

# Spring 2019 Internship Openings

## Food Systems

**To apply for any of these opportunities, please send a resume and cover letter to Matthew Myers, Food Systems Intern Coordinator: [matthew.myers@uvm.edu](mailto:matthew.myers@uvm.edu)**

If you would like assistance with choosing an internship, or writing a resume or cover letter, please email Matt to set up an appointment.

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## **Common Roots**

Our comprehensive and engaging hands-on farm to school program is delivered to over 1,000 South Burlington School District elementary students each month where students learn about our food system including lessons nurturing lifelong healthy eating habits and taste test recipes created by the students using fresh organic produce harvested from our farm.

Common Roots is a local non-profit organization whose mission is to foster the relationship amongst farmers, educators, youth, families and the wider community through place-based and service programs. Our work is to provide several avenues for children, parents and the community to participate in food education and build the capacity to provide fresh organic produce for families, our schools and programs.

### Internship Details:

#### **Farm to Go Education Internship**

Do you enjoy cooking and would like to share that passion with middle school students? Consider an internship with this after school culinary and nutrition program for grades 6 - 8, where students cook dinner to take home to their families. This internship could be for credit or just for experience and meets on Thursday afternoons from @1:00 to 7:00 pm (with some flexibility in the timing depending on your schedule and number of credits)

#### **New Culinary Pilot Programs – Farm to Fork Dinner Delivery and Chef Extravaganza Night Internship**

These 2 new programs will alternate monthly on Tuesdays and you can choose the number of hours you wish to participate from 12:00 to 7:00 pm with a minimum of a 4 hour commitment. In the Chef Extravaganza Night you will work with visiting chefs from local restaurants, along with community members who sign up for the class, to create delicious meals at the Wheeler Homestead on Dorset Street in South Burlington. In the Farm to Fork Dinner Delivery Program you will work with other Common Roots Staff to create healthy dinners to deliver to families that are attending events at the Cairns Sports Arena across the street from our industrial grade kitchen at the Wheeler Homestead. This internship will include working with both of these exciting new programs and could be for credit or just for experience.

#### **Common Roots Nutrition Curriculum Internship**

Common Roots is seeking an intern to provide support in developing Common Roots Pre-K through 6th grade Farm to School curriculum. In conjunction with Common Roots educators the intern will expand existing Common Roots Farm to School curriculum to include developmentally appropriate nutrition concepts for our culinary lessons in Pre-K-1, Grades 2-4, and Grades 5-6. The schedule is flexible and the intern should be knowledgeable about nutrition.

#### **Common Roots Marketing Internship**

Common Roots is seeking an intern to assist with our various areas of marketing needed to launch a successful Farmstand Membership campaign and bring community members to our Chef Extravaganza experiences. The schedule is flexible, but we prefer that the internship is for credit working a minimum of 3 to 4 hours per week.

**Desired/Required Qualifications:**

- Interest in gardening/farming/agriculture, nutrition, and education.
- Interest in working with grade Preschool - 5 students as well as participating in community engagement and event planning.
- Desire to observe and practice teaching students about healthy eating, locally sourced foods, plant science and other FTS related curriculum.
- Interest in produce processing, food preparation and nutrition education.
- Responsible and able to work independently as well as in collaboration.
- Background Check/Fingerprinting as the intern will be working with students and children in the community
- Dedicated to community involvement and service
- Passionate about the mission and goals of Common Roots
- Friendly, personable and a positive outlook; able to comfortably and pleasantly deal with a variety of people
- Punctual and manages time wisely; ability to plan daily/weekly schedules and to complete assigned tasks
- Interface with other programs as the weekly/monthly schedules require within your internship agreement

**Timeframe:**

- Spring Semester: January 14th to May 3rd
- Hours per week: 4 – 10 hours depending on the number of credits pursued
- Unpaid
- Positions Available: 5 internships

Note: Farm to School classes are during the school day between 8:00 am and 3:00 pm

**Required documents:** Resume, Cover Letter and Class Schedule

## **Friendly Toast**

We are a restaurant chain with 3 locations in MA, 1 in NH, and 1 opening soon in VT. We have more restaurants on dock for later this year! We are a very unique restaurant from our decor all the way to our menu!

### Internship Details:

#### **Internship Title: Marketing Intern**

We are seeking a Marketing Intern to work with us! As a new business in town we are constantly working at promoting our restaurant, culture and all around eclectic vibe! We are looking for an intern who can do all of that and more through the means of social media, word of mouth and marketing to local areas and populations in Burlington that we may not usually reach.

