



Explore America

Food & Community in the Windy City

6 days

8–10 estimated service hours

Food access in Chicago

Work directly with organizations to improve food access in communities. See how food travels from plant to plate through projects with local NGOs like urban farms and food depositories.

On your Service Learning Tour, you'll support initiatives such as:

- Food access
- Agricultural solutions
- Community initiatives

Learn more at
efexploreamerica.com/service

6-day Chicago itinerary

Day 1

- Arrive in Chicago.
- Enjoy a walking tour of the Windy City, where you'll see the Magnificent Mile, Water Tower, Lake Michigan, and Chicago Millennium Park.
- Explore Navy Pier at your own pace this evening.

Day 2

- During an introduction to Service Learning, find out more about food security and access in Chicago.
- Visit an urban farm to see the inner workings of the food process from start to finish. Assist in various efforts, like planting or harvesting.
- End the day with a view of the city from 360 Chicago's observation deck.

more experiences await →



Day 3

- Spend time at a local food depository this morning, where you can help sort inventory or package food for delivery.
- Enjoy an included lunch.
- Tour Wrigley Field, a ballpark that gives back through community initiatives.
- Unwind with dinner and arcade games.

Day 4

- Work with a local organization focused on providing supplies to struggling families. Activities could include sorting donations, creating kits for kids, and packaging toys.
- At the Field Museum of Natural History, experience a behind-the-scenes tour of the museum and its on-site garden.
- Dig in to deep dish pizza for dinner.

+ Attend a theater performance.

Day 5

- Visit an urban agriculture project to observe some of the innovative ways that food is grown, harvested, and distributed in a city.
- See Chicago's impressive buildings from the water on an architecture river cruise.
- Work with a local organization that focuses on providing food, clothing, and other resources to Chicago residents in need.

Day 6

- Reflect on your tour and discuss how to make an impact in your own community.
- Depart for home.

+ Added optionals and excursions



What's included:

- Full-time Field Director
- Expert-led sightseeing tours
- Entrance fees
- Service hours
- 5 overnight stays in hotels
- Round-trip flights
- Local transportation
- Breakfast and dinner daily



What to expect on EF's Service Learning Tours

On a Service Learning Tour, you and your students work side by side with locals on community-driven projects. We partner with established nonprofits and NGOs to ensure your support is both meaningful and sustainable. Through hands-on work and authentic connections to the local culture, students learn vital collaboration and problem-solving skills. And they return home inspired to make a difference in their own communities.

Students who travel on our Service Learning Tours will experience:

Meaningful service

Working side by side with locals, you'll gain insight into the challenges they face and build lasting solutions to help empower the community.

Cultural immersion

Live in the communities you serve—celebrating the area's customs and forming lasting connections with locals.

Leadership development

Your Field Director takes your service experience even further, strengthening leadership skills through activities and workshops.