



<https://www.internshipsca.com/job/no-frills-internship/>

## No Frills Internships 2026 Latest Jobs

### Description

No Frills is seeking highly motivated interns to join our dynamic team. As an intern, you will have the opportunity to gain hands-on experience and contribute directly to various projects within your designated department. This internship offers an excellent learning environment for individuals eager to explore and grow within a no-frills, results-driven organization.

### Responsibilities

- **Assist with Departmental Tasks:** Collaborate with team members to support ongoing projects and daily operations within your assigned department.
- **Research and Analysis:** Conduct research, collect data, and analyze findings to assist in decision-making processes and project development.
- **Documentation and Reporting:** Prepare reports, presentations, and documentation summarizing project progress, findings, and recommendations.
- **Creative Problem-Solving:** Contribute innovative ideas and solutions to challenges faced within the department.
- **Team Collaboration:** Work closely with cross-functional teams to achieve shared goals and objectives.

### Qualifications

- Strong communication skills, both written and verbal.
- Ability to adapt to a fast-paced environment and multitask effectively.
- Detail-oriented with excellent organizational skills.
- Passionate about simplicity, efficiency, and problem-solving.

### Job Benefits

- Valuable hands-on experience in a unique, no-frills work environment.
- Mentorship and guidance from experienced professionals.
- Opportunity to make a meaningful impact on real projects.
- Networking opportunities within the organization.
- Possibility of future career prospects based on performance.

### Contacts

To apply for the internship opportunity at No Frills, please follow these steps:

- **Prepare Your Application Materials:** Gather your resume, a tailored cover letter highlighting your interest in the position and relevant skills, and any additional work samples or portfolio (if applicable).
- **Visit our Careers Page:** Go to our official website and navigate to the "Internship Opportunities" section.
- **Select the Desired Internship Position:** Review the available internship positions and select the one that aligns best with your skills and interests.
- **Submit Your Application:** Click on the application link associated with

### Hiring organization

No Frills

### Employment Type

Intern

### Duration of employment

3 Months

### Industry

Food and Beverage Services

### Job Location

Brampton, Ontario, Canada, L6P,  
Brampton, Ontario, Canada

### Working Hours

09

### Date posted

April 6, 2026

### Valid through

19.12.2026

your chosen internship position. Complete the online application form and upload your resume, cover letter, and any supporting documents.

- **Double-Check Your Submission:** Ensure that all required documents are attached and that the information provided is accurate before submitting your application.
- **Confirmation Email:** Once your application is successfully submitted, you will receive a confirmation email acknowledging receipt of your application.
- **Application Review:** Our hiring team will review all applications received. If your qualifications align with our requirements, you may be contacted for further steps in the selection process.