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ATLANTA COMMUNITY FOOD BANK OFFERS FEEL-GOOD ALTERNATIVE SPRING BREAK

Nonprofit hosted a three-day series focused on hunger issues

ATLANTA (March 21, 2018) It's an astounding statistic-- 1 in 7 Americans, including 12 million children, are food insecure. In Georgia, 1 in 6 people face hunger. But, did you know food insecurity extends to college students as well? Recently, the Atlanta Community Food Bank invited local college students to take part in its Alternative Spring Break program. This three-day immersive program educated students and gave them hands-on training to become effective anti-hunger advocates. This year, the Food Bank hosted its Alternative Spring Break on March 12-14 with 14 participants from Clark Atlanta University, Gwinnett Technical College, Morehouse College and Spelman College.

"More and more students are opting out of trips to the beach or other traditional spring break destinations for meaningful experiences, where they can make an impact," said [Jasmine Payne](#), Advocacy and Education Specialist, for the organization. "We are delighted to offer an Alternative Spring Break for students to learn about real life issues that affect their neighbors and quite possibly some of their peers."

Food insecurity isn't limited to just young children and their families, but college students are also affected. With the rising costs of tuition, books, housing and food, it should come to no surprise that even college students are finding it difficult to make ends meet. According to the National Student Campaign Against Hunger and Homelessness, 48% of respondents reported facing food insecurity in the previous 30 days, including 22% with very low levels of food security.

The interactive three-day session was open to Metro Atlanta college students and included volunteer opportunities, educational tours of local resources, group studies on programs and meet-and-greets with individuals who are making strides to be part of the solution. During the Alternative Spring Break program, students sorted donated products at the Food Bank's Product Rescue Center, met with lawmakers at the Georgia Capitol, conducted a tour in multiple gardens, visited Hammond's House museum and discovered ways on how to approach lobbying to influence political figures.

For more information about Alternative Spring Break or the Food Bank, visit acfb.org.

About the Atlanta Food Community Bank

The Atlanta Community Food Bank works to end hunger with the food, people and big ideas needed to ensure our neighbors have the nourishment to lead healthy and productive lives. Far too many people in our own community experience hunger every day, including children, seniors and working families.

Through more than 600 nonprofit partners, we help more than 755,000 people get healthy food every year. Our goal is that, by 2025, all hungry people across metro Atlanta and North Georgia will have access to the nutritious meals



End hunger. Grow stronger.

they need when they need them. It takes the power of our whole community to make that possible. Join us at ACFB.org.