Unpaid

## Huertas

[Huertas](#) works with Mexican and Guatemalan farm workers living and working on rural dairy farms in Vermont to plant and maintain kitchen gardens to produce culturally familiar vegetables and herbs. Through the gardens and related activities, Huertas builds connections between community volunteers and Vermont's Latino/a farmworkers, addressing issues of food security and access, while also building cross-cultural relationships.

### Internship Details:

#### **Internship Title: Field Intern**

##### Responsibilities:

- Develop, coordinate and plant gardens together with participating migrant farmworkers.
- Contacting former and potential participants to identify what they want to grow
- Coordinating donations through greenhouses and community volunteers
- Making field visits and doing outreach projects with farmworkers
- Supporting the distribution and planting of starts and seeds

##### Desired Qualifications:

The *ideal* candidate has garden experience, is proficient in Spanish and English, has a car with Vermont plates, and is interested in a unique opportunity to create positive change.

Unpaid – student must enroll in credit and commit to the full spring semester.

### Internship Details:

#### **Internship Title: Communications and Information Technology Intern**

##### Responsibilities:

Help with publicity for the project, including:

- Maintaining the blog and website
- Helping develop outreach materials
- Assisting with maintaining information and data systems
- Entering gardener survey data

##### Desired Qualifications:

This is a great opportunity for someone to develop skills in communications and data management!

Unpaid – student must enroll in credit and commit to the full spring semester.

## Intervale Food Hub

Internships with the Intervale Food Hub incorporate experience in both the operational side of the business and the marketing & outreach side of the business. We also create opportunities to learn more about the other programs of our parent organization, the Intervale Center.

We will work with you to create an internship that fits your skills, interests, schedule, and hours required. Typically, we aim for 10-12 hours per week.

### Available Internships:

#### Operations Apprentice

- Time spent in the operational side of the Intervale Food Hub will include learning about fresh local food procurement, packing local food orders, and maintaining our facility's food safety standards. There are opportunities to learn more about local food procurement and distribution through experience and presentations from our Operations and Buying Manager. Our goal is to deliver the best local food to our members in a simple, convenient weekly package.

#### Marketing and Outreach Advocate

- Time spent in the marketing and outreach side of the business will include developing creative content and photographs, publishing content through our blog, email, and social media channels. There are also opportunities for in-person outreach on campus or at Intervale Food Hub community pick up locations. Our goal is to educate people about our food, grow our community, and encourage people to sign up for our subscriptions.

#### Cooking Apprentice/Food Blogger

- This position will focus on preparing food and researching recipes and cooking techniques to make the most of our seasonal fresh ingredients. There are also opportunities for in-person outreach on campus or at Intervale Food Hub community pick up locations. Our goal is to educate people about our food, encourage people to sign up for our subscriptions, and to showcase fun, inspiring meal ideas.

#### Pick Up Supervisor

- At UVM and Saint Michael's College, we need a reliable person to supervise the weekly delivery of fresh food to campus, where members pick up.

### Desired Qualifications

We hope that you bring a passion for local food and a can-do attitude. Applicants should be organized and positive. We look for individuals who can work well independently and have excellent attention to detail.

Intervale Food Hub is an Equal Opportunity Employer. We provides employment opportunities to qualified individuals without regard to their race, color, religion, national origin, sex, age, disability or any other characteristic protected by law.

### Compensation

Internships are unpaid. Internship hours qualify for City Market Member Worker hours, which will earn you a discount for shopping at City Market. Interns receive a 20% staff discount on local food subscriptions. Interns also have access to complimentary fresh food through our staff program.

## Mount Mansfield USD

MMUSD is a Pre-k through grade 12 school district serving Huntington, Bolton, Richmond, Jericho and Underhill.

### Internship Details:

#### **Internship Title: Farm to School Coordinator**

#### Responsibilities:

- Perform taste-test in three K-5<sup>th</sup> grade elementary schools
- Assist with garden prep
- Assist with putting up signage
- Seed start & grow lamp prep
- Helping with Jr. Iron Chef team

#### Desired Qualifications:

- Former garden knowledge
- Previous interaction with K-8<sup>th</sup> grade children
- Pleasant, outgoing personality a plus.
- Previous food safety, food prep and garden prep experience is helpful
- Able to work independently

Note: Background check and fingerprinting is required

Unpaid



## RiseVT

RiseVT works in communities throughout Vermont to help create the environments necessary so the healthy choice is the easy choice. RiseVT works with individuals, schools, businesses, and municipalities to make sure there are opportunities for to eat better, exercise, and foster mental well-being at every turn. The organization was started in Franklin & Grand Isle counties and is now expanding statewide as part of Vermont's Accountable Care Organization's primary prevention strategy that will keep Vermonters healthy and lower healthcare costs long term.

