

## **Goldring Center for Culinary Medicine**

**Brady Hanshaw (2022)**

At GCCM, part of the day was spent working in the kitchen or with the community culinary classes. This included recipe testing, skills training, and aiding community members with their cooking. It also included washing dishes and keeping the kitchen clean. The other part of the day was spent on a special project you got to design. For me, that was creating a policy brief for GCCM and writing/designing a research grant.

I would certainly recommend this position if you are interested in community health, service, medical research, and cooking! I had zero cooking experience beforehand and still had a great time. Also, I would say to come into the position with an idea of what you want your special project to be (grant writing, research design). This will save you time and you can start on it sooner.

**Anshu Mohan (2022)**

I worked for the Goldring Center for Culinary Medicine for 8 weeks in New Orleans. I had a couple different responsibilities there. For the first half of the day, every day, the other interns and I would recipe test and make lunch for the first half of the day, which I really enjoyed because I was able to develop new life skills. The second half of the day I would either work on grant writing with Brady or work on the marketing plan and newsletters I was making. Also, at times, I would go to Tulane Med to work on a Obesity Module the center was helping with.

**Meghana Iragavarapu (2021)**

I worked alongside culinary nutrition interns to provide free community cooking classes, organize a free educational kid's camp about diet, nutrition, and exercise, and developed my own project of a newsletter for The Goldring Center.

My internship with The Goldring Center exercised and strengthened my tenacity and forced me to recognize the importance of advocating for my best interests.

In conjunction with my internship interactions with the New Orleans community, I would recommend devoting time to truly experiencing NOLA. It is a city like no other in terms of food, festivals, and culture!

**Samia Daghestani (2020)**

I spent my community summer in New Orleans, working at the Goldring Center for Culinary Medicine (GCCM). This hands-on teaching kitchen takes a multifaceted approach to tackle dietary issues and their connection to overall health. They offer cooking classes to medical students with the idea that if healthcare professionals can "walk the walk," then it will be easier for them to communicate healthy eating habits to their patients, thereby "talking the talk". They also offer continuing education for medical professionals and foodservice employees. Over the summer, their most popular classes are the free community classes. Throughout my 8 weeks, I got to interact with people of different backgrounds and ages as I helped teach classes, run the Summer Kids Camp, and help facilitate and teach classes at the GCCM's annual Health Meets Food Conference. I did everything from partnering with a student to cook the meals, recruit for classes, set up and clean up before and after class, shop for ingredients, and help with the ongoing research being conducted at the GCCM. Half way through the summer, I was assigned a project to develop my own recipes and demo them at three affordable housing locations in the city.

Because the GCCM is part of larger initiative, the ReFresh project, I also got to work with SPROUT NOLA's community farm right outside the facility. Whole Foods and Liberty's Kitchen were in the same building as the GCCM, so I had the chance to learn more about other community efforts to help alleviate dietary issues. Although New Orleans itself is a rich city with a distinct culture, North Broad street, the central location of the ReFresh Project and the GCCM, has a culture of its own that working at the GCCM will allow you to appreciate and love.

Although I am currently set to study Nutrition here at UNC, the lessons and experiences that the Goldring offered this summer are applicable to my personal life as well as my academic. I went into the summer with a very limited culinary skillset, but by the end, I was conducting demos as a Goldring Center representative. I strongly encourage any scholar to consider this internship, as you not only help teach culinary medicine, but also develop skills and learn valuable lessons about how to maintain your health by eating well.