



Purpose

The Food Security Intern or Practicum Student will work alongside Empower Missouri's team to support advocacy efforts aimed at increasing food security across the state. Our work focuses on advancing policies that ensure Missourians have consistent access to affordable, nutritious food and addressing the systemic barriers that contribute to hunger.

In this role, you'll contribute to policy research, testimony development, coalition-building, data tracking, and public education efforts that support change at both the state and local level. This is a great opportunity for someone interested in public policy, community engagement, and food justice.

What You'll Do

- Connect with community members and advocates and help grow the Food Security Coalition
 - Write policy briefs on food security issues
 - Support policy research on other anti-poverty issues as needed
 - Help prepare and submit testimony at the Missouri State Capitol
 - Monitor legislation and track food-related bills
 - Track and share hearing schedules for the Missouri House and Senate with partners
 - Take notes and help summarize key developments from Capitol activity
 - Create fact sheets and other materials on priority food security issues
 - Support coalition meetings, including note-taking and follow-up
 - Attend meetings and events related to food security advocacy
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What We're Looking For

- A basic understanding of food security issues.

- A commitment to food justice + [Empower Missouri's mission and values](#).
 - Strong written and verbal communication skills
 - Solid organizational skills and the ability to manage multiple tasks
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Time Commitment

- 15 hours per week (flexible schedule).
- Availability for some meetings between 9:00 a.m. – 5:00 p.m., Monday through Friday.
- This is a remote position open to candidates located in Missouri, with occasional travel to support in-person events or advocacy efforts in Mid-Missouri and the state capitol.

We are happy to work with students to make sure this fits practicum or field placement requirements.

Compensation

- \$15.00/hour
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Reports To

- Food Security Policy Manager
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HOW TO APPLY

We'd love to hear from you! Please send your resume and a brief cover letter to jobs@empowermissouri.org. Be sure to include "Food Security Intern or Practicum Student" in the subject line.

Applications are due by **May 15, 2026**. The internship will start in **late August/early September** and run through December 2026, with the possibility of continuing through **Spring 2027**.