

Sysco Internships Latest Job Opportunities 2026

Description

Sysco's Internship Program offers a unique opportunity for motivated and talented individuals to gain hands-on experience in the dynamic and fast-paced world of foodservice distribution. As an intern at Sysco, you will have the chance to work alongside industry experts, contribute to meaningful projects, and develop essential skills that will set the foundation for a successful career.

Responsibilities

We are seeking highly motivated and dedicated individuals to join our internship program. As a Sysco Intern, you will have the opportunity to work in various departments, including but not limited to:

1. Operations:

- Gain insights into the logistical and operational aspects of food distribution.
- Assist in inventory management, order fulfillment, and warehouse optimization.

2. Sales and Marketing:

- Collaborate with sales teams to understand customer needs and market trends.
- Contribute to marketing initiatives, including promotional campaigns and customer engagement strategies.

3. Finance and Accounting:

- Participate in financial analysis, budgeting, and reporting activities.
- Assist in reconciling accounts, processing invoices, and financial planning.

4. Supply Chain Management:

- Learn about supply chain processes, from procurement to delivery.
- Contribute to supply chain optimization projects and efficiency improvements.

5. Technology and Innovation:

- Explore innovative technologies shaping the foodservice industry.
- Contribute to the development and implementation of digital solutions

Qualifications

- Currently enrolled in a relevant degree program (Business, Supply Chain, Marketing, Finance, etc.).
- Strong analytical, communication, and problem-solving skills.
- Ability to work collaboratively in a team-oriented environment.
- Eagerness to learn and adapt in a dynamic industry.

Job Benefits

- Hands-on experience in a Fortune 500 company.
- Mentorship from industry professionals.
- Networking opportunities with Sysco leadership.

Hiring organization

Sysco

Employment Type

Intern

Duration of employment

3 Months

Industry

Food and Beverage Services

Job Location

Toronto, Ontario, Canada, M5B,
Toronto, Ontario, Canada

Working Hours

09

Date posted

August 17, 2026

Valid through

11.01.2028

- Exposure to diverse facets of the foodservice distribution industry.

Contacts

1. Prepare Your Documents:

- Update your resume to reflect your current academic and professional experiences.
- Write a cover letter expressing your interest in the Sysco Internship Program and highlighting your relevant skills and qualifications.
- Include a brief statement outlining your career goals and why you are passionate about the foodservice industry.

2. Compose an Email:

- Open your email client and create a new email.
- In the subject line, write: "Sysco Internship Application – [Your Full Name]."

3. Attach Your Documents:

- Attach your resume, cover letter, and the brief statement to the email.

4. Compose a Brief Email Message:

- In the body of the email, briefly introduce yourself and express your enthusiasm for the Sysco Internship Program.
- Mention the position you are applying for if specified in the job posting.
- Include any specific details requested in the job description, such as availability for an interview or additional application materials.

5. Send Your Application:

- Double-check that all attachments are included.
- Send the email to the designated email address provided in the job description. If no email address is specified, you can inquire about the application process or check for any online application portals.

6. Follow-Up:

- If you haven't received a confirmation of your application within a reasonable timeframe, consider sending a polite follow-up email to inquire about the status of your application.