

Grow Your Career as an Intern With Gordon Food Service

Gordon Food Service invests in your future and is committed to improving our communities by collaborating with students like you. Your fresh ideas and unique perspectives help make a difference in the world.

If you're interested in an internship with GFS, here is what you should know:

Q: I'm Interested in a divisional internship with Gordon Food Service. When how do I apply for one?

A: We begin considering students for our internship program in October and through the fall. You can apply for this with the application link on this webpage.

Q: What is the difference between this divisional program and the Home Office internship program?

A: This 10-week program is a summer internship that takes place at our distribution center offices while the the headquarters internship program is for 12 weeks long in Grand Rapids, Michigan.

Q: Are GFS internships paid?

A: Yes, our 10-week internship program is a paid position. Interns are not eligible for benefits but receive paid federal holidays.

Q: Do you offer summer housing or temporary relocation assistance?

A: We do not offer relocation assistance, but certain locations do provide housing on the campus of a nearby college in dorms.

Q: Where are your divisional internships located?

A: Our division offices are located in Michigan, North Carolina, Florida, Ohio, Kentucky, Massachusetts, Wisconsin, Maryland, Texas, and Georgia. You must be a current student at a partnering college or university in one of those states to qualify for a divisional summer internship. The partner colleges are listed in the internship postings.

Q: To be considered for an internship at Gordon Food Service, do I need previous work experience?

A: While previous work experience is a plus, it's not required for a GFS internship with us. We consider your academic performance, volunteer experience, extracurricular activities and other experiences that demonstrate the skills you bring to this internship.

Q: How can I increase my chances of being selected for an internship?

A: In addition to a strong essay, you can connect with GFS if we are on your campus. You can also prepare ahead of time for your interview. We look for candidates who demonstrate that they have a passion and a willingness to learn.

Q: Are GFS internships full time? What are the typical work hours?

A: Our summer internships are full time, and interns typically work 40 hours per week. Typical hours are Monday through Friday 9 a.m. to 5 p.m., but hours could vary due to early mornings or late nights with some department rotations.

Q: Are internships only available to current college students?

A: Yes, internships are open to students currently enrolled in bachelor's or master's degree programs. Students who have already obtained a degree should apply for full-time positions, not internships.