

Food Systems

Alternative Break
Information Session



Table of Contents!



01

Introduction

Get to know me!

02

What is the Food Systems Alternative Break?

Get to know more about
what we do!

03

Day in the Life!

What does the typical day
look like during our program?

04


Fun pics!

Take a look into what we
did last year!

05

Recruitment dates, process, etc.

If you are interested in joining
our team, here's how!



01

Introduction



Get to Know Me!

My name is Isha Gandhi, and I am the Student Program Director for the Food Systems Alternative Break this upcoming Spring Break.

Outside of Alt Breaks, I am:

- A junior studying Physiology and Neurobiology!
- From Glastonbury, CT!
- Also a part of First Year Experience (FYE) program!

Fun fact about me: I've eaten alligator before!



02

What is the Food Systems Alternative Break?



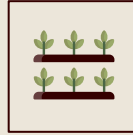


The Food Systems Alt Break Focuses on:



The Systemic Causes of Food Insecurity

How do systemic causes such as climate change or inequitable food systems affect us?



Local Causes of Food Insecurity

How do factors such as poverty and food deserts affect local communities?



Distribution of goods from farms to shelves

How does produce leave a farm and go to our shelves?



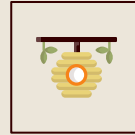
Community building

How can we build partnerships with community partners to help our neighbors?



Team building

How can we build a respectful, open, and engaged team that will make an impact?



Education

How can we take what we learned and integrate it into our own communities both at UConn and outside of UConn?



We also focus on...

The importance of service, reflection, and education... but how?

- Before our program begins, we will be meeting as a group to learn and explore the systemic and local causes of food insecurity, as long as what to expect as a participant on this program (whether it be housing, or the types of tasks you may be asked to assist in with community partners).
- Furthermore, we will also focus on reflection, and why it is essential to our learning! Reflection is important for processing what happened before, during, and after our service time. When one shares experiences with fellow participants, it can help the group understand different perspectives and deepen understanding. It also fosters a sense of community and accountability for continued personal growth. Lastly, reflection allows for participants to consider applying what they've learned from the program into in their everyday lives.



03

Day in the Life!



Here's what we did last year...

- 7-8 am: Get ready, eat breakfast + get lunches ready, and head to community partner's site, which was either in New Haven or Hartford!
- 8-12 pm: Work with 1st community partner.
- 12-1 pm: Eat lunch (usually at a local park) and head to next site!
- 1-5 pm: Work with 2nd community partner and travel
- 5-6:30 pm: Reflection activity with the group.
- 6:30-7:30 pm: Cook and eat together, and clean the kitchen!
- 7:30-10:00 pm: Free time

THIS IS A SAMPLE SCHEDULE AND IS WHAT A TYPICAL DAY LOOKS LIKE!! NOT ALL DAYS ARE THE SAME!!



04

**Pictures from
last year's
service!**











Thank You Volunteers



Connecticut Foodshare

Our Community, Our Food Bank



A picture is worth a thousand words!

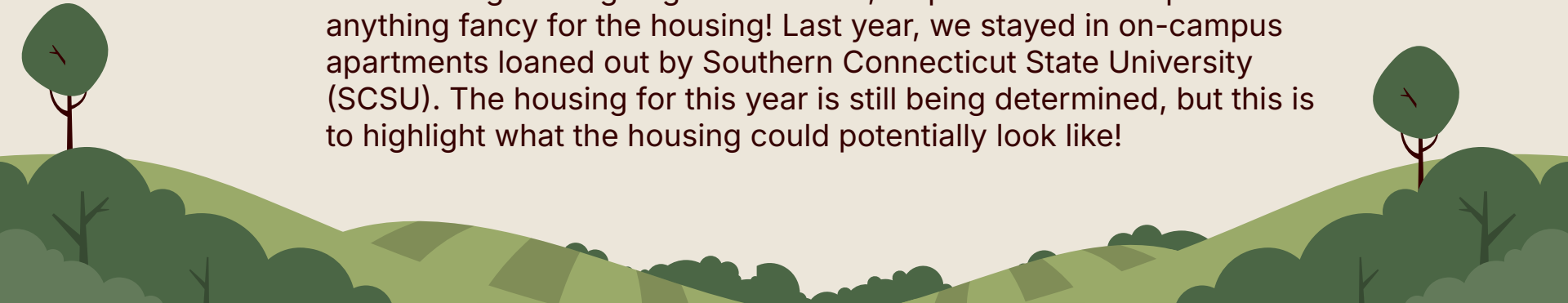
05

**Want to apply to
join?!**



Things you should know before applying...

- We will be working outside in farm/garden areas, so please be ready to expect some chilly weather!
- The participant cost covers: accommodations, food, and transportation! This cost does not include/cover any outside purchases made, such as personal snacks and personal expenses.
- The housing is not going to be a hotel, so please do not expect anything fancy for the housing! Last year, we stayed in on-campus apartments loaned out by Southern Connecticut State University (SCSU). The housing for this year is still being determined, but this is to highlight what the housing could potentially look like!



If this program calls to you...

Then apply for this program!!

Remember, you do NOT have to be a specific major, such as an agriculture major to join!

We are looking for anyone that is passionate, hardworking, and committed to helping out local communities like ours!



Apply by September 30th!!

We only have 12 participant slots available, so apply to the application as soon as you can!!



Food Systems Alternative Break

Are you
interested
in...

- Gaining a deeper understanding of food insecurity and the structural systems at play
- Learning how food gets from farms to shelves
- Volunteering on farms, in food banks, and at soup kitchens
- Making an impact?



Scan to Apply!



**USG Funding
Supports Alt Breaks**

When: March 16- 22, 2025

Where: New Haven, CT

Cost: \$80 (financial aid can be awarded to those who need it)

Apply by: September 30, 2024

UConn

STUDENT ACTIVITIES
COMMUNITY OUTREACH

For more information, please contact Isha Gandhi at uconn.co.foodsystems@gmail.com

To request accommodations, please contact Carl Soares at uconn.co.altbreaks@gmail.com

Here is the QR
Code to apply!!

