development with Allina Health, MCFM staff or both (This could include a resume review, interview coaching, job shadowing, mentorship and networking time.)
- Optional paid opportunity to staff MCFM-CF's annual fundraiser dinner on Sunday, September 13th

Required skills and qualifications

- Basic cooking experience (including cooking for yourself at home!)
- Nutrition knowledge of fruits and vegetables
- Interest in regenerative farming practices and local food
- Independently motivated
- Good communication skills
- Available 10 Saturdays June through August

Preferred skills and qualifications

- Nutrition or public health student
- Experience in local food (farm-to-table restaurants, farms, farmers markets, non-profits)
- Experience creating recipes
- Available 2 to 4 Saturdays in May, September and October

Compensation

This internship is unpaid but includes a small grocery allowance to shop for personal groceries at the Market. Interns will be reimbursed for pre-approved expenses, including parking at the Market and recipe development.

University of Minnesota CFANS Students

Grants are available for unpaid internships through Career and Internship Services. Learn more:

<https://www.careerhelp.umn.edu/internshipfunding> or email Sharon Heron (Career & Internship Services); sheron@umn.edu

Application Instructions

Send a cover letter and resume to Jenny Heck: jenny@millcityfarmersmarket.org. Please note in your cover letter if you are considering this internship for college credit.

Applications are due **February 17, 2020**. Candidates will be interviewed in late February and March. To learn more and check out past Meet Your Vegetables recipes: <https://millcityfarmersmarket.org/recipe-custom-logos/meet-your-vegetables/>