### Internship Details:

#### **Internship Title: Marketing Intern**

#### Responsibilities:

RiseVT is looking for a marketing intern whose primary responsibilities will be to generate content for the organization's social media accounts. This includes Facebook (for the RiseVT statewide page, as well as for 6 county Facebook pages), Instagram, and Twitter. Candidates with an interest in public health, community organizing, physical activity, and/or nutrition are encouraged to apply. This will be an excellent opportunity to use your social media skills for social good.

Other responsibilities may include researching marketing software and promotional materials, adding content to our social media guidelines document, and making website updates.

This position will require regular in-person check-ins with the Social Marketing Strategist, but will primarily be a remote position. Candidate will have to use their own computer for this internship.

Unpaid

## Shelburne Farms

We are seeking undergraduate interns interested in earning credit while working with and learning from our education programs. You'll work primarily with our school programs (four-hour field trips for elementary-age classes), and also with our early childhood programs, and weekend family and public programs. You'll be mentored by education staff members, a variety of texts and resources, and through independent reflection. Upon successfully completing the internship, you may potentially apply for paid seasonal staff positions.

### Internship Details:

#### **Internship Title: Education Internships**

#### Responsibilities:

- Participate in an orientation to Shelburne Farms and the internship role.
- Observe, team teach, and teach activities for Shelburne Farms school programs during weekdays.
- Participate in daily set-up and debrief meetings with education team.
- Complete required readings and topical preparation work before scheduled programs.
- Support and/or teach family programs and public events on occasional weekends.
- Participate in and provide support for seasonal special events.
- Attend planning meetings for programs and spend time preparing lessons and materials.
- Meet with supervisor to create goals and a personalized work plan.
- Maintain a daily reflection log to note skill development and change over time.
- Check in regularly with mentors and supervisor to discuss performance, goals, and work plan.
- Communicate effectively with coworkers to create a respectful and communicative work environment.
- Work on assigned education projects on occasional non-teaching days.
- Receive and incorporate constructive feedback from supervisor and mentors into teaching practice.
- Support a continuous effort to foster a culturally aware learning community, open to multiple perspectives.

#### Desired Qualifications:

- Educational background, and/or experience with education, sustainability, or farm-based education.
- Junior or senior standing.
- Prior experience with camps or education programs.
- Positive and flexible attitude with co-workers and visitors.
- Solution-oriented mindset when faced with challenges.
- Demonstrate initiative and display motivation in work.
- Can follow directions in assigned tasks and work independently.
- Openness to receive supportive praise and constructive feedback and make adjustments with a growth mindset.

Requirements:

- Availability on Mondays, Tuesdays, Wednesday, and/or Fridays 8-230, and occasional weekends.
- Commitment to work a full season (see above)
- Receive college credit (3 credits: 10hrs/week)
- Reliable personal transportation.

Working Conditions:

- Outdoor work environment
- Varied weather conditions
- Ability to move over uneven terrain

Unpaid

## **Snow Farm Vineyard**

A family run business including the vineyard (growing our own grapes) , Bed and Breakfast connected , maple sugaring and events on sites. Snow Farm is famous for growing unusual French Hybrid grapes in the micro climate of the Champlain Islands (only 20 miles from UVM) , being the first registered commercial vineyard in Vermont established in 1997 and for having estate wines (we grow our own grapes) . We have a tasting room and work available for harvesting grapes and processing them on site.

### Internship Details:

#### **Internship Title: Vineyard Worker**

##### Responsibilities:

- Harvesting grapes
- Carrying buckets
- Weighing the harvests
- Keeping notes
- Driving tractor
- Putting up nets
- Taking down nets
- And more...

#### **Internship Title: Tasting Room Staff**

##### Responsibilities:

- Selling the wine
- Talking to customers

##### Desired Qualifications:

- Great attitude for new experiences, very important to work in a timely fashion
- Dress appropriately for outside work, bringing lunch, water, being on time,

Unpaid

## Spoonful Herbals

Spoonful Herbals is a Burlington-based non-profit organization dedicated to sharing joyful, hands-on education and wellness through plant medicine while honoring our herbal traditions. Our approach is rooted in sharing a sense of place, nurturing curiosity and creativity, and inspiring ecological stewardship. We foster community action to enhance equitable access to the abundance of seasonal, local plant medicine, to build resilience, and to promote the practice of the honorable harvest. Our primary focus is backyard herbal medicine for vibrant health. Community herbalism is based on the principle that sustainable and healthy communities must have access to sustainable, local, and ideally affordable, plant-based wellness remedies.

