



ZERO HUNGER INTERNSHIP



Summer 2021 Internship Application Guide

Introduction



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 COVID-19 pandemic has dramatically increased the demands on the emergency food system. For summer 2020/21, interns will be placed with **community-based organizations across the U.S.** You will see firsthand how **frontline organizations** are responding to food insecurity, and help them expand

their impact. 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 you will end the summer 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 in a moment of crisis, a movement of dedicated and passionate people can **build a better future** for their communities—and that you will join us to do just that.

In service,

Samantha Stevens
Manager, Policy and Strategic Initiatives
Congressional Hunger Center

▲ *The 2nd Class of Zero Hunger Interns ('19)*

How Does the Internship Work?



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

In summer 2021, the fourth cohort of Zero Hunger Interns will join host organizations around the country responding to the COVID-19 hunger crisis in the U.S., 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 research projects examining the root causes of hunger and potential solutions in their home communities. Interns finish the summer with a new network, knowledge, and tools at the ready to 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...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)

2021 PROGRAM CALENDAR



January — February

Apply to the Zero Hunger Internship. Application deadline is **February 22, 2021**.

February — March

Program staff contact finalists for interviews.

April

Candidates are notified of acceptance into the internship and matched with host organizations.

May

Interns set a start and end date with their host organizations and onboarding begins.

May 21st

Earliest date to begin internship.

June 11, 2021—July 30, 2021

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



August 20th

Latest date to finish internship.



August and Afterwards

Emerge as an experienced anti-hunger advocate, ready to work to end hunger in your community and beyond!

WORKING AND LEARNING

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

1 INTERNSHIP PLACEMENT

The Hunger Center will match you with a *host organization* working on the frontlines of the emergency food system. Host organizations are selected through a competitive process and supervise your day-to-day work. Interns and host organizations are matched based on the needs of the host and the professional interests and skills of the intern. While supporting their host organization, interns gain first-hand experience with **program implementation, development and fundraising, volunteer management, communications, or nonprofit operations.**

2 LEADERSHIP CAPABILITIES

Our Leadership Capabilities model is the foundation of 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.

[Learn more about the Leadership Capabilities.](#)



"The Zero Hunger Internship provided opportunities for me to expand my knowledge of the root causes of poverty and food insecurity. This not only helped me be effective in my work throughout the summer, but helped me be more introspective about my personal situation. Knowing how and why my hometown is affected by these issues is an integral part of solving the issue of poverty, hunger, and food insecurity."

Emma Peterson ('20)



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 lectures, learning simulations, and group discussions; and network with professionals and fellow interns. Sessions also include trainings on professional and leadership development topics.

RESEARCHING HUNGER

Learning from your cohort about the root causes of hunger in the United States is a key part of the Zero Hunger Internship. You will complete a group research project about the root causes of hunger and policy solutions and present your findings before an audience. After you complete your internship, you will be able to use what you have learned to advocate for an end to hunger wherever you are.



- ▲ Zero Hunger Interns at the 2018 Hunger Leadership Awards.
- ◀ Emergency food distribution in Sacramento, California.

BENEFITS

An internship fighting hunger can be a life-changing experience. Below are some of the benefits of becoming a Zero Hunger Intern.

FINANCIAL SUPPORT

You will receive a stipend based on your location to offset the cost of living during the ten weeks of your internship.

SKILLS AND EXPERIENCE

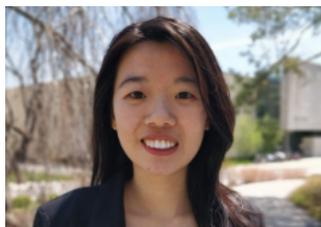
You will grow as a professional through on-the-job training at your host organization, advancing your team's work to end hunger in the U.S. You will also develop new skills and knowledge through the Summer Seminar Series and other professional development opportunities.

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 start your internship, carefully review the following pages to prepare your application. All applications must be submitted on our website by **February 22, 2021**.

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 2020** or later.)

All applicants **must be U.S. citizens**, or have **authorization to work** in the United States beginning no later than **June 2021**.

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 21** and **June 11, 2021**, and end between **July 30** and **August 20, 2021**, 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.
- **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



Complete the online application by **February 22, 2021.**

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. [Check out our website to find helpful tips for making your application shine.](#)



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 near your host organization (if applicable) and set your start and end dates with your host organization.



Begin your internship by **June 11, 2021!**

Frequently Asked Questions



◀ Zero Hunger Interns **Katie Waeldner** and **Kristina Benjamin** at the 2019 Hunger Leadership Awards.

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, interests, and geographic preferences of the intern.

Does the Hunger Center provide housing for interns?

No. The Hunger Center provides interns with a stipend to offset living expenses, including housing, 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 2021.

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 and we will be happy to assist you with your question.

ABOUT THE HUNGER CENTER'S 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 our 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 here.](#)

▼ *Kristina Benjamin ('19)*
presents her summer research project.





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Have questions not covered by this guide?
Contact us at zerohunger@hungercenter.org

Background photos on pages 3 and 9 courtesy [Joel Muniz](#).

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Cover Photo: Zero Hunger Interns attend the commencement ceremony for the 25th Class of Emerson National Hunger Fellows.

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