

Angie Tehuitzil  
Farmington, ME  
March 22nd, 2023

In *support* of **LD1002**: An Act to Require a Lunch Period of at Least 30 Minutes for Students and Reduce Food Waste

Thank you, Senator Rafferty and Representative Brennen and honorable members of the joint standing committee on Education and Cultural Affairs Committee. My name is Angie Tehuitzil, I live in Farmington, Maine, and I work at Maine Youth Power as a legislative fellow. I am here today to ask that you support LD1002: An Act to Require a Lunch Period of at Least 30 Minutes for Students and Reduce Food Waste.

I am an older sister of two siblings (10 and 14 years old). I care that my siblings get enough time to eat lunch, especially after being in class for 4-6 hours until their lunch break and having sports practice right after school. All students need adequate time to fully nourish their bodies after their long day of classes and properly fuel for their sports. While Maine states that the average lunch period is 20 minutes, this excludes the time it takes to wash their hands, go to the lunchroom, wait in line, and go through the line, hence cutting off students' lunch almost 5-10 minutes from those 20 minutes. Extending the time will also allow students to reduce food waste. School meals are essential to acquire balanced nutrition and most of the food wasted is fresh produced. Having enough time to eat is especially important for the 43% of children who highly rely on school lunch because it is their only complete meal throughout the day.

This bill will help ensure that children no longer go hungry. If children's education is deprived due to issues with school meals, we must give children enough time to enjoy and properly eat before they go to class. After all, hungry students can not learn and focus in class; hungry kids can't perform well in their field. I, therefore, encourage the committee to support this bill. Thank you for your time.

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