REGULAR CALENDAR

February 3, 2023

HOUSE OF REPRESENTATIVES

REPORT OF COMMITTEE

The Committee on Education to which was referred HB 429-FN-LOCAL, requiring the offering of breakfast and lunch in all public and chartered public schools.

WITHOUT RECOMMENDATION

Original: House Clerk
Cc: Committee Bill File

COMMITTEE REPORT

Committee:	**Education**
Bill Number:	**HB 429-FN-LOCAL**
Title:	**requiring the offering of breakfast and lunch in all public and chartered public schools.**
Date:	**February 3, 2023**
Consent Calendar:	**Regular Calendar**
Recommendation:	**WITHOUT RECOMMENDATION**

Statement in support of Inexpedient to Legislate: This bill would require all public schools to participate in the National School Breakfast Program (SBP) and to make both breakfast and lunch available to all students. Currently, of the 456 schools that offer lunch under the National School Lunch Program (NSLP), only 27 schools provide lunch but do not also offer breakfast under the SBP. Six public schools do not operate either a NSLP or SBP. Under this bill, 27 schools would need to implement a SBP and 6 would need to operate both a NSLP and a SBP. However, there is no information about whether any of the schools without a SBP are not already providing breakfast, albeit not under the federal guidelines. It is impossible to know whether the goal - that those students who need breakfast can get it - is not already being met. Because this bill mandates compliance, it could create a Part I, Article 28-a constitutional issue if the costs of implementing the new programs and complying with federal standards fall to the local districts. Each local school board is responsible for the operation and funding of all programs and services offered by the district. In accordance with RSA 189:11-a, the local school board may provide meals that meet minimum, nutritional standards to students through programs other than the National School Lunch Program or the School Breakfast Program. This is a local decision made by locally elected school board members and citizens in accordance with the statutory waiver process. This is a "one size fits all" policy that negates the many unique operational characteristics of Granite State schools.

Rep. Margaret Drye

Statement in support of Ought to Pass with Amendment: The purpose of the bill and amendment is to require all public school districts in the state to offer a breakfast and lunch program under the Federal National School Breakfast Program (SBP) and the National School Lunch Program (NSLP). The amendment removes charter schools from the bill's requirements. Currently, 456 schools participate in the National School Lunch Program. Under the program, 27 schools provide lunch but not breakfast, and 6 provide neither. Income guidelines are in place for eligibility for both free and reduced price meals under the program. This bill is the result of an Education Committee subcommittee that met throughout the summer and fall investigating the role that schools can play in feeding children in our state. Approval of the bill and amendment will ensure that the children of every NH public school family of limited means can be provided with a healthy breakfast and lunch.

Rep. Arthur Ellison

Original: House Clerk
Cc: Committee Bill File

REGULAR CALENDAR

Education

HB 429-FN-LOCAL, requiring the offering of breakfast and lunch in all public and chartered public schools. **WITHOUT RECOMMENDATION**

Statement in support of Inexpedient to Legislate: This bill would require all public schools to participate in the National School Breakfast Program (SBP) and to make both breakfast and lunch available to all students. Currently, of the 456 schools that offer lunch under the National School Lunch Program (NSLP), only 27 schools provide lunch but do not also offer breakfast under the SBP. Six public schools do not operate either a NSLP or SBP. Under this bill, 27 schools would need to implement a SBP and 6 would need to operate both a NSLP and a SBP. However, there is no information about whether any of the schools without a SBP are not already providing breakfast, albeit not under the federal guidelines. It is impossible to know whether the goal - that those students who need breakfast can get it - is not already being met. Because this bill mandates compliance, it could create a Part I, Article 28-a constitutional issue if the costs of implementing the new programs and complying with federal standards fall to the local districts. Each local school board is responsible for the operation and funding of all programs and services offered by the district. In accordance with RSA 189:11-a, the local school board may provide meals that meet minimum, nutritional standards to students through programs other than the National School Lunch Program or the School Breakfast Program. This is a local decision made by locally elected school board members and citizens in accordance with the statutory waiver process. This is a "one size fits all" policy that negates the many unique operational characteristics of Granite State schools.

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Rep. Arthur Ellison

Original: House Clerk
Cc: Committee Bill File

Rep. Ellison, Merr. 28
January 27, 2023
2023-0170h
10/05

Amendment to HB 429-FN-LOCAL

Amend the title of the bill by replacing it with the following:

AN ACT requiring the offering of breakfast and lunch in all school districts.

Amend the bill by replacing all after the enacting clause with the following:

1 Schools; Food and Nutrition Programs. Amend RSA 189:11-a, I to read as follows:

I. Each school board shall make [~~at least one meal~~] ***breakfast and lunch*** available during school hours to every pupil under its jurisdiction. Such meals shall be served without cost or at a reduced cost to any child who meets federal income eligibility guidelines. The state board of education shall ensure compliance with this section and shall establish minimum nutritional standards for such meals as well as income guidelines set for the family size used in determining eligibility for free and reduced price meals. [~~Nothing in this section shall prohibit the operation of both a breakfast and lunch program in the same school.~~]

2 Schools; Food and Nutrition Programs. Amend RSA 189:11-a, VII(a) to read as follows:

VII.(a) Each school district [~~which participates~~] ***shall participate*** in the National School Breakfast Program ***unless the school district is granted a waiver by the department to implement its own breakfast/lunch program, for which the school district shall comply with the minimum nutritional standards for such meals as well as income guidelines set for the family size used in determining eligibility. Each school district*** shall maintain annual statistics on the number of breakfast meals served to pupils.

3 Effective Date. This act shall take effect July 1, 2024.

2023-0170h

AMENDED ANALYSIS

This bill requires school districts to offer both breakfast and lunch programs to students, and allows a district to receive a waiver if it implements its own breakfast/lunch program.

HOUSE COMMITTEE ON EDUCATION

EXECUTIVE SESSION on HB 429-FN-LOCAL

BILL TITLE: requiring the offering of breakfast and lunch in all public and chartered public schools.

DATE: February 3, 2023

LOB ROOM: 207

MOTIONS: INEXPEDIENT TO LEGISLATE

Moved by Rep. Drye | Seconded by Rep. Belcher | Vote: 10-10

MOTIONS: OUGHT TO PASS Amendment #: 2023-0170h

Moved by Rep. Ellison | Seconded by Rep. Woodcock | Vote: 10-10

MOTIONS: OUGHT TO PASS

Moved by Rep. Ellison | Seconded by Rep. Woodcock | Vote: 10-10

Respectfully submitted,

Rep Arlene Quaratiello, Clerk

HOUSE COMMITTEE ON EDUCATION

EXECUTIVE SESSION on Bill # HB429

BILL TITLE: ... Breakfast / Lunch ~~Program~~ Offering in Public Schools

DATE: 2/3/23

LOB ROOM: 205 - 207

MOTION: (Please check one box)

☐ OTP ☑ ITL ☐ Retain (1st year) ☐ Adoption of Amendment # _____ *(if offered)*

☐ Interim Study (2nd year)

Moved by Rep. Drye Seconded by Rep. Belcher Vote: 10-10

MOTION: (Please check one box)

☑ OTP ☐ OTP/A ☐ ITL ☐ Retain (1st year) ☑ Adoption of Amendment # 2023-0170h *(if offered)*

☐ Interim Study (2nd year)

Moved by Rep. Ellerson Seconded by Rep. Woodcock Vote: 10-10

MOTION: (Please check one box)

☑ OTP ☐ OTP/A ☐ ITL ☐ Retain (1st year) ☐ Adoption of Amendment # _____ *(if offered)*

☐ Interim Study (2nd year)

Moved by Rep. Ellerson Seconded by Rep. Woodcock Vote: 10-10

MOTION: (Please check one box)

☐ OTP ☐ OTP/A ☐ ITL ☐ Retain (1st year) ☐ Adoption of Amendment # _____ *(if offered)*

☐ Interim Study (2nd year)

Moved by Rep. _____ Seconded by Rep. _____ Vote: _____

CONSENT CALENDAR: ____ **YES** ____ **NO**

Minority Report? _____ Yes _____ No If yes, author, Rep: _____ Motion _____

Respectfully submitted: Arlene L. Tannatulla

OFFICE OF THE HOUSE CLERK

1/6/2023 12:35:36 PM
Roll Call Committee Registers Report

2023 SESSION

Education

Bill #: HB429 Motion: OTP AM #: _____ Exec Session Date: 2/23

Members	YEAS	Nays	NV
Ladd, Rick M. Chairman		10	
Cordelli, Glenn Vice Chairman		1	
Lekas, Alicia D.		2	
Ford, Oliver J. Clerk		3	
Belcher, Mike S.		4	
Drye, Margaret M.		5	
McDonnell, Valerie E.		6	
Noble, Kristin		7	
Peternel, Katy		8	
Quaratiello, Arlene		9	
Myler, Mel	1		
~~Cornell, Patricia~~ Jane, Connie	2		
Tanner, Linda L.	3		
Luneau, David J.	4		
Ellison, Arthur S.	5		
Woodcock, Stephen L.	6		
~~Hall, Muriel C.~~ Heath, Mary	7		
Balboni, Peggy	8		
S Cascadden, Corinne E.	9		
Damon, Hope	10		
TOTAL VOTE:	10	10	

OFFICE OF THE HOUSE CLERK

1/6/2023 12:35:36 PM
Roll Call Committee Registers Report

2023 SESSION

Education

Bill #: HB 429 **Motion:** OTP **AM #:** 2023-0170h **Exec Session Date:** 2/3/23

Members	YEAS	Nays	NV
Ladd, Rick M. Chairman		10	
Cordelli, Glenn Vice Chairman		1	
Lekas, Alicia D.		2	
Ford, Oliver J. Clerk		3	
Belcher, Mike S.		4	
Drye, Margaret M.		5	
McDonnell, Valerie E.		6	
Noble, Kristin		7	
Peternel, Katy		8	
Quaratiello, Arlene		9	
Myler, Mel	1		
~~Cornell, Patricia~~ Jane, Connie	2		
Tanner, Linda L.	3		
Luneau, David J.	4		
Ellison, Arthur S.	5		
Woodcock, Stephen L.	6		
~~Hall, Muriel C.~~ Heath, Mary	7		
Balboni, Peggy	8		
S Cascadden, Corinne E.	9		
Damon, Hope	10		
TOTAL VOTE:	10	10	

