



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

## Sobeys Internships 2026 / 2027 New Hiring

### Description

Sobeys offers exciting internship opportunities designed to provide students with real-world experience in the dynamic and fast-paced grocery retail industry. Our internships are crafted to offer hands-on learning, mentorship, and exposure to various facets of the business. As an intern at Sobeys, you will have the chance to contribute to meaningful projects, collaborate with experienced professionals, and gain valuable insights into the retail sector.

### Responsibilities

- **Project Engagement:** Actively participate in departmental projects, contributing fresh perspectives and innovative ideas.
- **Cross-Functional Exposure:** Rotate through different departments such as Marketing, Operations, Finance, and Supply Chain to gain a comprehensive understanding of the organization.
- **Research and Analysis:** Conduct market research, analyze industry trends, and provide insights to support strategic decision-making.
- **Collaboration:** Work closely with cross-functional teams to achieve project goals and enhance your teamwork and communication skills.
- **Learning and Development:** Attend training sessions, workshops, and networking events to further develop your professional skills and industry knowledge.
- **Mentorship:** Benefit from mentorship opportunities with experienced professionals who will guide you in your career development.

### Qualifications

- Currently enrolled in a relevant undergraduate or graduate program.
- Strong academic record and a passion for the retail industry.
- Excellent communication, teamwork, and problem-solving skills.
- Adaptable and eager to learn in a fast-paced environment.
- Proficient in Microsoft Office Suite.

### Job Benefits

1. **Professional Development:**
  - Gain hands-on experience in a leading retail organization.
  - Exposure to diverse projects and departments for a comprehensive learning experience.
  - Access to training sessions, workshops, and networking events to enhance your professional skills.
2. **Mentorship:**
  - Receive guidance from experienced professionals in the industry.
  - Develop valuable connections with mentors who will support your career growth.
3. **Meaningful Projects:**
  - Contribute to real-world projects that make a positive impact on the business.

### Hiring organization

Sobeys

### Employment Type

Intern

### Duration of employment

3 Months

### Industry

Retail

### Job Location

Mississauga, Ontario, Canada, L4T,  
Mississauga, Ontario, Canada

### Working Hours

09

### Date posted

April 2, 2026

### Valid through

22.01.2028

- Apply classroom learning to practical situations and challenges.
- 4. **Cross-Functional Exposure:**
  - Rotate through various departments to broaden your understanding of the retail sector.
  - Collaborate with cross-functional teams to gain insights into different aspects of the business.
- 5. **Networking Opportunities:**
  - Connect with professionals in the field through networking events.
  - Build relationships with fellow interns, creating a supportive community for learning and growth.
- 6. **Competitive Compensation:**
  - Receive a competitive internship stipend or salary.
- 7. **Company Culture:**
  - Experience a dynamic and inclusive work culture that values diversity and innovation.
  - Engage in team-building activities and events.
- 8. **Potential for Future Opportunities:**
  - Internship programs may serve as a pipeline for full-time employment opportunities.
  - Access to information about potential job openings within the organization.
- 9. **Flexibility:**
  - Depending on the program, opportunities for flexible working hours or remote work may be available.
- 10. **Recognition and Awards:**
  - Opportunities for outstanding interns to be recognized and rewarded for their contributions.

## Contacts

1. **Visit our Career Portal:**
  - Go to our official career portal by visiting Sobey's Careers.
2. **Search for Internship Opportunities:**
  - Navigate to the "Search Jobs" or "Current Opportunities" section.
  - Use keywords such as "internship" or specify the department/field you are interested in.
3. **Explore Available Internships:**
  - Review the available internship positions to find the one that aligns with your academic background, skills, and career interests.
4. **Create an Account:**
  - If you are a new user, you will need to create an account on our career portal. Provide the required information to set up your profile.
5. **Upload Your Resume and Cover Letter:**
  - Upload your updated resume and a well-crafted cover letter highlighting your academic achievements, relevant coursework, and why you are interested in an internship with Sobey's.
6. **Complete the Application Form:**
  - Fill out the online application form with accurate and detailed information.
7. **Submit Your Application:**
  - Once you have filled out the necessary information and uploaded your documents, submit your application through the online portal.
8. **Application Deadline:**
  - Take note of the application deadline for the specific internship program you are interested in. Late applications may not be considered.
9. **Monitor Your Application Status:**

- After submission, you can log in to your account to track the status of your application.

**10. Prepare for Interviews:**

- If your application is shortlisted, you may be contacted for an interview. Prepare for this by researching Sobeys, understanding our values, and being ready to discuss your skills and experiences.

**11. Follow Up:**

- Feel free to follow up on your application status if you haven't received a response within a reasonable timeframe.

**12. Stay Informed:**

- Keep an eye on our official communication channels for updates and additional information regarding the internship program.