



Internship Application

Thank you for your interest in an internship with the South Portland Food Cupboard. This general application helps us learn a bit more about you, your interests, and what you hope to gain from your experience with us. Please complete all sections below.

Our mission: The South Portland Food Cupboard is a 501(c)(3) non-profit, volunteer-based food pantry dedicated to alleviating hunger. The cupboard organizes volunteers who are committed to the acquisition and distribution of food to hungry people throughout South Portland, Portland, Cape Elizabeth, Scarborough, and surrounding communities in Cumberland and York counties.

The pantry is open on Thursdays from 8:30 am to 11:00 am, Tuesdays from 9:45 am to 11:30 am, and the first Wednesday of every month from 5:00 pm to 6:30 pm to accommodate those who work during the day. For more information, please visit: southportlandfoodcupboard.org

Applicant Information

Full Name:

Pronouns:

Email:

Phone Number:

Preferred Contact Method: Email Phone Either

School / Institution (if applicable):

Major / Field of Study:

Year in School or Current Status:

Internship Interest

Which internship area(s) are you interested in? (check all that apply)

- Social Media & Marketing
 - Communications / Storytelling
 - Graphic Design
 - Photography / Video
 - Community Outreach +Resources
 - Warehouse management
 - Event Planning
 - Grants/grant research
 - Other:
-

Availability

Preferred Internship Term: Summer Fall Spring Flexible

Desired Start Date:

Expected End Date (if known):

Weekly Availability (days/times):

Total Hours Required by Program (if applicable):

About You

Please tell us a little about yourself:

Why are you interested in interning with the South Portland Food Cupboard?

Goals & Learning

What do you hope to gain from this internship?

What skills are you hoping to build or strengthen?

What are your long-term academic or career goals?

Experience

Relevant coursework, volunteer experience, or work experience:

Skills or tools you are familiar with (e.g., Canva, social media platforms, writing, etc.):

Additional Information

Is there anything else you would like us to know?

Agreement

I certify that the information provided is true and complete to the best of my knowledge.

Signature:

Date: