



CCSF Culinary Arts

# CUESA

## Internships

### WHAT'S CUESA?

**CUESA (Center for Urban Education about Sustainable Agriculture)** is a non-profit that operates the Ferry Plaza Farmers Market and offers educational programs that connect people of all ages directly with the source of their food. Their mission is to cultivate a sustainable food system where everyone has access to healthy and nutritious ingredients.

CUESA has a long and positive relationship with CCSF's Culinary Arts and Hospitality Studies Department, hosting many CCSF interns over the years. There are two internship tracks at CUESA to which CCSF students are encouraged to apply: the Culinary Program Internship and the Education Program Internship.

### CUESA'S CULINARY PROGRAMS INTERNSHIP HOST: CARRIE SULLIVAN

Carrie Sullivan is CUESA's Culinary Programs Manager. She oversees in-market cooking programs each week as well as the culinary aspects of CUESA's fundraising events. "It's basically my dream job: sustainable food, hands-on cooking, and it's a nonprofit." Carrie is also the Culinary Program's Internship Host. "The main focus of the internship is the Market to Table program, which is primarily our free Saturday cooking demos. They provide public education and free to everyone."

### CCSF STUDENT AND CULINARY PROGRAMS INTERN: CESIA GOMEZ

Cesia Gomez is in her final semester at CCSF. "I wanted to intern with CUESA because they're all about teaching people how you can eat in a healthier, cleaner way without hurting the planet." Cesia works in the CUESA office on Tuesdays and Thursdays, helping Carrie prepare for the Saturday farmers market, liaising with chefs and coordinating volunteers. On Saturdays, she helps set up the demo kitchen, shops with the chefs, leads the volunteers and makes extra samples of whatever dish the chef is demoing. "What I took from this program is that you really have to get out there and talk to people."

CUESA has been a great place to meet people and see what types of things they're cooking and learn new techniques." After graduation, Cesia plans to stay on at CUESA as a volunteer and apply for bakery work.

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*Carrie Sullivan*

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*Cesia Gomez*



**Cesia Gomez:**  
CCSF Student and Culinary Programs Intern  
and  
**Carrie Sullivan:**  
CUESA's Culinary Programs Internship Host