

Organization: [Waltham Fields Community Farm](#)

Mission: Waltham Fields Community Farm cultivates sustainable and equitable relationships between people, their food supply, and the land from which it grows. We envision communities with equitable access to the beauty, sanctuary, and food of local, sustainable farms.

Internship Focus: As WFCF's Food Access Intern, you will be supporting two food access programs - the Mobile Outreach Market (MOM) and Veg Rx - through direct service and by developing educational and community resources for participants. You will also have the opportunity to connect with the land and with the community on site at the Farm. This internship is ideally suited to students interested in healthy food access, Food is Medicine, and sustainable agriculture.

As part of the Community Health Internship Program (CHIP), you will meet each week, with your peers and with Professors Sara Shostak and Darren Zinner, to reflect on your experiences and identify lessons learned, across sites, about population health in Waltham.

Project(s)/Tasks(s): As WFCF's Food Access Intern, you will be supporting WFCF's two food access programs - the Mobile Outreach Market (MOM) and Veg Rx - through direct service and capacity building projects. You will also build your connection to WFCF land and community through co-leading volunteers on the farm and working alongside our field crew.

MOM is a 13-week program for self-identifying low-income residents of Waltham. Every Tuesday afternoon, we set up a farmers' market-style distribution at First Parish Church in Waltham, where folks can come and purchase a share of vegetables for \$5, using cash, SNAP/HIP, Farmers Market Nutrition Program Coupons, or a WFCF voucher distributed by one of our 15 community partner organizations. The value of the share they receive at the distribution is about \$30 and is large enough to share amongst a group of five. MOM is our way of addressing transportation and financial barriers for the broader community to access our fresh, locally grown produce.

Your role will be to support the weekly operations of MOM and develop resources to share at MOM. Beginning in July, you will directly support operations through prep work to serve up to 100 families at the Market, setting up and taking down the Market (both at the Farm and at First Parish), and interacting with and surveying shoppers for their vegetable preferences and feedback. You will also support MOM through developing resources to be shared with the shoppers and their families. These resources could include bilingual recipe cards, farm-education related games and take-home activities, and guides to navigating food resources and public transportation in Waltham.

Veg Rx is a 20-week program in partnership with Charles River Community Health Center in Waltham (CRCHC). Their providers have identified 30 patients with chronic conditions that

would benefit from more vegetables in their diet, but who are also facing barriers to accessing those vegetables. Participants in this program receive their weekly CSA share for free, and we pack up and deliver their shares to CRCHC each week, to address financial and transportation barriers to accessing our local, organically grown produce.

Your role will be to support and eventually co-lead the weekly operations of Veg Rx, and develop nutritional, educational, and community resources to share with Veg Rx participants in their weekly produce boxes. Each week, you will work with and eventually co-lead a team of volunteers to pack 30 boxes with 6-10 different vegetables (grown by WFCF) and help in the distribution of these boxes to the patients at CRCHC. In addition to direct service, you will also create produce box inserts to share with the program participants. These inserts will mostly be nutrition focused, including bilingual recipe cards, food preservation guides, and other nutrition-minded resources. There will also be opportunity to create and share resources about the farm, including information about farm events, education programs, and ways to access the Farm.

Volunteers come to the Farm every Friday morning over the summer. Alongside the Outreach Farmer, you will lead community volunteers on the farm in activities like transplanting, weeding, and harvesting our crops. There will also be opportunities to join our field crew to gain more field experience, if desired. Although your focus will be supporting our food access programs, to more holistically understand WFCF's mission and food access programs, it is important that you spend some time in the field and build a strong relationship with the land the farm is on. You will also meet and work alongside some of the broader WFCF community, giving you the opportunity to build and work in community with the Farm.

Deliverables: We are looking for someone who wants to take agency over the deliverables we are asking for! We look forward to welcoming someone who is aligned with our mission, and can take that passion and apply it to the deliverables they create. These deliverables will include:

- **Educational materials:** research and create 5 new materials to share with our community members focused on any food access topics of your choosing (this could include a compilation of community food resources, a guide on how to access the Farm with public transportation, history and/or the cultural significance of some crops, or something else!)
- **Nutrition resources/recipes:** research and create 5 new culturally appropriate recipes (translated into English/Spanish), focusing on the unfamiliar vegetables we grow and offer, to be used by our community members who attend MOM or participate in Veg Rx
- **Participatory surveys for MOM and Veg Rx:** develop your community-based participatory research skills by talking to the community members who access our programs, asking questions about their vegetable preferences, gathering feedback on our programs, and collecting other information we may want to learn to better tailor our programs to the folks who are using them!

Skills We Hope You Will Bring: We are looking for someone who is mission-oriented and works from their heart. Building trusting relationships with community members who are historically and disproportionately underserved is a key component of this position. Experience or interest in working in the food security or public health space, and/or a willingness to keep an open mind to learn from the folks we work with (who may or may not have different experiences than your own) is important in the communities we work with.

- Interest in nutrition, health, food sovereignty
- Flexibility and creativity
- Enthusiasm for connecting with people, listening skills
- Appreciation for how food nourishes community
- Creating an environment in which people can honestly share their experiences
- Experience engaging with a diversity of stakeholders and an openness to learn from those who may have different experiences than your own
- Language skills in Spanish, Portuguese, Creole (a plus, but not required - we work with a diverse community, who speak a variety of languages)

Skills You Will Develop: You will gain a mixture of direct service and capacity building experience in WFCF's food access programs. You will work directly with a variety of WFCF and Waltham community members, strengthen the nutritional and community resources we can offer our community, and learn how to engage with and conduct community-based participatory research from a dignity perspective.

- Hands on community outreach/engagement/relationship building with partner organizations
- Hands on farming experience
- Storytelling and participatory community-based research skills from a dignity perspective
- Building trusting relationships with diverse community members
- Learning new languages, translation skills
- Building a network to support health equity

Also important:

- Working outside in all weather conditions (rain, heat, cold) - to connect to the Farm, you will be engaging with the field crew and participating in some field work. This will include some weeding, transplanting, and harvesting of our crops. MOM and Veg Rx are also held outdoors.
- Ability to comfortably lift up to 50 lbs. (The direct service components of this position require lifting and shifting bins, crates and boxes filled with vegetables. You will work as part of a team to do this weekly).

Quotes from previous interns:

NOTE: All CHIP Internships are 8 weeks long, and include 200 hours of engagement. This includes a CHIP Team meeting, one morning/week at COMPACT.