OFFICE OF THE HOUSE CLERK

1/6/2023 12:35:36 PM
Roll Call Committee Registers Report

2023 SESSION

Education

Bill #: HB429 **Motion:** ITL **AM #:** _____ **Exec Session Date:** 2/3/23

Members	YEAS	Nays	NV
Ladd, Rick M. Chairman	10		
Cordelli, Glenn Vice Chairman	1		
Lekas, Alicia D.	2		
Ford, Oliver J. Clerk	3		
Belcher, Mike S.	4		
Drye, Margaret M.	5		
McDonnell, Valerie E.	6		
Noble, Kristin	7		
Peternel, Katy	8		
Quaratiello, Arlene	9		
Myler, Mel		1	
~~Cornell, Patricia~~ Lane, Connie		2	
Tanner, Linda L.		3	
Luneau, David J.		4	
Ellison, Arthur S.		5	
Woodcock, Stephen L.		6	
~~Hall, Muriel C.~~ Heath, Mary		7	
Balboni, Peggy		8	
S Cascadden, Corinne E.		9	
Damon, Hope		10	
TOTAL VOTE:	10	10	

Rep. Ellison, Merr. 28
January 27, 2023
2023-0170h
10/05

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2 Schools; Food and Nutrition Programs. Amend RSA 189:11-a, VII(a) to read as follows:

VII.(a) Each school district [~~which participates~~] ***shall participate*** in the National School Breakfast Program ***unless the school district is granted a waiver by the department to implement its own breakfast/lunch program, for which the school district shall comply with the minimum nutritional standards for such meals as well as income guidelines set for the family size used in determining eligibility. Each school district*** shall maintain annual statistics on the number of breakfast meals served to pupils.

3 Effective Date. This act shall take effect July 1, 2024.

2023-0170h

AMENDED ANALYSIS

This bill requires school districts to offer both breakfast and lunch programs to students, and allows a district to receive a waiver if it implements its own breakfast/lunch program.

HOUSE COMMITTEE ON EDUCATION

PUBLIC HEARING ON HB 429-FN-LOCAL

BILL TITLE: **requiring the offering of breakfast and lunch in all public and chartered public schools.**

DATE: **January 18, 2023**

LOB ROOM: **205 - 2077** **Time Public Hearing Called to Order:** **2:00 pm**

Time Adjourned: **3:00 pm**

Committee Members: Reps. Ladd, Cordelli, A.Lekas, O. Ford, Belcher, Drye, McDonnell, Myler, Cornell, Tanner, Ellison, Woodcock, Hall, Cascadden.

Bill Sponsors:

Rep. Ellison	**Rep. Woodcock**	**Rep. Hall**
Rep. A. Murray	**Rep. Horrigan**	**Rep. Seibert**
Rep. Rombeau		

TESTIMONY

* Use asterisk if written testimony and/or amendments are submitted.

Rep.Ellison
- 6 NH Schools- no Breakfast, 27-no breakfast, DE, ME, NH and VT B + 4

***Sue Mullen**
- Supports bill
- Submitted written testimony

Rep. Woodcock
- Supports bill
- Meals open to all

Rep. Horrigan
- Supports bill
- Prefer all schools don't pass what we can with this bill.

***Lara Millican - NH Hunger Solutions**
- Supports bill

Kelly Rambeau- NHED
- Available as needed

Becky Wilson - NHSBA
- Supports bill

Rep. Ladd
- Information from National School Breakfast Program

Rep. Balboni

- Question: Will districts without programs now have to **XXXXXX**

Rep. Lekas

- Answer: Create programs, Cost? not known.

Respectfully submitted,

Rep. Oliver Ford, Clerk

SIGN UP SHEET

To Register Opinion If Not Speaking

Bill #: HB429 Date: 1/18/23

Committee: EDUCATION

**** Please Print All Information ****

Name	Address	Phone	Representing	Pro	Con
Megan Tuttle	95 Spring St. Concord	224-7751	NEA-NH	✓	
Rep. Nancy Murphy	Hills 12, Merrimack			✓	
Rep Deb Hobson			Rock 14		✓
Sebastian Fuentes	Thornton NH	6039914687	Rad NH	✓	
Sue Miller	13 Privet Hedge Ln	603-315-8615		✓	
Laura Miller	Net Hunger Solutions	(603) 731-3191		✓	
Rep. CHRISTINE SEIBERT	96 Eve Str. Manchester, 03104		Hills-21	✓	

House Remote Testify

Education Committee Testify List for Bill HB429 on 2023-01-18

Support: 69 Oppose: 27 Neutral: 0 Total to Testify: 0

Export to Excel

Name	City, State Email Address	Title	Representing	Position	Testifying	Non-Germane	Signed Up
Richardson, Daniel	Nashua, NH daniel6_22@comcast.net	A Member of the Public	Myself	Oppose	No	No	1/13/2023 12:50 PM
Smith, Hayden	Hanover, NH hasmith1520@gmail.com	A Member of the Public	Myself	Support	No	No	1/14/2023 2:02 AM
Smith, Julie	Nashua, NH cantdog@comcast.net	A Member of the Public	Myself	Oppose	No	No	1/15/2023 3:00 PM
Hackmann, Kent	Andover, NH hackmann@uidaho.edu	A Member of the Public	Myself	Support	No	No	1/15/2023 6:47 PM
Perencevich, Ruth	Concord, NH rperence@comcast.net	A Member of the Public	Myself	Support	No	No	1/15/2023 9:30 PM
Podlipny, Ann	chester, ND apodlipny57@comcast.net	A Member of the Public	Myself	Support	No	No	1/16/2023 6:52 AM
Liberman, Sheryl	Merrimack, NH saml54@comcast.net	A Member of the Public	Myself	Support	No	No	1/16/2023 8:50 AM
Spielman, Kathy Sue	Durham, NH jspielman@comcast.net	A Member of the Public	Myself	Support	No	No	1/16/2023 3:35 PM
Torpey, Jeanne	Concord, NH jtorp51@comcast.net	A Member of the Public	Myself	Support	No	No	1/16/2023 3:38 PM
Geary, Fiona	Atkinson, NH fionamaegeary@gmail.com	A Member of the Public	Myself	Support	No	No	1/16/2023 4:38 PM
Lavallee, Kim	Mont Vernon, NH Lavalleekim@aol.com	A Member of the Public	Myself	Oppose	No	No	1/16/2023 5:21 PM
Richman, Susan	Durham, NH susan7richman@gmail.com	A Member of the Public	Myself	Support	No	No	1/16/2023 5:24 PM
Brennan, Nancy	Weare, NH burningnan14@gmail.com	A Member of the Public	Myself	Support	No	No	1/16/2023 8:44 PM

Brennan, Arthur	Weare, NH arete201314@gmail.com	A Member of the Public	Myself	Support	No	No	1/16/2023 8:49 PM
Brennan, Jane	Weare, NH janelb@gsinet.net	A Member of the Public	Myself	Support	No	No	1/16/2023 8:55 PM
Rasmussen, Kyle	Brookline, NH kyle_rasmussen@icloud.com	A Member of the Public	Myself	Support	No	No	1/16/2023 8:57 PM
Rasmussen, Elissa	Brookline, NH elissa@evanshatz.com	A Member of the Public	Myself	Support	No	No	1/16/2023 9:05 PM
Istel, Claudia	Acworth, NH cistel79@gmail.com	A Member of the Public	Myself	Support	No	No	1/16/2023 9:10 PM
Racusin, Sharon	Hanover, NH sdracusin@gmail.com	A Member of the Public	Myself	Support	No	No	1/16/2023 9:26 PM
Lima, Veronica	Dublin, NH Vlima115chr@outlook.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 8:30 AM
Stewart, Colleen	Salem, NH cm.stewart024@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 8:31 AM
Sellarole, Jana	Walpole, NH jgsellarole@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 8:33 AM
Lavallee, Steve	Mont Vernon, NH Sjlavallee@gmail.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 8:44 AM
Newton, Jay	Gilford, NH jjnewt@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 8:53 AM
Kuenning, Keith	Concord, NH KuenningK@waypointnh.org	A Lobbyist	Waypoint	Support	No	No	1/17/2023 9:01 AM
Kaw-uh, Bryce	Manchester, NH bryce.kawuh@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 9:10 AM
Nassiopoulos, Vasilios	Mont vernon, NH Vasilios2@comcast.net	A Member of the Public	Myself	Oppose	No	No	1/17/2023 9:37 AM
MERKT, RICHARD	Westmoreland, NH merkt.richard@gmail.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 9:41 AM
Bliss, Sally	New London, NH Bliss.sally@gmail	A Member of the Public	Myself	Oppose	No	No	1/17/2023 9:48 AM
Bliss, Peter	New London, NH bliss53@gmail.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 10:09 AM
Bedard, Kerry	Hancock, NH KerryBedardNH@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 10:18 AM

