

Anna Titcomb  
Ellsworth  
LD 468

Testimony of Anna Titcomb, RD of Ellsworth before the 132st Legislature's Joint Standing Committee on Agriculture, Conservation and Forestry

Dear members of the Joint Standing Committee on Agriculture, Conservation, and Forestry.

My name is Anna Titcomb, I am a resident of Ellsworth, and I am here today as a Registered Dietitian (RD) and enthusiastic farmers market shopper to express my support of LD 468 – An Act to Address Food Insecurity by Helping Maine Residents Access Locally Produced Food.

As a registered dietitian working in Ellsworth, many of my clients wish to support local Maine farmers by shopping locally for their food. I always encourage my clients to shop locally at our farmers markets and food co-ops in order to prioritize whole healthful nutritious seasonal food while keeping our money in our local community.

Many of my clients are currently struggling with food insecurity, especially as grocery prices continue to rise. I will always encourage people to take advantage of supplemental food programs such as SNAP or WIC so they may better feed themselves and their families. The ability to use SNAP at farmers markets means higher quality food access, support of our local farmers over global conglomerates, and improved health outcomes.

Low income Mainers deserve the same access to healthy food options as higher earners. Public health means prioritizing the health of the public by ensuring access to local, healthy, nutritious food while strengthening our local economy. Continuous funding of nutrition incentive programs, like Maine Harvest Bucks and Farm Fresh Rewards, makes this goal possible.