

New Haven

Theme: Food Systems

Alternative Break
Information Session



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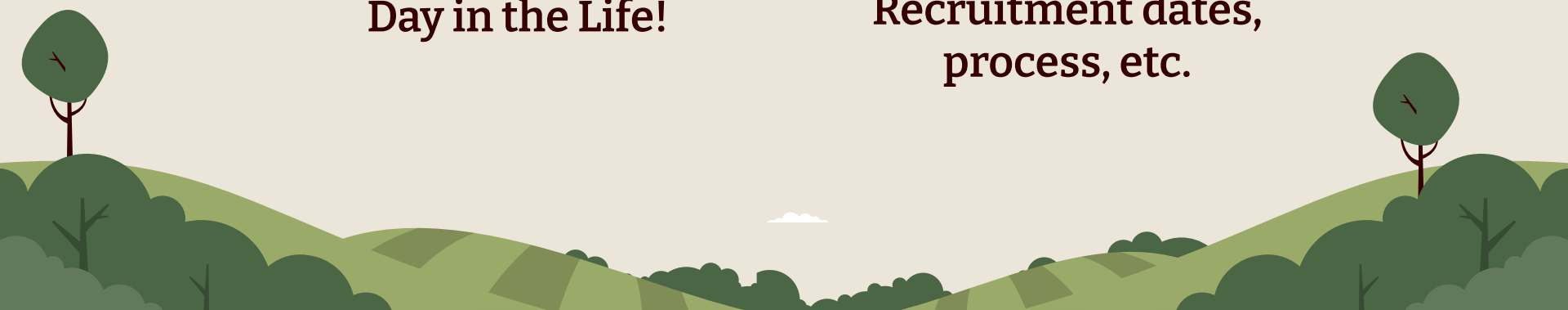

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01

Introduction

My name is Isha.

I will be the Student Program Director
for the Food Systems Alt. Break!



02

What is the Food Systems Alternative Break?

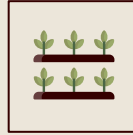


The Food Systems Alt Break Focuses on:



The Causes of Food Insecurity

What are some causes of food insecurity?



Local Causes of Food Insecurity

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



Distribution of goods from farms to shelves

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



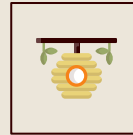
Community building

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

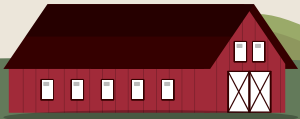
How can we take what we learned and integrate it into our own communities both at UConn and outside of UConn?



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 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).
- We also focus on reflection and its role in learning! Reflection helps us process experiences before, during, and after service. Sharing these experiences with fellow participants broadens perspectives and deepens understanding. It fosters community, encourages accountability, and allows participants to apply lessons from the program to their daily lives.



03

Day in the Life!



Here's what we did last year...

- 7-9 am: Get ready, eat breakfast + get lunches ready, and head to community partner's site, which was either in New Haven or Hartford!
- 9-12 am: Service with 1st community partner.
- 12-1 pm: Eat lunch and head to next site!
- 1-5 pm: Service with 2nd community partner
- 5-7:00 pm: Community Bonding and Dinner!
- 7:00-8:00 pm: Reflection time!
- 8:00-10:00 pm: Free time (Community bonding at housing site)

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





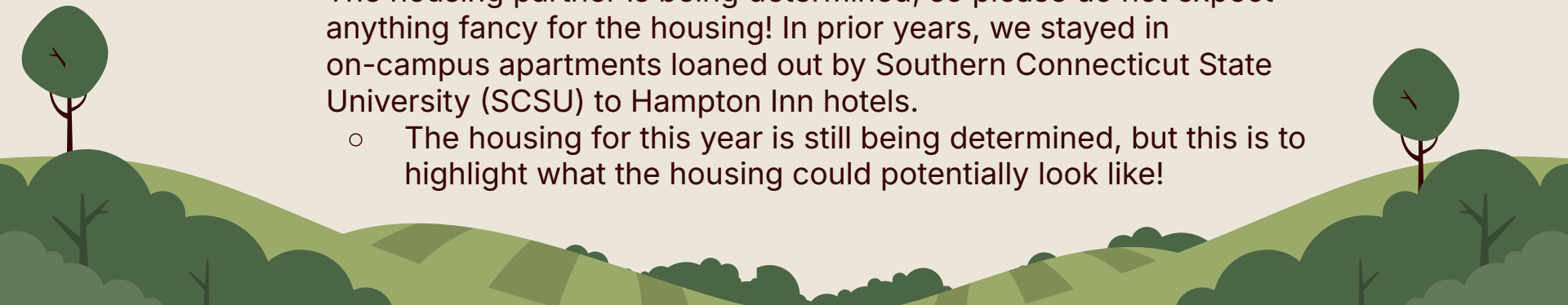
05

Want 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 partner is being determined, so please do not expect anything fancy for the housing! In prior years, we stayed in on-campus apartments loaned out by Southern Connecticut State University (SCSU) to Hampton Inn hotels.
 - The housing for this year is still being determined, but this is to highlight what the housing could potentially look like!



When is this Alt. Break Happening?

As of now, this program will be taking place the weekend of April 17th-19th!

We plan to leave around 3pm or 4pm on Friday April 17th.



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!



How To Apply For This Program:

Deadline is November 7. Scan the QR Code Down Below to Apply:

