

Sarah Greer
Camden
LD 1002

Testimony of Sarah Greer, CHRHS
In Support of LD 1002

Senator Rafferty, Representative Brennan and esteemed members of the Joint Standing Committee on Education and Cultural Affairs. My name is Sarah Greer. I am a resident of Camden and a parent of two former students at CHRHS.

Today, I'm submitting testimony in support of LD 1002 "An Act To Require A Lunch Period of at Least 30 Minutes for Students and Reduce Food Waste" Why is the current rule so completely backwards? When students and faculty are forced to rush through lunch period it sends a message that food, eating and making social connections are not important. Not to mention that many kids arrive at school hungry. There are so many reasons to extend the lunch period to a reasonable standard including:

- 1 A hungry child can't learn.
- 2 Research has shown that the last student in line has 10 minutes or less to eat their lunch.
- 3 Healthy choices like raw vegetables take longer to consume.
- 4 Not enough time to eat means more food waste.
- 5 School meals are the most reliable and nutritious source of nutrition for students.
- 6 Having recess before lunch cuts down on behavior issues and results in kids eating more during lunchtime.

It is imperative that LD 1002 passes because it will set the right priority for kids, parents and faculty. I thank the co-chairs and committee for their time and commitment to Maine's children and I am happy to answer any questions they might have.

Sincerely,
Sarah Greer
Camden, Maine