Newton, Carolyn	Gilford, NH lynnenewton7@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 10:35 AM
McWilliams, Rebecca	Concord, NH rebecca.mcwilliams@leg.state.nh.us	An Elected Official	Merrimack 30	Support	No	No	1/17/2023 11:45 AM
Donahue, Sean	Windham, NH Sp_donahue@yahoo.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 11:47 AM
Gilman, Representative Julie	Exeter, NH julie.gilman@leg.state.nh.us	An Elected Official	Town of Exeter	Support	No	No	1/17/2023 12:56 PM
Miller, Renee	Alton Bay, NH rtavares.miller@gmail.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 1:14 PM
Greenawalt, Jon	Sandwich, NH Jgreenawalt@pmpcoach.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 1:16 PM
LeClerc, Dan	Amherst, NH djl91862@gmail.com	An Elected Official	Myself	Support	No	No	1/17/2023 2:54 PM
Spier, Carry	Nashua, NH carry.spier@leg.state.nh.us	An Elected Official	Myself	Support	No	No	1/17/2023 3:09 PM
Weiss, Frank	Mont Vernon, NH fjweiss@earthlink.net	A Member of the Public	Myself	Oppose	No	No	1/17/2023 3:18 PM
Boucher, Elizabeth	Concord, NH Eliztaber@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 3:40 PM
Vaughan, Nancy	Manchester, NH nancy.vaughan@heart.org	A Lobbyist	American Heart Association	Support	No	No	1/17/2023 4:22 PM
Warden, Matthew	Concord, NH matwarden@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 5:18 PM
Warden, Karalynn	Concord, NH karalynn@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 5:18 PM
Cartwright, Walter	Windham, NH w3cartwright@gmail.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 5:51 PM
Fricchione, James	Windham, NH jfricchione@hotmail.com	A Member of the Public	Myself	Oppose	No	Yes	1/17/2023 5:58 PM
Claus, Marion	New Durham, NH Clauses@fastmail.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 6:04 PM
Korzen, Lori	Berlin, NH lekorzen@hotmail.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 6:53 PM
Hayes, Cassie	Manchester, NH cassie.hayes@tfanh.org	A Member of the Public	Myself	Oppose	No	No	1/17/2023 6:55 PM

King, Jordan	Milford, NH Jordan.king@outlook.com	A Member of the Public	Myself	Support	No	No	1/17/2023 6:58 PM
Steuerwald, Carissa	Portsmouth, NH Logicalunderpants@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 7:26 PM
Manning, Holly	Milton, NH hollysusan1218@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 7:59 PM
Mack, Barbara	Candia, NH sunhunter@comcast.net	A Member of the Public	Myself	Oppose	No	No	1/17/2023 8:01 PM
Mack, Donald	Candia, NH 12dm34@comcast.net	A Member of the Public	Myself	Oppose	No	No	1/17/2023 8:06 PM
Van Camp, Jonathan	MANCHESTER, NH jvancamp515@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 9:13 PM
O'Neill, Jaime	MANCHESTER, NH oneillje07@comcast.net	A Member of the Public	Myself	Support	No	No	1/17/2023 9:21 PM
Mott-Smith, Wiltrud	Loudon, NH wmottsm@worldpath.net	A Member of the Public	Myself	Support	No	No	1/17/2023 9:22 PM
Feder, Marsha	Hollis, NH marshafeder@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 9:24 PM
Demers, Haley	Portsmouth, NH hmdemers@comcast.net	A Member of the Public	Myself	Support	No	No	1/17/2023 9:42 PM
Boudreau, Chandra	Exeter, NH cboudreau42@aol.com	A Member of the Public	Myself	Support	No	No	1/17/2023 9:45 PM
Spencer, Louise	Concord, NH lpskentstreet@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 10:24 PM
Spencer, RobLouise	Concord, NH rfspencer@aol.com	A Member of the Public	Myself	Support	No	No	1/17/2023 10:24 PM
Diamond, Meg	Derry, NH bedrickm@gmail.com	A Member of the Public	Myself	Oppose	No	No	1/17/2023 10:46 PM
Jones, Madeline	Manchester, NH Madeline.Elizabeth.jones@gmail.com	A Member of the Public	Myself	Support	No	No	1/17/2023 11:08 PM
Loughlin, Joycelyn	Barrington, NH coolioblueschicken@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 4:24 AM
Houle, Autumn	Manchester, NH autumnkatherinehoule@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 5:36 AM
Brackett, Glenn	Hooksett, NH president@nhaflcio.org	A Lobbyist	NH AFL-CIO	Support	No	No	1/18/2023 6:17 AM

Doherty, David	Pembroke, NH ddoherty0845@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 8:56 AM
Koch, Laurie	Concord, NH kochlj@aol.com	A Member of the Public	Myself	Support	No	No	1/18/2023 8:58 AM
Parshall, Lucius	Marlborough, NH lucius.parshall@leg.state.nh.us	An Elected Official	Myself	Support	No	No	1/18/2023 9:12 AM
Ford, Eva	Dover, NH evacamilleford@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 9:16 AM
Zumbo, Timothy	Mont Vernon, NH timothyzumbo@gmail.com	A Member of the Public	Myself	Oppose	No	No	1/18/2023 9:32 AM
Zumbo, F. Nicholas	Bradford, NH frankzumbo10@gmail.com	A Member of the Public	Myself	Oppose	No	No	1/18/2023 9:35 AM
Anderson, Morgan	Bradford, NH kumosaki9001@gmail.com	A Member of the Public	Myself	Oppose	No	No	1/18/2023 9:37 AM
Murray, Grace	Amherst, NH graceelysemurray@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 9:42 AM
Cilley Foisy, Michelle	Temple, NH michelle.cilley@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 9:54 AM
Covert, Susan	Contoocook, NH scovert@comcast.net	A Member of the Public	Myself	Support	No	No	1/18/2023 10:03 AM
Hinebauch, Mel	Concord, NH melhinebauch@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 10:09 AM
Provencher, Emily	Manchester, NH epro306@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 10:26 AM
Knaack, Frank	Concord, NH fknaack@aclu-nh.org	A Lobbyist	ACLU of NH	Support	No	No	1/18/2023 10:35 AM
Howes, Debrah	Bow, NH president@aft-nh.org	A Lobbyist	American Federation of Teachers - NH	Support	No	No	1/18/2023 10:36 AM
Peguero, Jamila	Manchester, NH jamila.peguero@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 10:37 AM
Peck, Theresa	Plymouth, NH tjpecknh@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 10:57 AM
Hamer, Gary	Manchester, NH grhamer@aol.com	A Member of the Public	Myself	Support	No	No	1/18/2023 11:16 AM
Hamer, Heidi	Manchester, NH heidi.hamer@leg.state.nh.us	An Elected Official	Myself	Support	No	No	1/18/2023 11:27 AM

Corringham, Josh	Dover, NH corringham@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 11:58 AM
hatch, sally	concord, NH sallyhatch@comcast.net	A Member of the Public	Myself	Support	No	No	1/18/2023 12:59 PM
Janvrin, Jason	Seabrook, NH jason.janvrin@leg.state.nh.us	An Elected Official	Myself	Oppose	No	No	1/18/2023 1:09 PM
Fox, Kyle	Amherst, NH kyle.fox@tfanh.org	A Member of the Public	Myself	Oppose	No	No	1/18/2023 1:12 PM
Sajeev, Narayan	Nashua, NH narayansajeev1@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 3:51 PM
Pauer, Eric	Brookline, NH secretary@BrooklineGOP.org	A Member of the Public	Myself	Oppose	No	No	1/18/2023 4:31 PM
Dell, Susan	Bedford, NH sdell337@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 6:44 PM
Schapiro, Joe	Keene, NH joe.schapiro@leg.state.nh.us	An Elected Official	Cheshire 16	Support	No	No	1/18/2023 7:14 PM
Koch, Helmut	Gilmanton, NH helmut.koch.2001@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 7:46 PM
MacGregor, Leslie	Grantham, NH lsmacgregor@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 8:34 PM
Dubois, Jillian	Concord, NH jillianadubois@gmail.com	A Member of the Public	Myself	Support	No	No	1/18/2023 9:15 PM

American Heart Association
2 Wall Street | Manchester, NH 03101

January 18, 2023

House Education Committee
Re: HB 429, requiring the offering of breakfast and lunch in all public and chartered public schools

Chairman Ladd and Education Committee Members;

The American Heart Association appreciates this opportunity to provide testimony in support of HB 429.

The American Heart Association has prioritized our support of public policy change to ensure every child has access to healthy school meals, preferably without cost to families. The Association encourages states and local school districts to maximize federal resources to provide school meals to as many children as possible, especially for students in under-resourced school districts. It is important for child health and readiness for learning for students to also have access to no-cost, potable water during the school day. The Association has been working at the federal, state and local levels to update nutrition standards for children to limit added sugars, lower sodium levels and provide whole grain-rich food items as part of the school nutrition meal pattern.

Nutritious school meals help to combat unhealthy weight and poor cardiovascular health as well as establish a foundation for a lifetime of healthy behaviors, reduce the risk of chronic diseases, and support cognitive development and academic success.

School meals benefit children, especially those from low-income families, by providing access to more fruit, vegetables, whole grains and lower calories, saturated fat and sodium. School meals provide students from families with low income the food they need to learn and grow. Students from food-insecure and marginally secure households get more of their food and nutrients from

school meals than other students.[1] Kids who have more nutritious diets tend to perform better and pay more attention in school.[2]

Each day, tens of millions of students receive free, low-cost or full-priced meals at school as part of the National School Breakfast Program and the National School Lunch Program. In 2019 (pre-pandemic), the National School Lunch Program provided low-cost or free lunches to nearly 22 million children daily, and the School Breakfast Program provided low-cost or free breakfasts to more than 12 million children daily.[3]

Increasing the number of schools in New Hampshire offering breakfast and lunch programs undoubtedly will benefit our students.

Thank you for your consideration of this bill and my testimony. I urge a vote of Ought to Pass on HB 429.

Submitted by,

Nancy Vaughan
Director of Government Relations, NH
American Heart Association
Nancy.vaughan@heart.org; 603-566-5658

[1] US Department of Agriculture; Economic Research Service. Children's Food Security and Intakes from School Meals. Final Report. May 2010. https://naldc.nal.usda.gov/download/42320/pdf.

[2] Lott M, Miller L, Arm K, Story M. Rapid Health Impact Assessment on USDA Proposed Changes to School Nutrition Standards. March 2020. https://healthyeatingresearch.org/research/rapid-health-impact-assessment-on-usda-proposed-changes-to-school-nutrition-standards/. Accessed April 6, 2020.

