

Wellspring Internship Project Details 2020 - For Summer or Fall Internship

Below are some ideas of projects that could be accomplished by student interns working with Wellspring for a summer or semester. Depending on the students interests and skillset; the projects decided upon during and after the interview process to be completed as part of the intern expectations.

- Document stories of Wellspring cooperatives for internal use by Wellspring. This could include interviews with coop members, history of the challenges and how these are managed. We recognize that some of these challenges we don't want to make public, for instance about personnel issues. However there are many lessons we could learn from these histories that could assist our other cooperatives. We might in the future use some of this for our own co-op training or publication.
- Interview cooperative members for Wellspring's newsletter and leaders that could then be integrated into short pieces for the Wellspring website, social media posts as well as the newsletter. This gives us the opportunity to highlight some workers' stories through these profiles.
- Indian Orchard community outreach. Wellspring is working with the Indian Orchard Citizens Council on a project called Grow IO. The project is developing projects to increase gardening and food production in the neighborhood, and needs help with community outreach to learn about the interests of residents and engage them in projects.
- Organizational documentation to take pictures and develop a video that captures Wellspring co-op members and leaders and provides a visual story about the organization.
- Document best practices for potential future cooperative development in sectors under consideration. This could include online research, interviews with practitioners in other parts of the country, and suggestions based on lessons learned. For example:
 - Prescription food coop - hospitals and health insurance companies have experimented with food prescriptions as a way to improve health outcomes for patients with particular dietary needs. Some of these experiments are with very ill hospital patients with short-term cost saving benefits for the hospital, such as heart patients who need low fat, low sugar, low salt diets. Some could be for long-term needs, like low carbohydrate diets for diabetes. Wellspring is interested in exploring the possibility of creating a food service that would specialize in diets specific to different health conditions.

In addition to these substantive questions, Wellspring could use assistance with organizing and making available organizational materials. Interns could assist with these projects in addition to a more substantive project. Organizational needs include:

- Cleaning up and organizing google doc files and folders
- Compiling organizational pictures and creating an archive for future reference
- Compile co-op graphics from the internet to use for Wellspring educational and promotional materials