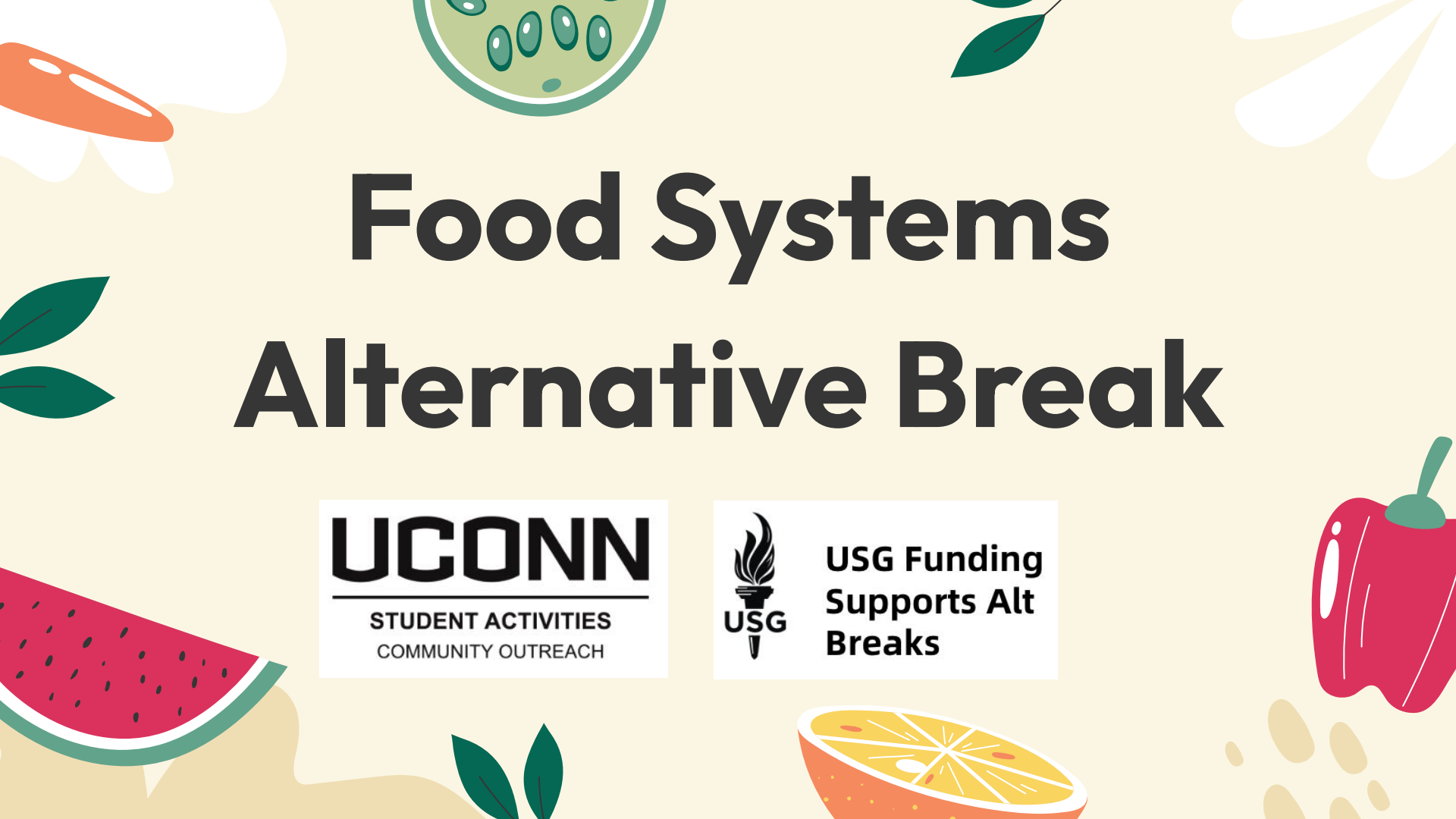




Food Systems Alternative Break

UConn

STUDENT ACTIVITIES
COMMUNITY OUTREACH



**USG Funding
Supports Alt
Breaks**



Theme:

Food Systems

Location:

New Haven, CT

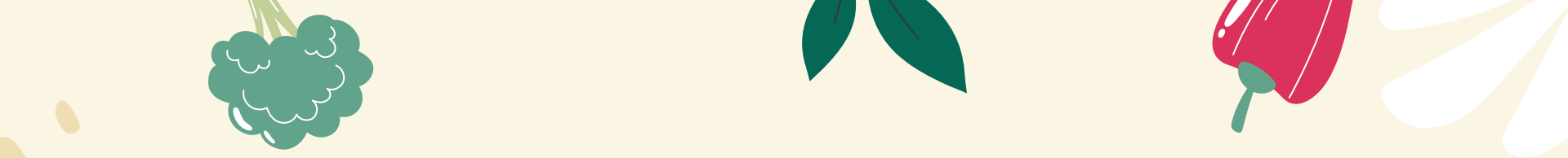


Dates:

April 9–11th, 2027

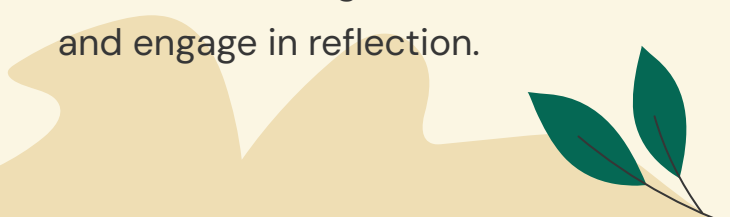
Program Overview





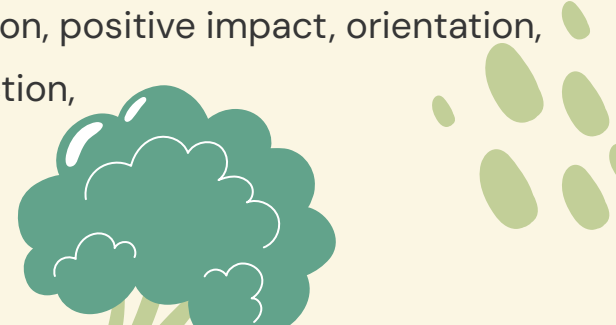
What are Alternative Breaks?

Alternative Breaks are student-led service-learning experiences run through UConn Community Outreach. During these experiences, participants work alongside community organizations to provide meaningful service, strengthen their understanding of social issues, grow as an individual, and engage in reflection.



There are 11 Alternative Breaks with a wide range of locations and topics that run throughout the year, including during fall break, winter break, spring break, and April weekends.

The components of an Alternative Break include: Direct engagement, full immersion, positive impact, orientation, education, training, reflection, and reorientation.

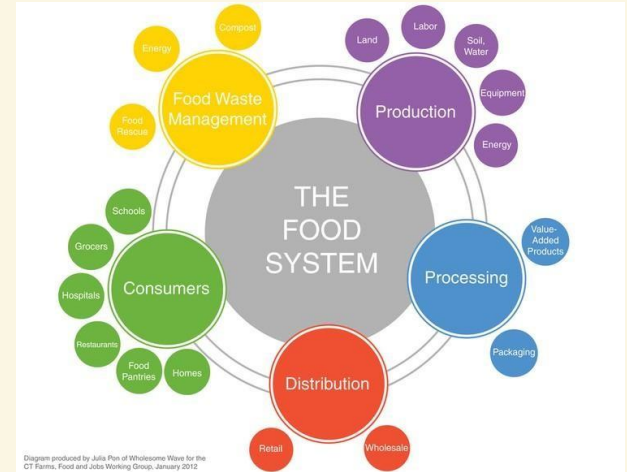


What is a Food System?

Production → Distribution → Access → Consumption → Waste Management

A food system is more than just food! It includes all of the people, places, processes and resources that influence how food is produced, processed, distributed, accessed, consumed, disposed of, and recovered.

So, food systems involve a wide range of fields, such as health/nutrition, poverty, environment, culture, policy, and communication!





What is the Food Systems Alternative Break?

A weekend of service, learning, reflection, and community centered around food systems, food access, and food insecurity.

Serve: Work alongside local community organizations through hands-on service.

Learn: Explore how our food system works from beginning to end and gain a deeper understanding of the factors that influence food access and food insecurity.

Connect: Build relationships with community partners and fellow students through shared experiences.

