



# ZERO HUNGER INTERNSHIP



# 2020 Application Guide

# Introduction



▲ The first cohort of Zero Hunger Interns at the 2018 Hunger Leadership Awards

Thank you for your interest in the **Zero Hunger Internship**, a leadership development program of the **Congressional Hunger Center**.

We launched the Zero Hunger Internship in 2018 with support from the **Sodexo Stop Hunger Foundation** to build the knowledge and leadership skills of the next generation of young people who will end hunger by 2030. Along with our Hunger Fellowship programs, this internship supports our mission of developing, inspiring, and connecting leaders in the movement to end hunger, and to advocate for public policies that create a food secure world.

The Zero Hunger Internship puts you in the center of national anti-hunger policy making in Washington, D.C. You will see first-hand how organizations are working to eradicate hunger and its root causes on a national and global scale, using policy as a tool to create real change. With your cohort of fellow interns,

you will sharpen your leadership skills and gain subject matter and advocacy expertise through the Summer Seminar Series. And what you learn over the summer is not for Washington alone—you will return home with the confidence, skills, and knowledge to be an effective anti-hunger advocate in your hometown community.

I hope you believe, like we do, that a movement of dedicated and passionate people can end hunger by 2030—and that you will join us to do just that.

In service,

*Shannon Maynard*

Shannon Maynard  
Executive Director  
Congressional Hunger Center

## OUR APPROACH



Hunger is a multifaceted and far-reaching problem—and the movement to end it should be, too.

We believe that governments, nonprofits, educational institutions, corporations, philanthropy, and individuals all have a role to play, and a variety of approaches and strategies are required to solve the problem.



Any lasting solution to hunger must be led by people with first-hand expertise.

We invest in the leadership of people who have experienced hunger and poverty and people of color—who are disproportionately affected by hunger—as designers, implementers, and evaluators of anti-hunger programs and projects.



Breakdowns in understanding and differences in perspective on the root causes of the problem stand in the way of scalable solutions.

We focus on bridging the gap between community-based work and public policy, highlighting the ways that each can inform and strengthen the other.

[Read more about the Hunger Center's approach.](#)



The Zero Hunger Internship is made possible by the generous support of the **Sodexo Stop Hunger Foundation**. A partner and supporter of the Congressional Hunger Center since 2000, the Sodexo Stop Hunger Foundation's mission is to ensure every child in the U.S. grows up with dependable access to enough nutritious food to enable them to lead a healthy, productive life. The foundation mobilizes experts, innovators, volunteers, and donors to feed children in the U.S. today and advocate for policies that ensure no child is hungry again tomorrow. [Learn more.](#)

▼ *Zero Hunger Interns  
Chido Shamuyarira, Hui  
Ling Chen, and Alicia  
Lee, summer 2019*



# How It Works



◀ Zero Hunger Interns at the 2019 Hunger Leadership Awards, July 2019

The Zero Hunger Internship is a 10-week paid opportunity for college students and recent graduates who are interested in global and domestic anti-hunger policy.

In summer 2020, the third cohort of Zero Hunger Interns will join Washington, D.C.-based *host organizations* working to end hunger in the United States and around the world, receiving on-the-job training and a robust work experience. Interns complete work

plans set by their supervisors and attend our Summer Seminar Series, a five-part course on domestic and global hunger, public policy, advocacy, and leadership development. Interns also complete a research project examining hunger and potential solutions in their home communities, which they present at the end of the summer. Interns finish the summer with a new network, knowledge, and tools at the ready to return home and advocate for an end to hunger.



“The presentation we gave at the end of summer enabled me to learn more about how I can get involved in the community outside of my campus and work with organizations that I previously didn’t know existed. Since being back the past couple of weeks, I’ve already met with a local public health organization that is working to reduce food deserts in Fort Worth. The project helped me get more engaged with the city I live in.”

