

The Tufts Food Lab program approaches nutrition science, regenerative agronomy, and the culinary arts as one interactive field of study. One of the objectives of the Food Lab is to conduct research and broaden educational opportunities by exploring diverse perspectives that increase academic dexterity and support economic and environmental sustainability and healthy diets.

Currently, the Food Lab is focused on the importance of whole grain consumption, especially in the form of fresh milled whole grain flour. “Fresh flour” because it is delicious; “whole grain flour” because it is nutritionally consequential: scientists evaluating the consumption of major foods and nutrients in 195 countries identified whole grains as one of three foods that most impact non-communicable disease mortality and morbidity.

Internship Agenda:

1. The Grain Guide: The Food Lab received an Allen Foundation grant to create guidelines for bakers interested in incorporating freshly milled whole grain flours into their baked goods. Food Lab interns will connect with stakeholders in New England’s grain economy – plant breeders, farmers, millers, maltsters, entrepreneurs, and researchers – to gather and categorize grain knowledge and draft the results as entries in the Grain Guide and as a PDF that can be sent to bakers, chefs, and campus dining services.
2. Baking Trials: To determine the flavors, best uses, and functionalities of individual wheat varieties, interns will help organize and participate in ZOOM baking sessions with partnering bakers and chefs, and record recipes, instructions, and observations.
3. Zoom Roundtable Discussions: Throughout the semester, Interns can suggest topics for Zoom Roundtables and experts to invite to the virtual table.
4. Researching, Collecting, and Organizing data: Throughout the internship, interns will gather information, updates, and edits to add to the Food Lab website and to the work-in-progress Grain Guide.

Details:

1. # of internships: 1 to 2. The number will be determined by the goals set for the fall and spring semesters.
2. Hours per week: 5 to 6
3. If interested contact Wendy Hebb, Project Administrator (wendy.hebb@tufts.edu) or Tim Griffin (timothy.griffin@tufts.edu).