

ACHS
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TOPIC

Free snacks in school

TOPIC DESCRIPTION

Explain your issue in 4–6 sentences: Many students get hungry before the school day is over and it can make it hard to focus in class. Some students do not always have enough snacks or food to bring from home every day. When students are hungry they may feel tied distracted or stressed during lessons. Providing free snacks at school could help students stay energized and ready to learn. Healthy snacks would also help students feel supported and more comfortable during the school day.

Who is affected? Students are mostly affected by free snacks in school because they need energy to stay focused and learn during the day.

How does it affect them? It affected students because being hungry during the school day can make it harder to focus learn and stay energized in class.

Why does it matter at ACHS or in Alexandria? This matter at ACHS because many students spend long hours at school and may get hungry before the day ends

BASELINE DATA & GOAL

What Do We Know + What Is the Goal?
What we also know that hungry can make it harder for students to focus learn and behave well in class.
The goal is to create a more fair learning environment where all students have access to food no matter their situation at home.

Show 1 piece of real data (from Titan Changemaker Data or another source) that proves the problem exists. THIS MUST BE A NUMBER! 30.4 million students can't afford their school meals.

Then write your goal: What do you want to improve or change? THIS MUST BE A NUMBER! The goal is to reduce students hunger during the school day by making sure 100% of students have access to a free snack if they need one.

CYCP GOAL & STRATEGIC AREA

Which Children & Youth Community Plan (CYCP) goal connects to your issue? A children and youth community plan goal is that connects to this issue is improving student health well being and school success.

Name the goal and explain how your issue fits it. My issue of providing free snacks during the school day fits this goal because it directly supports students health by reducing hunger and giving them energy throughout the day.

WHAT IS HAPPENING RIGHT NOW?

Discuss how ACPS/ACHS is currently doing in regard to your issue. This information should come from your survey,

Include exactly 3 pieces of data shown as graphs:

- bar graph, pie chart, or line graph
- (You may choose any combination. They can all be the same type.) Yes 45
Sometimes 30 No 10

- Each graph must have a clear title.
- Under EACH graph, answer the following questions:
- What does the data show? 75%
 - Why does this matter? This matters because food affects how students learn feel and behave in school.

- Following the graphs, please answer these questions:
- What strategies or actions have already been tried. Some strategies that have already been tried in schools to address students hunger include providing free breakfast programs before the school day starts.
 - Whether those strategies are working or not working. Some students say they are working well because they increase student participation in eating and help students reduce hunger during the school day.

**Tip - Use your data to show that this issue still needs improvement, fixing, or changing.*

WHAT HAS ALREADY BEEN TRIED?

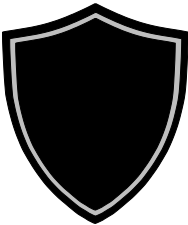
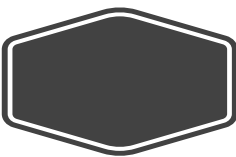
Explain what the school, city, or other groups are already doing about this issue. The school system is already trying to reduce hunger by giving free meals and snacks during and after school but they are mainly focused on breakfast lunch and after school programs not always small snacks during the school day when students might still feel hungry.

WHO CAN HELP?

List stakeholders or groups that could help solve this issue. Explain how each stakeholder or group could help. They can provide funding through nutrition programs so schools can afford snacks.

You must include 2 stakeholders. This school district can help by creating and managing the free snacks program in schools. These groups can help by donating snacks, money or food supplies to schools.

Include their logos too!



WHAT HAS BEEN DONE SO FAR?

Quantity: What actions have been taken? Schools and the government are already trying to solve hunger by giving free meals and some snacks but most of the support is focused on breakfast lunch and after school programs not always small snacks during the middle of the school day when students might still get hungry.

Quality: How well are those actions working? The programs are successful at making sure more students are fed during the day but they are not a perfect solution yet.

IS IT ACTUALLY HELPING?

Use data to explain if the actions taken so far are making a difference. The actions schools are taking like free breakfast and lunch are helping more students eat during the day but a large number of children still struggle with hunger. So the programs are making a difference but there is still a clear need for improvements like more consistent free snacks during the school day.

Are people better off or not? Things have improved and more students are supported them before but the problem is not completely solved yet.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

Explain your solution in detail. My solution is to create a feel healthy snack program during the school day for all students who need it.

Use your survey data to support your idea.

WHAT WILL HAPPEN NEXT?

If your solution is used, what will improve? If my solution is used students will be less hungry during the school day and will have more energy to learn.

Who will benefit and how? Students will benefit the most because they will have access to free snacks during the school day which can help them stay focused energized and ready to learn.

CITATIONS

Citations in APA format:

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

Source:
Source
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LEARN MORE

List at least 2 helpful resources, and explain how they help. The school cafeteria program can help by providing healthy free snacks like fruit granola bars or crackers during the school day. Local food banks or community organizations can donate snacks and supplies to schools.