Internship Experience

Be immersed in Kroger’s culture through these programs. Interns each serve on one committee and are responsible for delivering on the goals of the group.

Community Service

“Everyone embraces philanthropy at Kroger” Work to choose service agencies to work with and plan events throughout the summer where all interns are able to do service locally. This can range from working with the Giving Fields to helping with the United Way campaign to tutoring or any other cause.

Professional & Educational Development

“I’ve been here for years and there is constant learning on the job” Be responsible for the ongoing process of educational and professional development based on what they want to learn about. This can be anything from public speaking skills to advanced techniques in excel to principles of finance.

Leading the Kroger Way

“There’s a lot of pride that goes into saying ‘I work for Kroger’” Assume the responsibility for ensuring all interns learn about Kroger’s initiatives and goals including departments’ goals and happenings in the divisions, manufacturing, distribution and more. This committee will be in charge of planning Lunch & Learns for the summer as they relate to learning about Kroger.

Program Details

“There’s endless value in interning first so that you understand how Kroger works”

10-14 week program in one area of business
- Corporate Office, downtown Cincinnati
- Division Office / Retail Grocery Stores
- Manufacturing Plant - across the country
- Kroger Technology, Blue Ash, OH
37.5 or 40 hours/week — paid
10% off Kroger Brand Products
Subsidized Parking & Bus Transportation
Behind-the-scenes tours of Kroger facilities
Meet and interact with interns in all areas of the business

You make a difference here

“We are insanely spoiled with how accessible our executives are” Kroger values each member of our team and interns at Kroger are given ownership over a project with deliverable outcomes. At the end of their time with Kroger, interns will be able to enjoy the satisfaction of a job well done through.

Location, Location, Location

“Cincinnati is a super walkable city. There’s plenty to explore here and tons of new places to go” Kroger’s corporate office is located at the helm of Cincinnati’s thriving central business district and the growing Over-the-Rhine neighborhood. Washington Park and Fountain Square are both less than a 5 minute walk away. Whether you’d like to eat lunch outside with other interns or unwind after work at a local event or restaurant, there are endless options to satisfy that being at Kroger (pictured left)
BIG DREAMS. BIG OPPORTUNITY.

At Kroger, we’re so much more than a grocery store. We’re a friendly team working together to feed families and communities every day. Whether you are just starting out or looking to grow your career, we can offer you more. Our dynamic team fuels our success and growth with dedication, innovation and excellent customer service. Be a part of something big, and growing.

Join the team today!

Kroger Family of Companies employs nearly 443,000 associates who serve customers in 2,796 retail food stores under a variety of local banner names in 35 states and the District of Columbia. Kroger and its subsidiaries operate an expanding ClickList offering – a personalized, order online, pick up at the store service – in addition to 2,253 pharmacies, 787 convenience stores, 324 fine jewelry stores, 1,439 supermarket fuel centers and 38 food production plants in the United States. Kroger is recognized as one of America’s most generous companies for its support of more than 100 Feeding America food bank partners, breast cancer research and awareness, the military and their families, and more than 145,000 community organizations including schools.

CAREER & INTERNSHIP OPPORTUNITIES

- Accounting
- Advertising
- Associate Communications
- Aviation
- Capital Management
- Category Management
- Corporate Affairs
- Corporate Brands
- Digital
- Engineering
- Finance
- Food Technology
- Human Resources
- Internal Audit
- Law
- Logistics
- Loss Prevention
- Marketing
- Manufacturing
- Merchandising
- Pharmacy
- Process Improvement
- Procurement
- Product Development & Innovation
- Real Estate
- Retail Operations
- Retail Store Leaders
- Technology

Looking to further your Career? Learn more and Apply today at Jobs.Kroger.com
INTERNSHIP PROGRAM DETAILS:

Our Internship Program is unique and geared towards students learning as well as professional growth. Kroger can help shape your future by developing leadership skills and business knowledge you need to enhance your career.

What to Expect as a Kroger Intern:

- Networking Opportunities
- Lunch n' Learns with Executives, VP's and CEO
- Mentor Program
- Team Building Events
- Community Service Events
- Behind the scene tours of our Kroger Stores & Manufacturing Plants

WHAT WAS THE BEST PART OF YOUR INTERNSHIP WITH KROGER?

"I can’t specify one part of the internship that I would consider the "best" because Kroger does a great job implementing all of their Core Values throughout the entire company. I am really grateful for the team I work with. They are a group of humble individuals who are always willing to help. I enjoyed visiting the plants to see how they function, the work environment, and what specific role the plant plays in Kroger's overall success..."

- DeMarko Neal, Human Resources Intern (Manufacturing)

"I really enjoyed having various opportunities to network with other interns and leaders in different departments which allowed me to gain a broader perspective of Kroger and build great connections with my team."

- Morgan Sroufe, General Office Human Resources Intern

"The networking and understanding of Kroger as a whole. The culture here is great and everyone wants to help each other grow."

- Casey Moran, Cost Management Intern