

TOPIC:

COST OF LIVING

TOPIC DESCRIPTION

The high cost of food affects many students and families in Alexandria and at ACHS. Some students may not have enough food at home after school or on weekends because groceries are expensive. This can make students tired , stressed, and unable to focus well in class. Creating a take-out food program at school would help students bring home meals or snacks when they need them. This matters at ACHS because every student should have access to enough food to stay healthy and succeed in school.

BASELINE DATA & GOAL

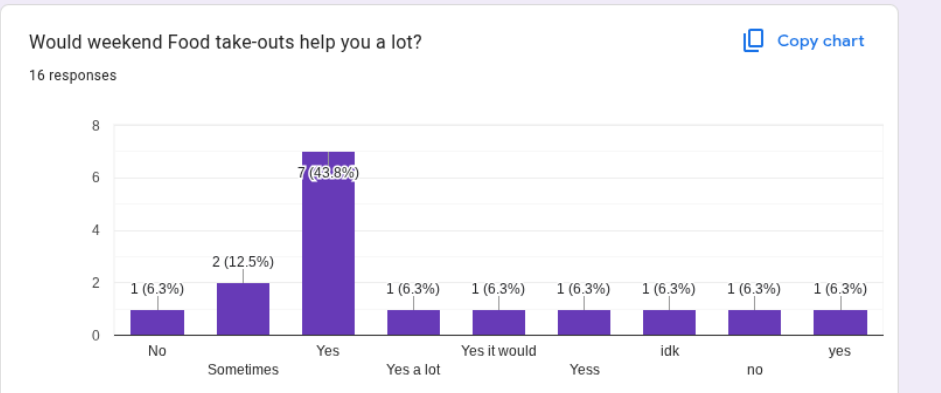
In ACHS, about 15% of students are economically disadvantaged, which means many families may struggle with the rising cost of food and other basic needs. This can make it harder for students to have enough food at home after school or weekends. My goal is to create a take-out food program at ACHS that helps at least 50 students each week get meals or snacks to bring home.

CYCP GOAL & STRATEGIC AREA

This issue connects to the CYCP goal of improving student health and well being. Students who do not have enough food may struggle to focus, learn and stay healthy at school. A take-out food program would support students and families by helping provide food outside of school hours

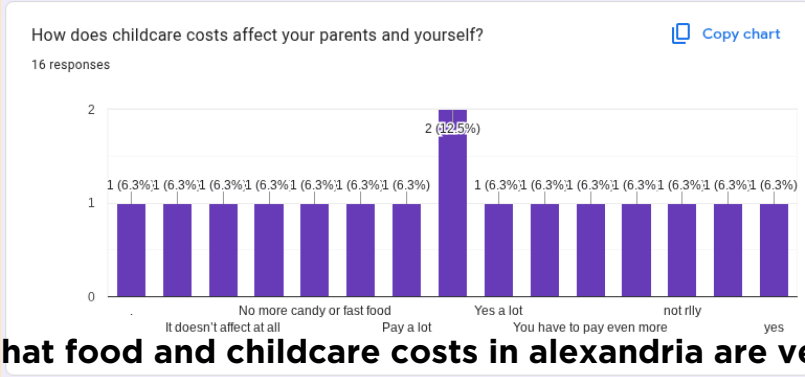
WHAT IS HAPPENING RIGHT NOW?

Graph 1:



The Data shows that many ACHS students rely on free or reduced price meals. This matters because families are struggling with the high cost of food. It also matters because many people also depend on it and might as well be the only source of food they might have.

Graph 2:

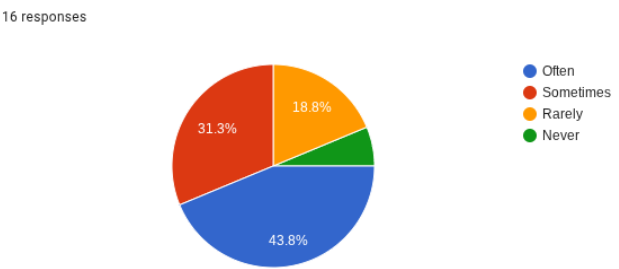


The data shows that food and childcare costs in alexandria are very high. This matters because families may not be able to afford basic needs. This matters as well because some families don't even have access to go to work because there's no affordable childcare.

Graph 3:



Do you struggle to afford groceries or just food in general?



The data shows that some families do not always have enough food at home. This matters because hunger can affect students health and school performance.This also matters because many students and their families don't have healthy food to eat and rely on food programs.

WHAT HAS ALREADY BEEN TRIED?

ACHS and community organizations already provide free meals, food drives and support for families

WHO CAN HELP?

One stakeholder i have that could help is the group ALIVE!, They can help organize activities, communicate with students and provide school support. Another stakeholder i have is Dr. Eric Coleman, He can help provide nutrition information, many program resources and guidance about healthy eating



WHAT HAS BEEN DONE SO FAR?

Schools have provided free/ reduced meals and weekend food programs. These programs help families but some students still struggle with food insecurity.

IS IT ACTUALLY HELPING?

The free and reduced meal programs are helping some families get food and support they need. But the data still shows that some students struggle with food insecurity. People are doing a little better because schools and community groups are helping but the problem is still not fully fixed and more support is needed.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

I think ACHS should provide more weekend food take out bags for students after school on some Fridays, and normally on weekends. These bags could include easy meals and snacks for students and families who may not have enough food at home during the weekend. Our data showed that some students still struggle with food insecurity so having more weekend food programs could help families worry less about meals, this would give students better access to food and help them focus more in school.

WHAT WILL HAPPEN NEXT?

If this solution is used then more students and families will have enough food over the weekend. Students may feel healthier, less stressed and more ready to learn at school through the whole day

LEARN MORE

Hunger Free Alexandria- This organization helps families get food through food drives, meal programs and community support.

ACPS School Nutrition Services- ACPS provides free and reduced price meals for students, this helps students have access to breakfast and lunch during the school week

CITATIONS

Citations in APA format:

Eickert, C. (2025). *Titan Changemaker Listening Session Handout* [Handout].

Alexandria City Public Schools. (2025). *Free and Reduced-Price Meals*, <https://www.acps.k12.va.us>

City of Alexandria. (2024). *Food Insecurity Report*. <https://www.alexandriava.gov>

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