**Josie Johnson** ('19)

# PROGRAM CALENDAR



## March—April

- Receive notification that you have been accepted
- Contact your host organization and set start and end dates for your 10-week internship
- Secure summer housing in Washington

May 22, 2020

Earliest date to begin internship

June 12, 2020

Latest date to begin internship



June 12, 2020—July 31, 2020

## **Core Program Dates**

*(all interns must be present for this period)*

- Complete work plan with host organization
- Attend Summer Seminar Series
- Complete and present research project

July 31, 2020

Earliest date to finish internship

August 21, 2020

Latest date to finish internship



## August and Afterwards

Return home as an experienced anti-hunger advocate, ready to work to end hunger in your community!

# Working and Learning in Washington, D.C.

You will learn about hunger and develop as a leader through four program components:

## 1 INTERNSHIP PLACEMENT

As a Zero Hunger Intern, the Hunger Center will match you with an anti-hunger *host organization* in Washington, D.C. Host organizations are selected through a competitive process and supervise your day-to-day work. The Hunger Center matches interns to host organizations based on the needs of the host organization and the professional interests and skills of the intern. While supporting their host organizations, interns gain first-hand experience with **policy, program implementation, development and fundraising, communications, nonprofit operations**, and more.

## 2 LEADERSHIP CURRICULUM

Our Leadership Capabilities Model is the foundation for our leadership development trainings. The core capabilities of a leader fall into three distinct but interrelated categories that build on and reinforce one another: **develop self, lead with others, and create change**. Zero Hunger Interns develop these capabilities through partner exercises, cohort learning activities, and through the Summer Seminar Series.

[View our Leadership Capabilities Model here.](#)



“The Zero Hunger Internship expanded our team’s capacity during the months our fantastic intern was with us over the summer, while also providing a phenomenal opportunity for our intern to learn more about anti-hunger and anti-poverty issues through her placement at our organization.... The interns were passionate and hard-working—truly bright young professionals who will be future leaders in this space.

**Lauren Badger**  
Zero Hunger Intern Supervisor  
Food Research & Action Center (FRAC)



## SUMMER SEMINAR SERIES

You will expand your knowledge of domestic and global hunger, public policy, advocacy, and leadership development through the Summer Seminar Series. During these five half-day sessions, you will learn directly from content experts; participate in exercises, learning simulations, and group discussions; and network with professionals and fellow interns. Sessions also include trainings on professional and leadership development topics.

## RESEARCHING HUNGER AT HOME

Translating what you learn in Washington to your local context is a key component of the Zero Hunger Internship. You will complete a research project about ways to address hunger in your home or campus community and present your findings before an audience. After you complete your internship, you will be able to use what you learned to advocate for an end to hunger wherever you are.

▲ Attendees at a session of the 2019 Summer Seminar Series at the office of Bread for the World in Washington, D.C.

◀ Chido Shamuyarira presents her summer research project, 2019.



# Benefits

Coming to Washington, D.C., for an internship can be a life-changing experience. Below are some benefits of becoming a Zero Hunger Intern.

## FINANCIAL SUPPORT

You will receive a stipend of **up to \$5,200** to offset the cost of living in Washington, D.C., for ten weeks. The Hunger Center will also pay for your transportation to and from Washington at the start and end of the summer (departure and arrival destinations must be within the United States).

## SKILLS AND EXPERIENCE

You will grow as a professional through on-the-job training at your host organization, advancing your team's work to end hunger in the U.S. or around the world. You will also develop new skills and knowledge through the Summer Seminar Series and other professional development opportunities.

## NETWORK

Our cohort learning model is central to the internship experience. Your fellow Zero Hunger Interns share your passion and dedication to ending hunger, and you will share your experiences and learn from one another throughout the summer and beyond.

## GRADUATE SCHOOL

Considering pursuing a Master of Public Policy degree? Zero Hunger Interns who successfully complete the 10-week internship are eligible for significant discounts on tuition at the University of Virginia Frank Batten School of Leadership and Public Policy. [Learn more about this partnership.](#)



“The most important thing I got from the internship is the network and resources. I've learned about and met a lot of organizations and people who are in this space and are willing to answer questions and connect me with resources for my home community.

