



Host a Zero Hunger Intern in 2026



WHY HOST A ZERO HUNGER INTERN?

Zero Hunger Interns are highly motivated individuals who bring a desire to learn and a commitment to ending domestic and global food insecurity. Undergraduate students (or recent graduates) with lived experience of hunger and poverty are encouraged to apply. A goal of the program is for interns to gain paid work experience while host organizations benefit from participants' skills and work.

The **Congressional Hunger Center** matches interns through a competitive process with host organizations that work on issues of domestic and/or global food insecurity.

Eligible organizations are:

- International and national NGOs with a policy focus,
- U.S. government agencies,
- Multi-lateral organizations,
- Foundations, or
- Private sector entities

Interns work at their organizations for 10 weeks. Intern work plans can focus on **advocacy, research, program implementation, development and fundraising, lobbying, communications, or operations.**

We seek placements that allow interns to have meaningful work experiences, and that provide interns with active supervision and opportunities to learn about hunger and public policy. Throughout the summer, we depend on open and meaningful communication with the host site supervisors to ensure a positive experience for both the intern and the host organization.

Zero Hunger Interns work for 10 weeks at a Washington, D.C.-based host organization, beginning and ending their full-time internships on dates mutually agreed upon by the host organization and intern and approved by the Hunger Center. The core program dates are June 1, 2026-August 5, 2026, meaning that the latest an intern can begin their internship is June 1, and the earliest they can end their internship is August 5.

The 7th Class (2024) of Zero Hunger Interns

WHAT DO HOST ORGANIZATIONS PROVIDE?

All host organizations are required to provide:

1.) **A 10-week work plan**, which provides the interns with substantive experience and opportunities to integrate themselves into the program team to maximize on-the-job learning. Successful work plans provide a concrete role and well-defined objectives for the intern.

2.) **A supervisor**, who commits to active supervision of the intern. The supervisor manages the intern's work, and meets with the intern regularly to provide oversight and guidance, assess

progress, give constructive feedback, and address difficulties that arise. Supervisors are also the program liaison for the Hunger Center and should be readily accessible to our staff.

3.) **Office space and work equipment** necessary to carry out the work plan, as applicable. Host organizations also cover **cost of work-related travel** for the intern during their placement.

4.) Host organizations are responsible for a site-match of **\$1,000 per intern** to help cover the cost of an intern's stipend (up to \$7,500).

HOW DO I APPLY?

The Hunger Center will begin [accepting applications to host a Zero Hunger Intern](#) in December 2025. All applications must be received by **February 9, 2026**. The application includes information about your organization and the team/s that the intern will work with. You will also outline a basic 10-week work plan and indicate the skills an intern will need to successfully complete it.

We will interview supervisors in March. If your application is accepted, we will match you with an intern based on your organization's needs and the intern's skills, professional interests. Acceptance

into the program and intern matches will be announced in April and May. You and your intern will agree on dates to begin and end the internship, which must be approved by the Hunger Center. Before your intern arrives, you will sign a contract with the Hunger Center on behalf of your organization.

Please contact Internships and Recruitment Coordinator **Emily Irsik** at eirsik@hungercenter.org with any questions. We look forward to hearing from you!

The 7th Class Zero Hunger Interns at the Gen Z Food & Hunger Summit, July 2024