[3] U.S. Department of Agriculture; Food and Nutrition Service. National School Lunch Program: Participation and lunches served (data as of September 9, 2021). https://fns-prod.azureedge.net/sites/default/files/resource-files/%20slsummar-9.pdf. Accessed September 2021. U.S. Department of Agriculture; Food and Nutrition Service. School Breakfast Program: Participation and meals served (data as of September 9, 2021). https://fns-prod.azureedge.net/sites/default/files/resource-files/%20sbsummar-9.pdf. Accessed September 2021

President Glenn Brackett
The New Hampshire AFL-CIO
161 Londonderry Turnpike
Hooksett, NH 03016

January 17th, 2022

The Honorable Members of the New Hampshire House Education Committee
107 North Main Street
Concord, NH 03301

Re: House Bills 424 and 429

Dear Honorable Members of the New Hampshire House Education Committee:

I write today to express our support for House Bills 424 (*relative to school lunch payment policies*) and 429 (*requiring the offering of breakfast and lunch in all public and chartered public schools*). As every parent and educator well knows, a hungry child is a child that is unlikely to learn and both of these bills will make hungry children less common in New Hampshire.

According to No Kid Hungry's Center for Best Practices, one in eight children will face hunger this year and one in three teachers will teach hungry children.[1] Research confirms that hungry students are more likely to score lower on standardized tests, repeat a grade, be suspended from school, get sick more often, and be hospitalized more frequently.[2] New Hampshire, the eighth most-affluent state in the nation, has no excuse to allow hunger to derail the education of our school children.

Thank you in advance for your thoughtful consideration of these bills and all the work you do for the citizens of New Hampshire.

[1] http://bestpractices.nokidhungry.org/research/hunger-and-food-insecurity
[2] http://bestpractices.nokidhungry.org/playbook/schools/learn-how-hunger#learn-how-hunger-affects-your-school

Do not hesitate to contact me if I can provide any further information.

With best regards:



Glenn Brackett
President, New Hampshire AFL-CIO

Paid for by the New Hampshire AFL-CIO, Glenn Brackett, President, 161 Londonderry Turnpike, Hooksett, NH 03106

There is no need to bloat the non-education costs of education beyond that already required by the Federal funding bait we so readily grab at.

Kim Lavallee

I oppose HB429 at this point in time due to funding. I would like to see all charter schools receive enough funding to provide breakfast and lunch with staffing to oversee this. Die to the increase in utilities and other expenses I am not sure how this will impact all public charter schools which are very tight at $7,338 per pupil. Thank you.

Steve Lavallee

I believe this would place a financial burden on charter schools in New Hampshire. Funding to support this effort should be included.

Bryce Kaw-uh

Kids need proper nutrition to succeed. Requiring the availability of two meals makes a lot of sense because students often arrive very early in the day and may also stay later for extracurricular activities.

RICHARD MERKT

Dear Honorable Representatives: Allow me to register my strong objections to this bill. It is, flat out, an unfunded government mandate expressly intended to place an additional financial, operating, and infrastructure burden on New Hampshire's charter schools. Parents understand when they register their children as students in charter schools that there are certain things the schools do not provide. They make charter schools their voluntary educational choice for their children anyway. The General Court should not enact this kind of legislation. You know as well as I do the source of this bill and its real purpose. Please continue New Hampshire's policy of allowing parents a say in what schools their children attend and give this anti-charter school bill the thumbs-down in the Education Committee. Thank you for considering this letter. Respectfully, Richard A. Merkt Westmoreland (908) 507-5033

Sally Bliss

Given that public charter schools receive only a fraction of the funding that public district schools receive; it is illogical to require that public charter function to provide the full array of services that a public district school school provides unless you fully fund the public charter school.

Peter Bliss

This bill is requiring charters to provide breakfast and lunch without any additional resources to cover the food or program. The funding source needs to be clear as charter schools are currently underfunded by the state and additional unfunded mandates will continue to destroy school choice freedoms in nh.

Rebecca McWilliams

If children are hungry, they cannot retain information. This bill extends the Federal support for breakfast in schools that NH used during the height of the Covid pandemic. Adding breakfast to the food menu and income eligibility guidelines is a win for all students, to ensure they have access to breakfast so they can learn with a full belly every day.

Renee Miller

Charter schools receive no funding for lunch programs and in general are run on a much more frugal budget than the general public schools are and are therefore handling meals for students in a creative and oftentimes parent involved process which works in the vast majority of applications. Supports would need to be set in place to make other school meal options available.

Dan LeClerc

Many students in NH do not have breakfast and lunch offered at home. It's nice that they can have these two meals at school.

Frank Weiss

I oppose this bill in total. The requirements of this bill place an unrealistic burden on charter schools. This bill provides no means to fund this requirement, and charter schools do no have the infrastructure or financial resources to support the requirements of this bill

I oppose.

Lori Korzen

Everytime a new "requirement" is allowed to pass the House and senate, we loss a freedom.

Cassie Hayes

Charter school have limited funding and resources. This law would not be sustainable for charter schools with the current funding. Most do not have kitchens or staff the prepare and severe meals every day. Students who do not have food are given meals as available.

Wiltrud Mott-Smith

This bill would help somewhat to reduce family poverty, which has been increasing in NH, and contribute to good nutrition for school children

Joycelyn Loughlin

As a child who received free lunch at my school for years this bill is a no brainier. Food is fuel for learning. If we are not feedings kids our tax dollars are truly wasted by not providing an environment that nurtures learning. Please consider to distraction being hungry causes and the reality of being "hangry" could have on that one student and their whole class. This the is best option for students, teachers, and the future of New Hampshire.

Lucius Parshall

As a 20 year public school teacher (retired) I have seen the educational and behavioral effect of undernourished students, This is common sense legislation to level the playing field for all students, regardless of their home situation.

Timothy Zumbo

As a graduate of a charter school a few years ago I

I would like to see additional resources to fund this.

Morgan Anderson

Charter schools are challenged with their funding. Adding additional funding to support this program seems necessary.

Mel Hinebauch

Kids cannot learn if they are hungry. Every child needs to be feed. Please provide breakfast and lunch to all children in NH schools. It will make a huge difference. Thank you.

Josh Corringham

I hope this passes with no controversy. Please.

Jason Janvrin

HB 429-FN-L violates Part the First, Article 28-A of the New Hampshire Constitution because it mandates a program for school districts who are political subdivisions of the State without funding the program.[Art.] 28-a. [Mandated Programs.] The state shall not mandate or assign any new, expanded or modified programs or responsibilities to any political subdivision in such a way as to necessitate additional local expenditures by the political subdivision unless such programs or responsibilities are fully funded by the state or unless such programs or responsibilities are approved for funding by a vote of the local legislative body of the political subdivision.November 28, 1984

Kyle Fox

Thank you for providing the opportunity to provide comment on this bill. Though a worthwhile goal, this bill would have devastating effects on Charter Schools.

NH HUNGER SOLUTIONS
ENDING HUNGER IN NEW HAMPSHIRE
100 North Main St, 4th floor
Concord, NH 03301
603.731.8191

January 18, 2023

Representative Rick Ladd, Chair
House Education Committee

Re: HB 429, Requiring the offering of breakfast and lunch in all public and chartered public schools.

Dear Representative Ladd and Honorable Members of the House Education Committee,

In the last Census Household Pulse Survey (December 2022), 177,503 households with children reported having insufficient food. That's an increase of over 30,000 since August 2022. With food insecurity rates climbing, school meals are even more essential to children's well-being than ever.

School meals are critical to ending child food insecurity. In families where children can eat breakfast and lunch at school, food insecurity is significantly reduced. School breakfast availability reduces low food security and very low food security among elementary school children. In households with at least one child receiving a free or reduced-price school lunch there is a 14 percent reduction in the risk of food insufficiency.

Years of research show that school meals are critical for child health, learning and behavior. School meals positively affect student physical and mental health. Children who eat meals at school are less likely to be obese. When children eat breakfast at school they are less likely to be overweight, they have fewer visits to the nurse, less likely to have behavioral issues and less likely to have anxiety and depression. And School meals have positive impacts on overall child dietary quality.

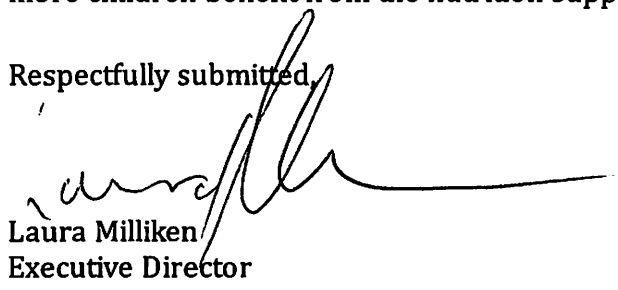
Decades of research also show that children who eat school meals have better behavioral and academic outcomes as well as decreased tardiness.

Finally, supporting school meals also supports local business. School nutrition departments must operate as nonprofit businesses and are generally expected to be self-sustaining, and their budgets must remain separate from the school district's education budget and general fund. All school nutrition revenue, whether from federal meal reimbursements, any supplemental state

reimbursements, or sales revenue, must be re-invested back into the school meals programs. So, when school nutrition departments succeed, money goes back into local employees' pockets, back to local vendors that supply food, and back into making school meals healthy, delicious, and easily accessible to students. By supporting school meals, you are directly supporting local business and the local economy.

Our system of food and nutrition supports is like a power grid that moves nutritious food to communities throughout the state; but that grid now is patchy in some communities and nonexistent in others. This bill will help us plug more communities into the grid, ensuring more children benefit from the nutrition support they deserve.

Respectfully submitted,



Laura Milliken
Executive Director

School Meals are Essential for Student Health and Learning

FRAC
Food Research & Action Center

Each day, millions of students fuel their minds and bodies with the good nutrition provided by the National School Lunch Program and School Breakfast Program. There is considerable evidence of the effective role that participation in these programs plays in alleviating food insecurity and poverty, and in providing the nutrients students need for growth, development, learning, and overall health, especially for the nation's most vulnerable children and adolescents. This brief reviews the many benefits of the school meals programs, and summarizes the latest research on recent policy changes and innovative strategies that are increasing program access and improving student outcomes.