Hui Ling Chen ('19)

# How Do I Apply?

If you are ready to come to Washington, carefully review the following pages to prepare your application. All applications must be submitted [at our website](#) by **February 3, 2020**.

## AM I ELIGIBLE?

All applicants must be **current undergraduate students** or **recent college graduates**. (A recent graduate is someone who attained their undergraduate degree in **December 2019** or later.)

All applicants **must be U.S. citizens**, or have **authorization to work** in the United States beginning no later than **June 2020**.

## HOW LONG DOES THE INTERNSHIP RUN?

All internships last **10 weeks** with start and end dates that are mutually agreed upon by the intern and the host organization and approved by the Hunger Center. Internships may start any time between **May 22** and **June 12, 2020**, and end between **July 31** and **August 21, 2020**, provided the total length of the internship is 10 weeks.

## WHO WE ARE LOOKING FOR

Do these statements describe you? If so, you may be a great fit for the Zero Hunger Internship:

- **I am committed to food and nutrition security.** Many interns have completed coursework or volunteer experience addressing hunger in their communities; many may also have personal experience with hunger and poverty.
- **I want to be an agent of change.** We cannot end hunger without new ways of thinking. Successful interns are creative, committed, and ready to learn about scalable and sustainable solutions to hunger.
- **I am flexible.** Successful interns can change plans and adapt to new scenarios and new work environments. Moreover, it can be challenging to move to a new city for 10 weeks. We are looking for people who are excited to live in Washington, D.C., for the summer.
- **I am committed to racial equity.** We believe that no solution to hunger will succeed without leadership from people who are disproportionately affected by hunger and poverty, especially people of color.
- **I am a critical thinker with strong communication skills.** Work plans are challenging and will test an intern's ability to evaluate and solve problems on their own. Interns must be able to ask questions and work independently.
- **I have a learning mindset.** You get out of an internship what you put in. The Zero Hunger Internship provides many outlets for professional and personal growth; successful interns are able to make the most of them.

## TIMELINE FOR APPLICATIONS



### Read this guide completely.

If you have questions not covered in this guide, contact us at [zerohunger@hungercenter.org](mailto:zerohunger@hungercenter.org)



### Complete the [online application](#) by **February 3, 2020.**

The application consists of several short-answer essay questions and a short writing test, and requires a one-page resume. Completing the application will take three to four hours.



### Hunger Center staff review your application.

First-round candidates complete online interviews in **February and March.**



### You've been accepted into the Zero Hunger Internship!

Expect to receive a notification and your host organization assignment in **March or April.**



### Prepare for the summer.

Once you have accepted your offer, start looking for summer housing in the Washington, D.C., area and set your start and end dates with your host organization.



### Arrive by **June 12, 2020** and begin your internship!

*Want some tips on how you can make your application stand out? [Check out this post](#) on our blog.*

# Frequently Asked Questions



◀ L to R: 2019 Zero Hunger Interns **Kendyl Lewis, Sam Kim, Josie Johnson, Maria Garcia, and Katie Waeldner.**

## **Do I get to pick my host organization?**

No. The Hunger Center matches Zero Hunger Interns with host organizations, balancing the needs of the host organization with the experience, skills, and interests of the intern.

## **Does the Hunger Center provide housing for interns?**

No. The Hunger Center provides interns with a \$5,200 stipend to offset living expenses, including housing, in Washington, D.C., for 10 weeks. Interns find and secure their own housing.

## **Can non-U.S. citizens apply for this program?**

Yes. Program participants must be authorized to work in the United States. The Hunger Center does not support applicant visas; the applicant must have work authorization that is valid for a ten-week period for summer 2020.

## **Are Zero Hunger Interns employees of the Congressional Hunger Center?**

No. You will be a 1099 contractor and will have to pay taxes on your income from the summer.

## **My question wasn't answered in this guide. What should I do?**

Let us know! Drop us a line at [zerohunger@hungercenter.org](mailto:zerohunger@hungercenter.org) and we will be happy to assist you with your question.



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Have questions not covered by this guide?  
Contact us at [zerohunger@hungercenter.org](mailto:zerohunger@hungercenter.org)

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