



Sanford Internship

I did my internship at Sanford Hospital on North Broadway as a Learning Development Specialist in the foodservice department. I learned how to properly perform safety and sanitation procedures that a non-commercial kitchen setting needs to follow. I got to inspect the restaurants and all the kitchens at all the Sanford campuses in Fargo. I also got to help implement FreshTemp, which is an app that helps employees to monitor and log food temperatures every two hours and track that cleaning tasks would get done properly.

I taught staff how to use this new technology, from the everyday employees all the way to the managers. In addition, I worked with the new employees we hired and got to give them the foodservice orientation. I enjoyed being the first face that the new employees recognized. I also had the opportunity to participate in manager

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meetings about how we need to improve Sanford as a whole in the foodservice department. One of my projects was to develop a customer service training that I had to present to everyone in the foodservice department.

Because my hard work and dedication was noticed, I was also offered another internship for the fall. I did a culinary internship that involved me working in all different departments in a non-commercial kitchen setting. I got to work at both restaurants, room service area, cook chill, food court, bakery, vegetable prep, ingredient control, and catering. I also participated in recipe testing for the new recipes we developed. I even learned how to work with CBORD, as well as do purchasing for the department.

I enjoy working at Sanford so much. The people you meet throughout your internship can have such an impact. I am now a supervisor in the Room Service department at the new campus off of I-94. I recommend looking for an internship that really match your interests and brings on challenges that you will love to do!