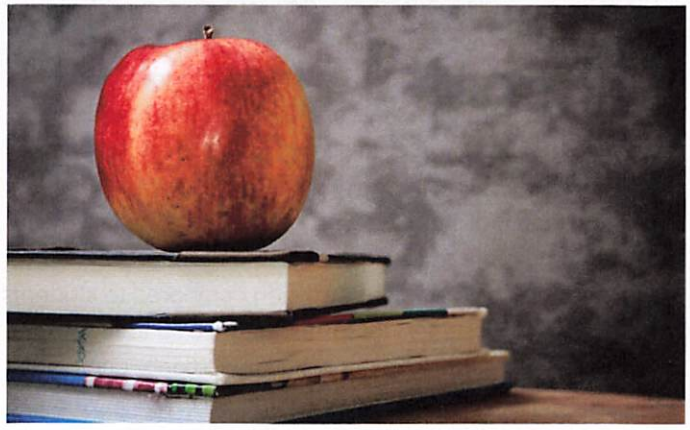
School Meals Play a Critical Role in Student Health, Well-Being, and Academic Success

More than 14.6 million students eat a school breakfast and 29.7 million students eat a school lunch on a typical school day, based on data from the 2018–2019 school year.[1] The sentence should say this: The vast majority of these students are from low-income households and receive a free or reduced-price meal.

A considerable body of evidence shows that the school meals programs are profoundly important for students, especially low-income students, with well-documented benefits.

School Meals Alleviate Food Insecurity and Poverty

School meals are a critical component of the U.S. safety net. Multiple studies find improvements in food security through participation in the school meals programs.[2,3,4,5,6] For example, school breakfast availability reduces low food security and very low food security among elementary school children.[7] For school lunch, participation is associated with a 14 percent reduction in the risk of food insufficiency among households with at least one child receiving a free or reduced-price school lunch.[8] Conversely, research shows that rates of food insecurity and food insufficiency among children are higher in the summer — a time when students do not have access to the school meal programs available during the academic year.[9,10,11]



Nationally, school lunch also lifted 1.2 million people — including 722,000 children — above the poverty line in 2017, based on Census Bureau data on poverty and income in the U.S.[12]

School Meals Support Good Nutrition

School meals support good nutrition throughout the school day. Program participants are less likely to have nutrient inadequacies and are more likely to consume fruits, vegetables, and milk at breakfast and lunch.[13,14] For school breakfast, similar dietary benefits are observed among students attending schools that provide breakfast at no cost to all students, when compared to students who eat away from school or through a traditional means-tested breakfast program.[15,16] For school lunch, researchers conclude "school lunches provide superior nutrient quality than lunches obtained from other sources, particularly for low-income children."[17] This is consistent with other studies comparing school lunches to packed lunches brought from home or elsewhere.[18,19,20]

The school meals programs also have favorable impacts on overall dietary quality, as measured by the Healthy Eating Index.[21,22] In a national assessment conducted by the U.S. Department of Agriculture (USDA), school lunch participants and school breakfast participants consumed lunches and breakfasts of higher nutritional quality, respectively, than their nonparticipating peers.[23] In many cases, particularly for school lunch participants, these differences in overall dietary quality persisted over a 24-hour time period. Meaning, school meal participants had better dietary quality not just at school, but throughout the entire day. Similarly, there is evidence that more frequent school meal consumption has nutritional advantages for daily dietary intake: elementary and middle school students who eat school breakfast every day consume more fruits and vegetables, whole grains, dairy, fiber, and calcium per day, when compared to students who eat school breakfast less frequently (i.e., 0 to 4 days per week).[24] Students who eat school lunch daily consume more dairy and calcium per day compared to those who eat school lunch less frequently. As Frisvold and Price write, "exposure to healthier meals at school increases the healthfulness of foods acquired by children throughout the day."[25]

School Meals Improve Health Outcomes

School meals support and improve student physical and mental health, including weight-related outcomes. For instance, free or reduced-price school lunches reduce rates of poor health by at least 29 percent and rates of obesity by at least 17 percent, based on estimates using national data.[26] Multiple studies find an association between school breakfast participation and lower body mass index (BMI), lower probability of being overweight, and lower probability of obesity.[27,28,29,30,31] School breakfast, including breakfast offered at no cost to all students in a school, also has been linked with fewer visits to the school nurse, particularly in the morning,[32] and positive impacts on mental health, including reductions in behavioral problems, anxiety, and depression.[33,34]

School Meals Boost Learning

School meals programs are linked with improvements in the classroom. Students who participate in school breakfast programs have improved attendance, behavior, academic performance, and academic achievement as well as decreased tardiness, based on decades of research on the topic.[35,36,37,38,39,40] These effects also are observed when implementing innovative models to increase breakfast participation. For example, providing students with breakfast in the classroom is associated with lower rates of tardiness, fewer disciplinary office referrals, improved attendance rates, and improved math and reading achievement test scores.[41,42,43]

Improvements in student behavior have been observed with the Community Eligibility Provision* as well: multiple out-of-school suspension rates fell by about 15 percent for elementary students and 6 percent for middle school students after implementation of community eligibility in one study.[44] These reductions were even larger, at about 25 percent, for elementary school students in counties with high rates of food insecurity.



Finally, research demonstrates that the impacts of program participation can be long-lasting. In a study examining the effects of school lunch participation between 1941 and 1956 on adult outcomes, participation was associated with long-term educational attainment for men and women.[45]

*Under the Community Eligibility Provision created by the Healthy, Hunger-Free Kids Act (HHFKA) of 2010, high-poverty schools and school districts can offer school meals at no charge to all students.

Updated School Meals Nutrition Standards Improve Student Dietary Intake Without Harming Program Participation

The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 created a process for enhancing the quality of all food and beverages served and sold in schools by empowering USDA to set new nutrition standards for school meals and for "competitive foods."[†] These new nutrition standards are vital to improving the dietary intake and health of students, especially low-income students. USDA issued a final rule on the school meal nutrition standards in January 2012. Overall, the rule required schools to offer more fruits, vegetables, and whole grain-rich foods; offer only fat-free or low-fat (1 percent) fluid milk; limit saturated fat and sodium; minimize trans fat; and limit the calories that can be offered in a meal. The lunch standards began to take effect in the 2012–2013 school year; the breakfast standards began to take effect in the 2013–2014 school year.

An analysis by FRAC in 2016 found that the revised nutrition standards have had a positive impact on the school nutrition environment as well as student food selection and consumption, especially for fruits and vegetables.[46] Research published since then supports these conclusions.[47,48,49] Perhaps most notably, USDA recently issued the first national, comprehensive assessment of school meal programs since the implementation of the updated school meal nutrition standards.[50] The nutritional quality of school lunches increased by 41 percent, and by 44 percent for school breakfasts, after the implementation of the nutrition standards. The assessment also found that serving lunches of higher nutritional quality was associated with higher school lunch participation rates, but not with higher costs per lunch.

In addition to the favorable nutrition impacts, there is growing evidence that the standards have not had a negative impact on school meal participation over time (as some had feared) and, in fact, may contribute to modest improvements in participation.[51,52] For instance, the number of students choosing a school meal (versus no school meal) increased by 13.6 percent after the implementation of improved school meal and competitive food nutrition standards in Massachusetts.[53]



In spite of widespread support, overwhelming evidence of compliance, and positive nutrition impacts, efforts have been underway to roll back the nutrition standards issued in January 2012.[54,55,56] Unfortunately, such efforts were successful with the weakening of the standards for whole grains, sodium, and milk in a final rule issued by USDA in December 2018. USDA scaled back the whole grain requirements, delayed the requirement to further lower sodium levels in school meals, and allowed low-fat flavored milk (instead of only allowing non-fat flavored milk). In response, FRAC released a statement that "USDA's final rule on nutrition standards is a step backwards for children's health and learning."[57] Regardless of this setback, FRAC will continue to work with schools and districts to implement the stronger nutrition standards issued in January 2012, since those aspects of the standards issued in December 2018 are optional for schools. On the national level, FRAC will work with allied organizations in efforts to protect the nutrition standards from rollbacks, and advocate for USDA to ensure adequate support, technical assistance, and resources for schools to continue robust implementation of the nutrition standards.

[†] The new competitive foods standards rule, known as the Smart Snacks in School rule, is a separate initiative governing foods provided or sold in schools (e.g., vending machines, food sold in competition with federal meals) other than those from the federal nutrition programs. It was issued by USDA in June 2013 and began to take effect in the 2014–2015 school year. In general, these standards promote whole grains, low-fat dairy, fruits, vegetables, and leaner protein, while limiting the calories, fat, sugar, and sodium of items.

Innovative Policies and Practices for Providing School Meals Increase Program Access

Across the country, innovative school meal policies and practices are being implemented to increase access to these critical and effective programs. For school breakfast and lunch, this includes implementing community eligibility. For breakfast, this includes providing breakfast at no cost to all students (possibly through community eligibility), and using breakfast in the classroom, "grab and go" breakfast, and second chance breakfast models. Such approaches can address common barriers to program participation, such as stigma, cost, and, for breakfast, arriving to school too late. (For more information and resources on these policies and models, visit www.frac.org.)

Research shows that these strategies are effective in increasing program participation. According to an analysis by FRAC, 28,542 schools (64 percent of those eligible) participated in community eligibility in the 2018–2019 school year, compared to 14,214 in the 2014–2015 school year when the provision first became available nationwide.[58] While community eligibility has only been implemented nationwide a few years, preliminary evidence indicates that the provision increases student participation in school breakfast and lunch,[59,60] and FRAC's analysis points to a consistent increase in the number of students enrolled in schools offering community eligibility.

The evidence is clear that programs offering breakfast at no cost to all students and breakfast in the classroom increase breakfast participation.[61,62,63,64,65,66,67,68] (Typically, breakfast in the classroom is offered at no cost to all students.) For example, in a study of North Carolina public schools, serving breakfast at no cost to all students boosted breakfast participation, including among students otherwise ineligible for free or reduced-price meals.[69] The participation impacts were larger when breakfast at no cost to all students was implemented in combination with breakfast in the classroom, second chance breakfast, or breakfast in the classroom plus "grab and go."

