



<https://www.internshipsca.com/job/general-mills-internships/>

General Mills Internships 2023 / 2026 Apply Online

Description

Are you ready to join a company that is passionate about making a difference in the world? General Mills is excited to offer internship opportunities for talented and motivated individuals looking to gain hands-on experience in the food industry. Our internships provide a unique chance to work alongside industry professionals, contribute to meaningful projects, and develop the skills necessary for a successful career.

Responsibilities

- **Project Collaboration:** Collaborate with cross-functional teams on real-world projects that impact the company's growth and success.
- **Research and Analysis:** Conduct market research and data analysis to support business decisions and identify opportunities for improvement.
- **Innovation:** Contribute fresh ideas and perspectives to help drive innovation in product development, marketing, and sustainability efforts.
- **Networking:** Build valuable connections with experienced professionals and fellow interns through networking events, workshops, and mentorship programs.
- **Learning and Development:** Engage in continuous learning opportunities, including training sessions and workshops, to enhance your skills and knowledge in the food industry.
- **Presentation Skills:** Develop and sharpen your communication and presentation skills by presenting project findings and recommendations to key stakeholders.

Qualifications

- **Enrollment:** Currently enrolled in a bachelor's or master's program at an accredited institution.
- **Major:** Pursuing a degree in Business, Marketing, Food Science, Engineering, or a related field.
- **Passion for Food:** A genuine interest in the food industry, sustainability, and making a positive impact.
- **Team Player:** Strong interpersonal skills and the ability to work effectively in a collaborative team environment.
- **Analytical Skills:** Proficient in data analysis and comfortable using tools such as Microsoft Excel and PowerPoint.
- **Communication:** Excellent verbal and written communication skills.

Job Benefits

- Competitive stipend
- Exposure to diverse projects and experiences
- Mentorship opportunities
- Networking events
- Potential for full-time employment post-graduation

Hiring organization

General Mills

Employment Type

Intern

Duration of employment

3 Months

Industry

Manufacturing

Job Location

Mississauga, Ontario, Canada, L5B,
Mississauga, Ontario, Canada

Working Hours

09

Date posted

March 28, 2026

Valid through

14.11.2026

Contacts

- 1. Prepare Your Application Materials:**
 - Update your resume to highlight your education, relevant coursework, skills, and any previous work or internship experience.
 - Write a compelling cover letter that explains why you are interested in interning at General Mills and how your skills align with the company's values and goals.
 - If applicable, gather any additional materials, such as a portfolio or work samples, that showcase your abilities and achievements.
- 2. Visit the General Mills Careers Website:**
 - Go to the official General Mills careers website. This can typically be found on the company's main website under the "Careers" or "Jobs" section.
- 3. Search for Internship Opportunities:**
 - Use the search or navigation features on the careers page to find the current internship opportunities at General Mills. You can filter by location, department, or specific keywords.
- 4. Select the Desired Internship Position:**
 - Click on the internship position that aligns with your skills and career interests to access more details about the role.
- 5. Review the Job Description:**
 - Carefully read the job description, responsibilities, and qualifications to ensure that you meet the requirements for the internship.
- 6. Click "Apply" or "Submit Application":**
 - Look for the application submission button on the job posting page. It may be labeled as "Apply," "Submit Application," or a similar term.
- 7. Create an Account or Log In:**
 - If you are applying for the first time, you may need to create an account on the General Mills careers portal. If you already have an account, log in using your credentials.
- 8. Complete the Online Application Form:**
 - Fill out the online application form with your personal information, education details, work experience, and any other required fields. Attach your resume, cover letter, and any additional documents as specified.
- 9. Review and Submit:**
 - Before submitting your application, review all the information to ensure accuracy. Some applications may include pre-screening questions that require thoughtful responses.
- 10. Confirmation:**
 - After submitting your application, you may receive an email confirmation acknowledging receipt. Keep an eye on your email for any further communication from the General Mills recruitment team.
- 11. Follow Up (Optional):**
 - If you haven't heard back within a reasonable time frame, consider sending a polite follow-up email expressing your continued interest in the position.