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Bangor
LD 577

----- Please "Vote Yes! -----
-----Education and Cultural Affairs -----

LD 577

Presented by D - Penobscot :: Michael Tipping
"An Act to Address Student Hunger and Nutrition Through Expanded Access to Free Milk in schools."

This act needs more support. Maine's children are surely watching the news and working hard to get through school again.

I remember elementary school in Florida; I was a student council member and I fought with our Principal about how boys peed their pants in school at times because our teachers wouldn't allow us to go to the bathroom during tests. Sometimes holding back the urine was the hardest times to hold back the urge to use the bathroom in elementary schools. My friend peed his pants and I ran student government. I remember, my teachers would ask me to be the supervisor/attendant when I took my friends down to the bathroom one at a time.

Boys played hard in school; breakfast was often times missed or just denied as children. By the time 10 o'clock came around in elementary school I was thirsty for something good like a milk or a delicious protein drink. I would recommend using drinks that are delicious and nutritious. I wouldn't allow children to drink Coke or Pepsi products when they could have a delicious protein experience.

Protein drinks would help as good additions to children's diets.
Not Just milk but also the protein shake.

When I was in high school I was always so busy with school and sports. I needed something for breakfast that could help build muscle and get me through the day. Building muscle was so important to me; I was too skinny as a teenager and I was starving for good food. Steak or beef in the morning as a good steak biscuit would work good for me.

As simple steak biscuit with a good sized milk or protein drink and I would be much better in the mornings at high school.

Milk is good! I love milk also, but even children will tell you- they need a bigger hit of milk. Children need to be studied to see how much of a hit or a volume of milk they require.

I will tell you it usually takes a couple pints of chocolate milk for me even as a child in school. High school was even more difficult.

I was starving at lunch time in high school.

Being a captain on the football team was a lot of work for me. I needed to train and work out constantly. I barely had the strength to study at night.

I needed energy drinks and protein drinks of all kinds.

Give high school children a chance at these products away from Coke and Pepsi products. Energy drinks and protein drinks of different selections would help satisfy the cravings for proteins when building muscle.

And at school lunches children should be allowed to ask permission from the dieticians to have a "little more" of a certain kind of food at school lunches.

I loved vegetables like pees in school; I would ask for more pees at times. Or more peaches. Or even more cranberry sauce.

Asking for more should be part of the "privileges" children should keep for being good in school.

Helping boys get the diets balanced is important to me now; I know boys get hungry and want to build muscle. Muscle protein drinks and protein drinks should be available where ever athletes are kept in school.

This idea is great! I love helping the boys and girls that are always my favorite people in school.

The time has come to use more milk products and protein drink substitutes getting away from Coke and Pepsi products.

Thank you and God bless Maine. I love Maine.

Steven C. Sheppard

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