"Grab and go" and second chance breakfasts show particular evidence of success for middle and high school students, although these models tend to receive less attention in the research literature.[70,71] In an evaluation of a "grab and go" breakfast program in Minnesota high schools, average school-level breakfast participation



increased from 13 percent to 22.6 percent of students after implementation.[72] Among a subsample of students with irregular breakfast habits, breakfast participation increased among students eligible for free or reduced-price school meals (from 13.9 to 30.7 percent) and among students paying full price for school meals (from 4.3 to 17.2 percent).

The Case for Healthy School Meals for All

The current pandemic has underscored the importance of providing children, especially those from economically disadvantaged communities, with access to nutritious school meals. With as many as 12 million children suffering from food insecurity[73] and sharp decreases in overall School Breakfast Program (SBP) and National School Lunch Program participation rates reported from fiscal year 2019 to 2020 (drops of 16.8 percent and 24.3 percent, respectively),[74] it is crucial that school meals be offered to all students at no charge, commonly called Healthy School Meals for All or Universal School Meals/Meal Programs. Investing in this approach would ensure that all children, regardless of family income, can obtain healthy meals throughout the year and have the best chance to learn and thrive in school. Healthy School Meals for All also would build on the pre-pandemic successful efforts to increase participation in SBP. According to a recent FRAC analysis, these gains include 37 million additional free or reduced-priced breakfasts served from September 2019 to February

2020 compared to the same months of the previous school year, and a total of more than 12.6 million children who received a free or reduced-priced breakfast on an average school day during the same time period.[75]

Additional research studies that have explored the effect of Healthy School Meals for All measures across the U.S. have yielded promising results that link the approach to benefits. They show that the nutritional value of school meals and student diet quality, along with increased meal participation, improved academic performance, and lack of weight gain, are maintained when schools offer free school meals to all. For example, a longitudinal study conducted by the Maxwell School Center for Policy Research showed that New York City's Universal Free Meals program led to increases in academic performance and school lunch participation for both low-income and non-low-income middle school students.[76] No evidence was found that these programs are correlated with an increased probability of overweight, obesity, or increased average body mass index (BMI).

A qualitative study examining the impact of Vermont's free school meals for all program indicated that it was associated with increased readiness to learn among students, in addition to improved academic performance and school climate.[77] Other perceived social gains associated with Healthy School Meals for All include decreases in student stress, family financial stress,and administrator stress, and income differences being less visible. An analysis of the School Nutrition and Meal Cost study demonstrated that total costs among medium and large schools offering free school meals to all students decreased moderately for lunch, and decreased significantly for breakfast.[78] Additionally, this analysis showed that Healthy Eating Index scores were not negatively impacted by offering school meals to all students at no charge. These results suggest that offering school meals to all students at no charge can lead to reduced meal costs without compromising students' diet quality.

Studies' findings connecting Healthy School Meals for All to steady trends in student BMI and boosts in meal participation were supported by a recent systematic review examining the association between this approach and multiple outcomes.[79] Studies that evaluated the impact of the Community Eligibility Provision (CEP) support the claim that there is value in administering CEP and other universal school meal provisions. For example, these studies' results reveal that CEP is linked to benefits, including better attendance;[80] increased total meal participation[81] and meal participation among low-income students;[82, 83] improvements in academic achievement[84, 85] and in favorable child health outcomes, such as an increased percentage of students with healthy body weight; and decreased average student BMI.[86]

Conclusion

Research shows that the school breakfast and lunch programs are effective in alleviating food insecurity and poverty, supporting good nutrition, and improving health and learning. In addition, recent policy changes (e.g., community eligibility, updated nutrition standards) and innovative models of program delivery (e.g., breakfast in the classroom) are connecting more students to these critical programs and producing more positive and healthier outcomes. Recent studies evaluating Healthy School Meals for All programs find that in addition to ensuring that all children have access to healthy school meals, they also are associated with many of the benefits linked to traditional school nutrition programs. Continuing to increase access to, and strengthen, the school meals programs will further their role in supporting and improving student health and well-being.

The original version of this paper was prepared by FRAC Senior Researcher in Nutrition Policy and Community Health Heather Hartline-Grafton, DrPH, RD; and was updated by FRAC Director of School and Out-of-School Time Programs Crystal FitzSimons and FRAC Research and Policy Analyst Vanessa Gomez.

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RESEARCH BRIEF: BREAKFAST FOR LEARNING

FRAC
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Skipping Breakfast and Experiencing Hunger Impair Children's Ability to Learn

- Behavioral, emotional, mental health, and academic problems are more prevalent among children and adolescents struggling with hunger.[1,2,3,4]
- Children and adolescents experiencing hunger have lower math scores and poorer grades.[5,6]
- Children experiencing hunger are more likely to be hyperactive, absent, and tardy, in addition to having behavioral and attention problems more often than other children.[7]
- Teens experiencing hunger are more likely to have been suspended from school and have difficulty getting along with other children.[8]
- Children with hunger are more likely to have repeated a grade, received special education services, or received mental health counseling, than low-income children who do not experience hunger.[9]
- Students who are undernourished have poorer cognitive functioning when they miss breakfast.[10]
- Students who skip breakfast are less able to differentiate among visual images, show increased errors, and have slower memory recall.[11]

Eating Breakfast, Including at School, Helps Improve Student Academic Performance and Behavior

- Children who eat breakfast at school — closer to class and test-taking time — perform better on standardized tests than those who skip breakfast or eat breakfast at home.[12]
- Students who eat breakfast the morning of a standardized test have significantly higher scores in spelling, reading, and math, compared to those who do not eat breakfast.[13]
- Student academic achievement increases, especially for math, when schools offer the School Breakfast Program.[14]
- Students who participate in school breakfast show improved attendance, behavior, and academic performance as well as decreased tardiness.[15,16,17,18]
- Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning.[19,20,21]
- Children who eat breakfast show improved cognitive function, attention, and memory.[22]
- Consuming breakfast improves children's performance on mathematical tasks, vocabulary tests, demanding mental tasks, and reaction to frustration.[23,24,25]

Breakfast in the Classroom Programs* and Programs Offering Breakfast at no Cost to all Children† in the Cafeteria Yield Other Positive Results

- Children who increase their school breakfast participation as a result of a school breakfast program offered at no cost to all students show greater improvements in math scores, attendance, punctuality, depression, anxiety, and hyperactivity than children whose participation remains unchanged or decreases.[26]

*Breakfast in the classroom programs are an increasingly popular alternative to traditional, before-the-bell, cafeteria-based breakfast programs. Breakfast is brought in from the kitchen in containers that keep dishes at the right temperature, or is picked up from carts in the hallways as students enter class. Typically this breakfast is offered at no cost to all students. Such programs boost school breakfast participation and remove the stigma associated with participation.

†Offering breakfast at no cost to all students is sometimes referred to as "universal breakfast" or "universal-free breakfast." The program helps remove the stigma for low-income children of participation in school breakfast and thereby increases participation among students generally, but particularly low-income students.

- Providing students with breakfast in the classroom setting is associated with lower tardy rates, fewer disciplinary office referrals, and improved attendance rates.[27,28]
- Student math and reading achievement test scores improve when breakfast is moved out of the cafeteria and into the classroom.[29]
- Schools that offer breakfast at no cost to all students have higher breakfast participation, especially when breakfast is served in the classroom.[30,31,32,33,34,35]
- Breakfast in the classroom is associated with more students eating breakfast as well as better overall dietary quality.[36]
- Students attending schools that offer breakfast at no cost to all students are more likely to consume a nutritionally substantive breakfast and to consume significantly more calcium, magnesium, phosphorus, fruit, and dairy products at breakfast, when compared to students from schools with a traditional means-tested school breakfast program.[37]
- Schools that offer breakfast in the classroom programs at no cost to all students experience an increased sense of community and reduced stigma associated with eating breakfast at school.[38,39,40]

Beliefs About Breakfast Can Influence Participation in School Breakfast

- Adolescent girls often skip breakfast because they believe it might contribute to weight gain.[41,42]
- Adolescents who skip breakfast are significantly more likely to have fasted to lose weight.[43]
- Children report that they believe eating breakfast increases their energy and ability to pay attention in school.[44]

School Breakfast Decreases the Risk of Food Insecurity

- School breakfast offered at no cost to all students may eliminate disparities between food-secure and food-insecure children in terms of eating breakfast at all.[45]
- Students with improved nutrient intake as a result of a program that offers school breakfast at no cost to all students report decreases in symptoms of hunger.[46]
- Access to school breakfast decreases the risk of marginal food insecurity and breakfast skipping, especially for low-income children.[47,48,49]
- Rates of food insecurity among children are higher in the summer — a time when many do not have access to the good nutrition provided by the school meal programs available during the academic year.[50,51]

School Breakfast Can Improve Children's Dietary Intake and Protect Against Obesity and Other Negative Health Outcomes‡

- School breakfast participants are more likely to consume diets that are adequate or exceed standards for important vitamins and minerals (e.g., vitamin C, vitamin A, calcium, phosphorous).[52,53,54]
- Children and adolescents who skip breakfast tend to have poorer nutrient intakes than those who eat breakfast. Eating breakfast regularly has been linked with greater intake of fiber, calcium, iron, vitamin C, and other vitamins and minerals, and lower intake of fat, cholesterol, and sodium.[55,56,57]
- School breakfast participation is associated with a lower body mass index (BMI, an indicator of excess body fat), lower probability of being overweight, and lower probability of obesity.[58,59,60,61]
- Children and adolescents who eat breakfast have more favorable weight-related outcomes (e.g., lower BMI, lower waist circumference, lesser likelihood of being chronically obese, decreased risk of obesity) in the short term and long term than those who skip breakfast.[62,63,64,65,66,67,68,69,70,71]
- School breakfast, including breakfast offered at no cost to all students, has been linked with fewer visits to the school nurse, particularly in the morning.[72]

‡For more information, read FRAC's *Breakfast for Health* brief available at www.frac.org.

