



DefaultVeg

A Better Food Foundation Initiative

Application
Deadline
June 1, 2025

DefaultVeg Ambassador Internship Program

Are you passionate about sustainability and food on your campus?

Become a DefaultVeg Student Ambassador to champion sustainable food systems while gaining valuable skills and experience.

Leadership Skills

Develop your leadership, critical thinking, and communications skills while making an impact on your campus.



Training & Mentorship

Deepen your understanding through lectures and training with sustainability and food systems experts.



Flexible Program

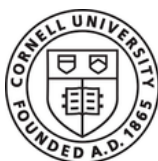
Tailored and flexible projects to fit your schedule. Ideal for internships, projects, and service work.

"The Better Food Foundation's internship program transformed me from a climate-concerned student to a strategic changemaker. By introducing an oat milk by default strategy on my campus, I learned how small, smart interventions can drive massive climate impact. This experience showed me that Gen Z doesn't just want change—we know how to create it."

- Hannah, Student



Join the growing list of DefaultVeg Ambassadors



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Better Food
FOUNDATION

Questions?

kenzie@betterfoodfoundation.org

betterfoodfoundation.org/take-action/students/

Internship Program

About DefaultVeg

- DefaultVeg is an ambassador program that champions plant-based food defaults
- The focus is on simple, inclusive strategies that offers climate-friendly, plant-based food by default, giving diners the choice to opt-in for meat/dairy
- Learn how to use behavioral science to:
 - Cut carbon emissions to meet sustainability goals (*Scope 3*)
 - Save on food costs
 - Offer healthy and delicious food
 - Preserve individual freedom of choice

Internship Program

- Students explore the links between sustainability, behavioral science, and food
- Research, plan, and implement actions to transform food systems at campus cafes, catered events, and conferences
- Flexible programming to fit your goals
- Hosted on Circle, an online platform offering both live and recorded content

Eligibility

- You're a college student, grad student, or recently graduated
- You're aligned with the mission and values of the Better Food Foundation
- You can communicate and learn in English

Time Commitment & Stipend

- Approximately 10+ hours per month from June - August 2025
- Students who complete the 12-14 weeks internship will receive a stipend to help cover their expenses

Internship Credit & Certificate

- Students may receive internship credit, course credit, or independent study credit depending upon requirements from your school
- Upon completion, students receive a certificate from Certifier for LinkedIn and a letter of recommendation from the Better Food Foundation's leadership team

Application & Deadline

- BFF reviews applications until June to fill up the Summer 2025 semester
- Selected applicants will complete a 30-minute online interview with a BFF staff member

Grad Students & Service Work

- Applications are open anytime for grad students and community service work

DefaultVeg is available for capstones, service learning, and grad projects. Email for more info.

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