### Internship Details:

#### **Internship Title: Farms and Wildcrafting Program Assistant**

#### Responsibilities:

- Assist with Winter and Spring General Marketing Efforts for the organization
- Assist in streamlining and automating digital marketing efforts including new website (recently completed) and social media
- Prepare for and begin facilitation of Herb Mob Program season in partnership with local farm partners
- Assist with workshops and programs with Spoonful staff
- General program support

#### Desired Qualifications:

- Professional communication, knowledge of website maintenance, marketing and social media, strong writing skills desired

Unpaid

## The Chimney Farm

A startup vegetable farm which operates using an e-commerce platform. Three Chimney Farm incorporates regenerative agricultural techniques into its growing practices, and innovative ideas in the marketing and sales of produce. Through this new farm model, and through the collaboration with other local businesses and breweries, Three Chimney Farm is increasing the community's access to farm-direct food.

### Internship Details:

#### **Internship Title: Farm Production and Marketing Intern**

#### Responsibilities:

The intern is expected to assist in all aspects of our business. Most tasks will revolve around general farm labor, such as seeding, planting, watering, weeding, harvesting, etc. The intern will also learn the ins-and-outs of the e-commerce system we have developed, and will provide support where needed. Additionally, it is expected that the intern will help to promote Three Chimney Farm on social media, and through postering and events throughout the season.

A startup by nature, aspects of our business are subject to change as we grow. There's always a chance that the intern may be placed on some sort of special project unexpectedly!

#### Desired Qualifications:

Strong customer service and communication skills, ability to work quickly and efficiently, ability to lift 50+ pounds, willingness to work in heat, cold, or rain, proficient with technology and social media, ability to adapt quickly to changes in routine.

Some farming/gardening experience preferred. Great for any agricultural or food system-related major, as well as CDAE, business, communication, philosophy, or anyone passionate about farm work and business development.

Interest in small-scale agriculture and startup businesses. Must be willing to be outside for extended periods of time and in inclement weather. Must be personable and enthusiastic with a great sense of humor and appreciation for local veggies!

Unpaid

# UVM Center for Sustainable Agriculture

## Title: Regenerative Farming Interns (2)

### Internship Description:

Intern will work with Dr. Juan Alvez, of UVM's Center for Sustainable Agriculture. Dr. Alvez conducts interdisciplinary agroecology research in soil health, grazing management, ecosystems, conservation policy and green markets.

The majority of his work addresses environmental, social and productive aspects of grazing farms, with emphasis on dairy management, ecosystems conservation and sustainable livelihoods in Vermont and New England. In this study, grasslands play a key role because they are complex ecosystems that sustain a vast array of functions and processes delivering benefits for supporting healthy environments and communities.

### Intern tasks and responsibilities:

<b>The typical work would roughly demand:</b> <ul style="list-style-type: none"><li>• 60% of field work (measuring, sampling, flagging, protocol driven methods, etc.);</li><li>• 20% of data processing.</li><li>• 15% of lit review/writing popular articles.</li><li>• 5% of workshop organizing and miscellaneous</li></ul>	<b>Desired Qualifications for Interns:</b> <ul style="list-style-type: none"><li>• Familiarity with statistics and data organizing</li><li>• Familiarity with GIS, and/or coding and electronics sensors</li><li>• Familiar with research writing, composing literature reviews</li><li>• Agriculture or environmental studies majors</li></ul>
<b>Interests and personal/ work qualities:</b> <ul style="list-style-type: none"><li>• Attention to detail</li><li>• Willingness to achieve accurate results</li><li>• Ability to work independently</li><li>• Interest in learning about pasture health</li><li>• Strong people skills/ high energy</li><li>• Enjoys field work</li></ul>	<b>Application Material Requested:</b> <ul style="list-style-type: none"><li>• Cover letter</li><li>• Resume</li></ul> <b>Other</b> <p>Paid. \$12/hr for 12-15 hours a week starting early-summer (date TBD) till October.</p>

More information: <https://www.uvm.edu/extension/sustainableagriculture/enhancing-research-and-education-grass-farmers>

## **UVM Dining**

UVM Dining has a strong commitment to social responsibility and works with regional businesses to provide as much organic and local food as possible to the entire campus community. The wide range of menu items gives everyone ample choices for creating nutritious, well-balanced meals.