This brief was originally prepared in September 2011 and updated in the spring of 2014 by FRAC's Madeleine Levin, MPH, Senior Policy Analyst. This brief was updated again in October 2016 by FRAC's Heather Hartline-Grafton, DrPH, RD, Senior Nutrition Policy and Research Analyst.

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RESEARCH BRIEF: BREAKFAST FOR HEALTH

Food Research & Action Center

School Breakfast Participation Improves Children's Dietary Intake

- School breakfast participants are more likely to consume diets that are adequate or exceed standards for important vitamins and minerals (e.g., vitamin A, vitamin C, calcium, phosphorous).[1,2,3]
- Children and adolescents who skip breakfast tend to have poorer nutrient intakes than those who eat breakfast.[4,5] Eating breakfast regularly has been linked with greater intake of fiber, calcium, iron, vitamin C, and other vitamins and minerals, and lower intake of fat, cholesterol, and sodium.[6,7,8]
- A recent literature review concludes that the new school nutrition standards improve nutrition-related outcomes among students, especially in terms of improving fruit and vegetable selection and consumption.[9]
- Children who participate in school breakfast are more likely to consume fruit and milk at breakfast.[10]
- Low-income children who eat school breakfast have better overall diet quality than those who eat breakfast elsewhere or skip breakfast.[11] Similarly, low-income students who eat both school breakfast and lunch have significantly better overall diet quality than low-income students who do not eat school meals.[12] An improvement in dietary quality also may extend to the family members of children with access to the breakfast program.[13]

School Breakfast Decreases the Risk of Food Insecurity

- School breakfast offered at no cost to all students* may eliminate disparities between food-secure and food-insecure children in terms of eating breakfast at all.[14]
- Students with improved nutrient intake as a result of a program that offers school breakfast at no cost to all students report decreases in symptoms of hunger.[15]
- Access to school breakfast decreases the risk of marginal food insecurity and breakfast skipping, especially for low-income children.[16,17,18]
- Rates of food insecurity among children are higher in the summer — a time when many do not have access to the good nutrition provided by the school meal programs available during the academic year.[19,20]

School Breakfast May Protect Against Childhood Obesity

- School breakfast participation is associated with a lower body mass index (BMI, an indicator of excess body fat), lower probability of being overweight, and lower probability of obesity.[21,22,23,24]
- Food-insecure girls participating in the school lunch, school breakfast, or Supplemental Nutrition Assistance (SNAP, or food stamps) programs (or all three programs combined) have a lower risk of being overweight compared to food-insecure girls from non-participating households.[25]
- Participation in federally funded meals provided in child care, preschool, school, or summer settings is associated with a lower BMI among young, low-income children.[26]
- Children and adolescents who eat breakfast have more favorable weight-related outcomes (e.g., lower BMI, lower waist circumference, lesser likelihood of being chronically obese, decreased risk for obesity) in the short term and long term than those who skip breakfast.[27,28,29,30,31,32,33,34,35,36]

*Offering breakfast at no cost to all students is sometimes referred to as "universal breakfast" or "universal-free breakfast." The program helps remove the stigma for low-income children of participation in school breakfast and thereby increases participation among students generally, but particularly low-income students.

- Increasing participation in the federal nutrition programs — including school breakfast — is a healthy eating and childhood obesity prevention strategy recommended by two Institute of Medicine (IOM) committees and the White House Task Force on Childhood Obesity.[37,38,39]

School Breakfast Participation Protects Against Other Negative Health Outcomes

- Breakfast skipping among children and adolescents is associated with a number of poor health outcomes and health-compromising behaviors, including higher blood cholesterol and insulin levels, smoking, alcohol use, physical inactivity, disordered eating, and unhealthy weight management practices.[40,41,42,43,44,45]
- School breakfast, including breakfast offered at no cost to all students, has been linked with fewer visits to the school nurse, particularly in the morning.[46]
- School breakfast participation, especially breakfast offered at no cost to all students, positively impacts children's mental health, including reductions in behavioral problems, anxiety, and depression.[47,48]
- Food insecurity is associated with some of the most costly health problems in the U.S., including diabetes, heart disease, and depression.[49,50,51,52,53] Children experiencing hunger are more likely to have lower physical functioning, more frequent stomachaches and headaches, mental health problems (e.g., depression, anxiety, behavioral problems), and to be in poorer health.[54,55,56,57,58,59,60]

School Breakfast Helps Improve Student Academic Performance and Behavior; Skipping Breakfast Impairs Development and Learning†

- Students who participate in school breakfast show improved attendance, behavior, and academic performance as well as decreased tardiness.[61,62]
- Students who eat breakfast the morning of a standardized test have significantly higher scores in spelling, reading, and math, compared to those who do not eat breakfast.[63]
- Students who are undernourished have poorer cognitive functioning when they miss breakfast.[64]
- Children and adolescents experiencing hunger have lower math scores, poorer grades, and are more likely to repeat a grade.[65,66]

Breakfast in the Classroom Programs‡ and Programs Offering Breakfast at no Cost to all Children in the Cafeteria Yield Other Positive Results†

- Programs offering breakfast at no cost to all students and breakfast in the classroom boost student breakfast participation.[67,68,69,70,71,72]
- Breakfast in the classroom is associated with more students eating breakfast as well as better overall dietary quality.[73]
- Student math and reading achievement test scores improve when breakfast is moved out of the cafeteria and into the classroom.[74]
- Students attending schools that offer breakfast at no cost to all students are more likely to consume a nutritionally substantive breakfast and to consume significantly more calcium, magnesium, phosphorus, fruit, and dairy products at breakfast, when compared to students from schools with a traditional means-tested school breakfast in the cafeteria program.[75]
- Children who increase their school breakfast participation as a result of a school breakfast program offered at no cost to all students show greater improvements in math scores, attendance, punctuality, depression, anxiety, and hyperactivity than children whose participation remains unchanged or decreases.[76]

†For more information, read FRAC's *Breakfast for Learning* brief available at www.frac.org.

‡Breakfast in the classroom programs are an increasingly popular alternative to traditional, before-the-bell, cafeteria-based breakfast programs. Breakfast is brought in from the kitchen in containers that keep dishes at the right temperature, or is picked up from carts in the hallways as students enter class. Typically this breakfast is offered at no cost to all students. Such programs boost school breakfast participation and remove the stigma associated with participation.

This brief was originally prepared in September 2011 and updated in the spring of 2014 and October 2016 by FRAC's Heather Hartline-Grafton, DrPH, RD, Senior Nutrition Policy and Research Analyst.

Endnotes

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PLEASE COMPLETE ALL SHADED AREAS IN THE WORKSHEET. IF YOU HAVE ANY QUESTIONS, PLEASE REFER TO THE LBA GUIDELINES FOR FISCAL NOTE WORKSHEETS OR CONTACT OUR OFFICE (271-3161).

Agency Name:	Department of Education (NHED)
LSR #:	23-0341.0
Bill #:	TBD
Amendment #(s):	N/A

Date of LBA Request	12/05/2022
Date Due to LBA	12/12/2022
Date Sent to LBA	XX/XX/XXXX
Corrected Worksheet?	[Yes/No]

A. Fiscal Impact Summary

- Specify the total impact on revenues and expenditures for each level of government and fund(s) impacted.
- Only the *incremental change* from the current law or budget should be included.
- If there is no fiscal impact, enter a zero ("$0"). If the fiscal impact cannot be estimated, enter "Indeterminable" **(with a range if possible)** and indicate if the impact may increase or decrease revenues or expenditures.
- The amounts in the table below should correspond with the calculations in Section C of this worksheet.
- Decreases should be presented within parenthesis.
- If there is a fiscal impact **after** FY 2026, please include in section C.
- **Provide account/fund for revenue impacts and/or source of funds for estimated expenditures (i.e., general fund, highway fund, federal funds, name of restricted dedicated fund, etc.)**

	FY 2023	FY 2024	FY 2025	FY 2026
State Revenues	$0	$0	$0	$0
Revenue Account/Fund				
State Expenditures	$ 0	$ 194,000	$196,000	$202,000
Source of Funds	*General Fund*	*General Fund*	*General Fund*	*General Fund*
County Revenues	$0	$0	$0	$0
County Expenditures	$0	$0	$0	$0
Local Revenues	**Indeterminable**	**Indeterminable**	**Indeterminable**	**Indeterminable**
Local Expenditures	**Indeterminable**	**Indeterminable**	**Indeterminable**	**Indeterminable**

B. Assumptions

- Clearly explain your understanding of the proposed legislation, how it would be implemented or impact current operations, and any other important cost-related assumptions.
- Assumptions should be clear and not chosen to influence one's opinion of the proposed legislation.
- Assumptions used should relate directly to your agency's estimate of the fiscal impact on the revenues, expenditures, or fiscal liability of the state, or a city, town or county.

The implementation of this legislation will impact both public schools and public charter school that are not currently serving school breakfast and/or lunch. There will be a fiscal liability for both public schools and public charter school not currently operating the National School Breakfast Program (SBP) and/or the National School Lunch Program (NSLP).

There will be a fiscal liability for the State of New Hampshire, to the general fund.

The following assumptions and information were utilized:

- Any school not operating the SBP is not serving breakfast;
- Any school not operating the NSLP is not serving lunch;
- School participation data pulled from November 2022;
- Number of schools in NH operating the National School Lunch Program (NSLP), 456;
- Number of schools in NH operating NSLP, but not the SBP, 27;
- Number of NH public charter schools not operating SBP or NSLP is 34;
- Number of NH public schools not operating SBP or NSLP is 6.
- Thus, approximately 40 public schools and public charter schools would need to implement a breakfast and lunch program;
- Approximately 27 NH public schools and public charter schools would need to add a SBP to their current NSLP.

