



Internship Role

Simply Grace Gardens LLC

Internship Opportunities

Public Health / Pre-Med / Social Science Intern and Auxiliary Majors

Simply Grace Gardens LLC mission as an urban farm is to empower families grow their own food through sustainable and organic practices. The goal is to promote accessible gardening solutions for urban spaces and limited resources, while advancing health outcomes, encouraging environmental stewardship, and strengthening community involvement. The mission is advanced through urban gardening and farming initiatives, which encompass practical workshops, wellness events, and educational programs. These activities integrate horticulture, nutrition, and holistic health principles to address the social determinants of health.

Programs Available

Simply Grace Gardens LLC offers hands-on and virtual learning experiences that connect gardening to community health and wellness. Programs include monthly beginner gardening workshops, virtual supplemental gardening knowledge sessions, garden-to-table meal prep demonstrations, and community demonstrations. We also provide holistic practice eBooks promoting gardening 101, mental, physical, and environmental healing. These programs are hosted on the farm, in gardens, and at partner sites, with tangible demonstrations of agricultural practices that address specific health outcomes. Through these offerings, participants gain practical skills, resources, and inspiration to improve their well-being and their environment.

Opportunities Available for Students:

Internships – Hands-on community health, research, and advocacy projects.

Service-Learning – Integrated academic projects addressing food insecurity, urban wellness, and environmental health.

Community Service – Urban gardening, local wellness initiatives, and educational events.

Job Shadowing – Community-based wellness entrepreneurship, policy advocacy, and program management.

OPEN POSITIONS

Urban Public Health Research (Community Health Data & Program Analyst)

Majors: Public Health, Sociology, Pre-Med, Accounting

Focus: Data collection and analysis on social determinants of health, food insecurity, and urban environmental toxins.

Responsibilities: Research and surveys; Build digital presentations; Identify disparities and trends in nutrition-related diseases; Budget reviews, spreadsheets, reports, and program analysis.

Health & Urban Planning Advocacy (Urban Ecology & Climate Resilience)

Majors: Public Leadership, Urban Planning, Public Health, Environmental Studies, Sociology

Focus: Zoning, transportation, and land use impacts on public health; soil health and climate resilience.

Responsibilities: Urban policy analysis and advocacy materials; Digital reports and community event coordination; Soil-health mapping and policy briefs.

Environmental Health & Toxicology (Mind-Body Ecosystem Research)

Majors: Public Health, Sociology, Pre-Med, Urban Ecology, Biology

Focus: Environmental toxins, mineral deficiencies, and chronic illness links.

Responsibilities: Interdisciplinary research and literature sourcing; Infographics, reports, and presentations; Educational content on wellness and ecosystems.

Public Health Communications & Media

Majors: Digital/Radio Broadcasting, Public Health, Sociology

Focus: Educational media addressing food and health disparities in urban communities.

Responsibilities: Canva/PowerPoint slide creation; Social media posts and scriptwriting; Digital storytelling projects.

Health Education & Curriculum Development Intern

Majors: Education, Public Health, Sociology

Focus: Food systems, disease prevention, and environmental health learning modules.

Responsibilities: Curriculum drafting and presentation creation; Feedback collection via surveys.

Expectations for Interns

Students applying for this internship are encouraged to develop strong communication skills. We will discuss expectations and deadlines. Applicants are expected to have refined writing, Canva/PowerPoint, and research skills, as well as a solid understanding of social media. Students are responsible for documenting all hours. Weekly submissions will be accepted for signature/approval.

Internship Term Dates: September 1, 2025 – May 10, 2026

Salary: Unpaid internship, possible stipend TBD.

Additional Requirements

Communicate transportation needs for events. Bilingual is a plus, but not a requirement.

Application Process

Email a statement of strong interest to: Veronica@simplygracegardens.com

Contact Information

Veronica Petty

214-571-87854

Simply Grace Gardens LLC

Lancaster, Tx 75134

<https://simplygracegardensllc.com/>

<https://www.instagram.com/simplygracegardensllc/#>

<https://www.tiktok.com/@simplygracegardensllc>

<https://www.youtube.com/@SimplyGraceGardensLLC>