Reflect: Discuss and reflect on what you learn, how your perspectives are shaped, how you've grown as an individual, and how you can continue making a meaningful impact.

Last Year's Trip

- 4 mandatory pre-program meetings before the trip to meet each other, learn about food systems, and educate ourselves on the communities we would be serving.
- Our service activities included:
 - **Loaves & Fishes:** Volunteered at their distribution event to provide food, clothing, hygiene items, and essential resources to hundreds of people in need in the community.
 - **Neighborhood Housing Services (NHS) of New Haven:** Worked hands-on in a community garden to build hugelkultur layers and learn proper planting techniques to avoid lead contamination and address food insecurity.





Sample Day in the Life

**Schedule subject to change;
this is a sample agenda**



Logistics

01 Housing

We will stay with our community housing partner (Golden Hill Church) and sleep on the floor in sleeping bags in a communal setting.

02 Food

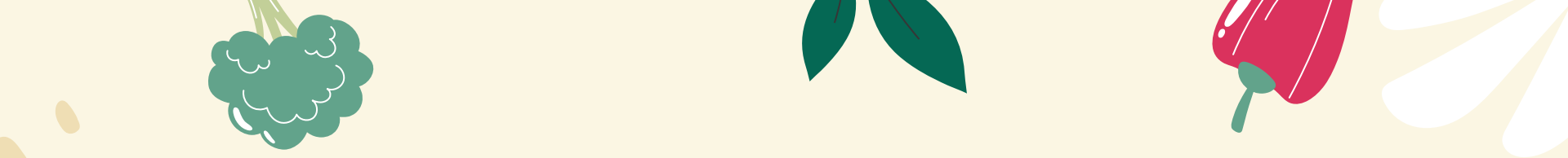
Food is provided, and we will be preparing and cooking our own meals for the weekend.

03 Transport

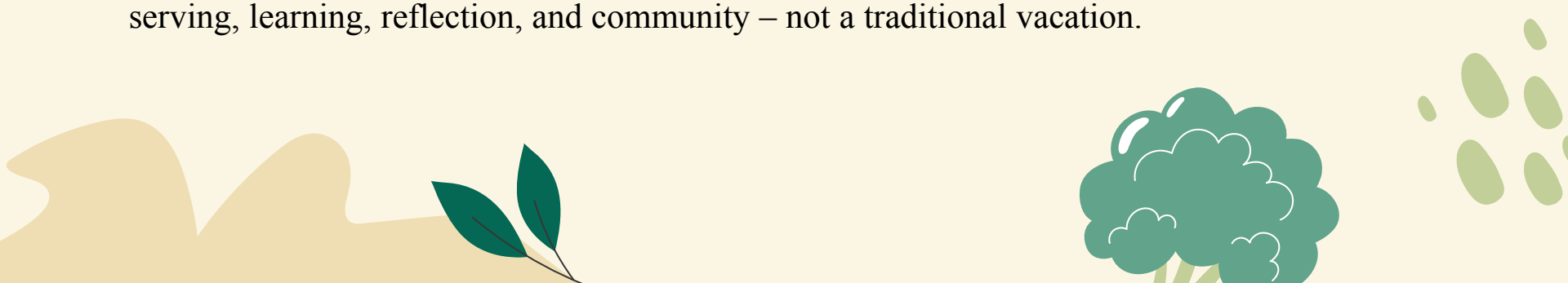
Transportation is provided, as we will be driving together to New Haven in UConn Community Outreach Vans.

04 Costs

Program costs cover housing, food, and transportation. Personal expenses are not covered. Financial aid is also available!



Things to Know Before You Apply

- **Hands-On Service:** Service may include physical tasks, such as lifting, standing for extended periods, cooking, and gardening, and outdoor activities that are weather-dependent.
 - **All Majors Welcome:** You do not need to be a nutrition, agriculture, or related major – students from all fields can participate!
 - **Immersive Experience:** Alternative Breaks are service learning experiences focused on serving, learning, reflection, and community – not a traditional vacation.
- 



Apply Now!

Scan the QR Code or click on the link to apply!

Application deadline: October 30th

For any questions or to request accommodations, please contact **Kelly** at **uconn.co.foodsystems@gmail.com**

[Link to apply!](#)