### Internship Details:

#### **Internship Title: Living Wall Intern**

#### Responsibilities:

Water, seed, and harvest UVM Dining's Living Wall in the Discovery Kitchen of Central Campus! Learn how to manage and troubleshoot pests, diseases, and growth in a hydroponic system on campus. Harvest greens and herbs to be used in meals in the Central Campus Dining Hall. In addition to research projects, interns will participate in the maintenance of our laboratory insect colonies, greenhouse plant production, and general lab duties.

#### Desired Qualifications:

Enthusiasm for growing greens and herbs, and the ability to troubleshoot and problem solve with little supervision. A green thumb is a plus! Ability to self-manage, and check in on the wall routinely.

Unpaid



## **UVM Insect Agroecology and Evolution Lab**

We are a research group interested in understanding interactions between agricultural pests and their environment and using this knowledge to develop new sustainable management strategies.

### Internship Details:

#### **Internship Title: Insect Agroecology & Evolution Research Intern**

#### Responsibilities:

The UVM - IAEL is currently looking for interns to focus on the following research areas: 1) Development of new organic management strategies for swede midge, an invasive pest of brassica vegetables, and 2) Understanding the evolution of Colorado potato beetle as a major agricultural pest and its resistance to many major insecticides. Interns will work closely with graduate and undergraduate student members of the lab and will manage a research project based on their interests and grant-funded needs. From development of research questions, experimental design and report writing, interns will be involved in all steps of the scientific process.

In addition to research projects, interns will participate in the maintenance of our laboratory insect colonies, greenhouse plant production, and general lab duties.

#### Desired Qualifications:

- Familiarity with the scientific method and experimental design
- Data management and organization

Previous coursework and applicable experience in biology, ecology, evolution, natural resources, agricultural science, and/or environmental science. Open to majors in these subject areas. Familiarity with basic statistical analysis beneficial but not required.

Strong candidates will demonstrate attention to detail, excellent organizational ability, and genuine interests in ecology and entomology.

Unpaid

## Vermont Brewers Association

The VBA is a membership organization that supports and strengthens Vermont Brewers through education and festivals. We provide a strong voice to elected officials in Vermont regarding the beer industry. A primary function of the VBA is to market and promote all craft breweries across the state.

### Internship Details:

#### **Internship Title: VBA Intern**

#### Responsibilities:

- Support the Executive Director in daily operations, administrative projects, event planning as needed and marketing support of social media presence, website updates, and electronic communications.
- Fulfillment of the Association's Passport Program, including packaging and shipping of merchandise and detailed tracking of program participation.
- Membership outreach and marketing efforts including maintenance of a monthly newsletter and writing of press releases.
- Learning the process of brewing beer through a hands-on brew day.
- Attendance at brewers festivals and events as needed throughout the year.
- Travel to member breweries with the Executive Director, taking detailed notes and photos of business operations.

#### Desired Qualifications:

Strong customer service and communication skills, ability to work quickly and efficiently, ability to lift 50+ pounds, willingness to work in heat, cold, or rain, proficient with technology and social media, ability to adapt quickly to changes in routine.

Some farming/gardening experience preferred. Great for any agricultural or food system-related major, as well as CDAE, business, communication, philosophy, or anyone passionate about farm work and business development.

Interest in small-scale agriculture and startup businesses. Must be willing to be outside for extended periods of time and in inclement weather. Must be personable and enthusiastic with a great sense of humor and appreciation for local veggies!

Unpaid

## **Winooski Senior Center**

Mission Winooski will be an affordable, livable, diverse community where the role of government will be to foster and guide the following: Economic Vitality Maintain and expand our economic development to ensure long term vibrancy with a small town feel. Transportation Infrastructure Invest in the City's transportation infrastructure in order to make our City safe and accessible to residents and visitors while recognizing the critical role that we play in the region's system. Housing Ensure a mix of quality, affordable housing stock that maintains the character and aesthetics of our neighborhoods. Safe, Healthy, Connected People Foster relationships across generations and cultures by providing safe, healthy environments and opportunities to connect and engage.

### Internship Details:

#### **Title: Intern**

#### Responsibilities:

The Winooski Senior Center Internship will have a focus on food access and healthy aging for seniors in Winooski. The position supports the general work and mission of the Senior Center while also providing an opportunity for the intern to choose a specialized area of focus- including but not limited to working with new Americans and building upon food access services that Winooski offers. Additionally, the intern would help design opportunities for seniors to socialize with one another through event and program planning. The Intern will be responsible for overseeing senior programs and collaborating with staff and volunteers to ensure seniors' needs are met. Projects assigned through this internship will add value both to our organization and to your professional development.

Unpaid