NHED would be required to:

- Work to establish and approve the 67 public schools and public charter schools for eligibility operation of federal program.
- Work to establish additional child nutrition program opportunities for 67 public schools and public charter schools who qualify.
- Establish the need for Food Service Management or Vended Meal Contract oversite for 67 public schools and public charter schools.
- 67 public schools and public charter schools (both start up and ongoing): provide additional intensive training, ongoing technical assistance, claiming processing, fiscal management, data collection and reporting, conduct procurement and administrative reviews in accordance state and federal SBP/NSLP guidelines and regulations.

C. Calculations and Methodology

- Using the assumptions provided in Section B, calculate the estimated fiscal impact of the proposed legislation.
- Calculations should be detailed with the methodology clearly stated.
- If calculating position costs, please use and attach the appropriate position cost calculator worksheet found here: http://gencourt.state.nh.us/lba/
- If the fiscal impact is zero ($0) or indeterminable, please explain why.
- The calculations for FY 2023 through FY 2026 should agree with summary table in Section A. **Please also include information on fiscal impacts estimated outside of this period in this section.**

State expenditures:

NHED estimates executing these new responsibilities would require three full-time Program Specialist IIIs (LG 23, Step 5). Total salary and benefits are estimated at $194,000 (SFY24), $196,000 (SFY25), and $202,000 (SFY26) per position cost spreadsheet. (See attached.)

Related GF expenditures (additional costs for breakfast meal cost and state match) are indeterminable.

Local expenditures:

Using the above assumptions and calculations the fiscal impact of the proposed legislation is indeterminable at the local level. The cost would be determined at the school's level which would include their unique startup costs, labor start-up costs, labor costs, cost of meal pricing, projected participation, actual participation and continuous ongoing costs for operation of the programs.

Local Level anticipated and estimated start-up cost (would vary depending on program operating):

- Start-up costs for schools to start a breakfast and or lunch program has three general cost categories: equipment (building and location), labor (training and wages), and communication;
- Labor start-up costs will include cost to onboard, train, and manage labor;
- Labor costs will include cost to procure, plan, prepare, serve, and keep records of participation;

D. Technical or Mechanical Defects

- Identify any conflicts between this bill and current law, either state or federal, and identify possible technical errors. This information is provided to the Office of Legislative Services where it is evaluated and may be discussed with the bill's sponsor.
- If no technical or mechanical defects are identified, please state "None Identified" below.
- Do not comment on the merits of the legislation.

Technical and mechanical defects include:

- Successful full implementation cannot be achieved by the effective date (7/1/23).

E. Fiscal Note Worksheet Contact Information

Kelly Rambeau
Bureau Administrator, Bureau of Student Wellness and Nutrition
603-271-3640
Kelly.a.rambeau@doe.nh.gov

Patricia Carignan
Program Specialist IV, Office of Nutrition Programs & Services
603-271-3862
Patricia.J.Carignan@doe.nh.gov

Approved by:
Frank Edelblut
Commissioner of Education
(603) 271-3144
Frank.Edelblut@doe.nh.gov

HB 429 Jean Flour / Kelly Ramsey Sue Mullins

HB 429….is a simple bill that as Rep Ellison indicated is a result of the multiple hours of And review this past summer by several members of this Ed Comm led by former Rep. Sue Mullins. This like bills to follow over the next two years help support either the structure or Participation in a public schools meals program. The initial bill also included charter schools But after much discussion, phone calls and written testimony in addition to the information presented yesterday it is clear that only 15 percent of the charter schools which equals 6 schools are currently providing meals however many of the other 43 utilize the vendor program…to accomplish This task.

This bill deals specifically with the structure of providing two meals a day for students in each of our schools. It is not a heavy lift as these schools already have facilities.

Please let me indulge you for a minute…or maximum two minutes….please take pout a piece Of paper and a writing utensils….so

Imagine you are hosting several people in your home this weekend and they are arriving friday night and you all are heading out early Saturday morning for a fun time in the beautiful white Mountains. You have to provide the breakfast before this group heads out…so your task right now is write down what you may do tonight in advance of tomorrow's breakfast,,,,

ACTIVITY

The point of this activity was to remind you that there are many things that can be done in advance to provide a nutritious breakfast without causing a great amount of extra work…

For example, you possibly set the table, put out the paper products, cups, spoons, napkins, paper bowls, dry boxes of cereal, etc…you get my point. Saturday morning you just perc the Coffee, set out the milk and juice and your off…..no heavy lifting…

That's exactly the point of this bill....the bill doesn't require bacon, eggs, pancakes ...lots

Of cooking , multiple staff, ..it is as simple,,,,as setting up a quick grab and go.

And I mention this - because are only a small number of schools (27) that aren't already

Providing breakfast and lunch options. ~~The~~ These schools have All the equipt & supplies

most

The important part of this bill ....is the option for all students to begin the day with a nutritious

Lite meal....please understand...the**se students are already identified as students that are**

The most in need of food and are on a free and reduced meal option....but they can't

Receive the two meals . We all know how important food is to feed the brain ,,,,,

And all this bill does is **require all schools that are already receiving federal funding to**

Fulfill their obligation and provide the two meals.



RESEARCH BRIEF: BREAKFAST FOR LEARNING

FRAC
Food Research & Action Center

Skipping Breakfast and Experiencing Hunger Impair Children's Ability to Learn

- Behavioral, emotional, mental health, and academic problems are more prevalent among children and adolescents struggling with hunger.[1,2,3,4]
- Children and adolescents experiencing hunger have lower math scores and poorer grades.[5,6]
- Children experiencing hunger are more likely to be hyperactive, absent, and tardy, in addition to having behavioral and attention problems more often than other children.[7]
- Teens experiencing hunger are more likely to have been suspended from school and have difficulty getting along with other children.[8]
- Children with hunger are more likely to have repeated a grade, received special education services, or received mental health counseling, than low-income children who do not experience hunger.[9]
- Students who are undernourished have poorer cognitive functioning when they miss breakfast.[10]
- Students who skip breakfast are less able to differentiate among visual images, show increased errors, and have slower memory recall.[11]

Eating Breakfast, Including at School, Helps Improve Student Academic Performance and Behavior

- Children who eat breakfast at school — closer to class and test-taking time — perform better on standardized tests than those who skip breakfast or eat breakfast at home.[12]
- Students who eat breakfast the morning of a standardized test have significantly higher scores in spelling, reading, and math, compared to those who do not eat breakfast.[13]
- Student academic achievement increases, especially for math, when schools offer the School Breakfast Program.[14]
- Students who participate in school breakfast show improved attendance, behavior, and academic performance as well as decreased tardiness.[15,16,17,18]
- Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning.[19,20,21]
- Children who eat breakfast show improved cognitive function, attention, and memory.[22]
- Consuming breakfast improves children's performance on mathematical tasks, vocabulary tests, demanding mental tasks, and reaction to frustration.[23,24,25]

Breakfast in the Classroom Programs* and Programs Offering Breakfast at no Cost to all Children† in the Cafeteria Yield Other Positive Results

- Children who increase their school breakfast participation as a result of a school breakfast program offered at no cost to all students show greater improvements in math scores, attendance, punctuality, depression, anxiety, and hyperactivity than children whose participation remains unchanged or decreases.[26]

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*Breakfast in the classroom programs are an increasingly popular alternative to traditional, before-the-bell, cafeteria-based breakfast programs. Breakfast is brought in from the kitchen in containers that keep dishes at the right temperature, or is picked up from carts in the hallways as students enter class. Typically this breakfast is offered at no cost to all students. Such programs boost school breakfast participation and remove the stigma associated with participation.

†Offering breakfast at no cost to all students is sometimes referred to as "universal breakfast" or "universal-free breakfast." The program helps remove the stigma for low-income children of participation in school breakfast and thereby increases participation among students generally, but particularly low-income students.

- Providing students with breakfast in the classroom setting is associated with lower tardy rates, fewer disciplinary office referrals, and improved attendance rates.[27,28]
- Student math and reading achievement test scores improve when breakfast is moved out of the cafeteria and into the classroom.[29]
- Schools that offer breakfast at no cost to all students have higher breakfast participation, especially when breakfast is served in the classroom.[30,31,32,33,34,35]
- Breakfast in the classroom is associated with more students eating breakfast as well as better overall dietary quality.[36]
- Students attending schools that offer breakfast at no cost to all students are more likely to consume a nutritionally substantive breakfast and to consume significantly more calcium, magnesium, phosphorus, fruit, and dairy products at breakfast, when compared to students from schools with a traditional means-tested school breakfast program.[37]
- Schools that offer breakfast in the classroom programs at no cost to all students experience an increased sense of community and reduced stigma associated with eating breakfast at school.[38,39,40]

Beliefs About Breakfast Can Influence Participation in School Breakfast

- Adolescent girls often skip breakfast because they believe it might contribute to weight gain.[41,42]
- Adolescents who skip breakfast are significantly more likely to have fasted to lose weight.[43]
- Children report that they believe eating breakfast increases their energy and ability to pay attention in school.[44]

School Breakfast Decreases the Risk of Food Insecurity

- School breakfast offered at no cost to all students may eliminate disparities between food-secure and food-insecure children in terms of eating breakfast at all.[45]
- Students with improved nutrient intake as a result of a program that offers school breakfast at no cost to all students report decreases in symptoms of hunger.[46]
- Access to school breakfast decreases the risk of marginal food insecurity and breakfast skipping, especially for low-income children.[47,48,49]
- Rates of food insecurity among children are higher in the summer — a time when many do not have access to the good nutrition provided by the school meal programs available during the academic year.[50,51]

School Breakfast Can Improve Children's Dietary Intake and Protect Against Obesity and Other Negative Health Outcomes[‡]

- School breakfast participants are more likely to consume diets that are adequate or exceed standards for important vitamins and minerals (e.g., vitamin C, vitamin A, calcium, phosphorous).[52,53,54]
- Children and adolescents who skip breakfast tend to have poorer nutrient intakes than those who eat breakfast. Eating breakfast regularly has been linked with greater intake of fiber, calcium, iron, vitamin C, and other vitamins and minerals, and lower intake of fat, cholesterol, and sodium.[55,56,57]
- School breakfast participation is associated with a lower body mass index (BMI, an indicator of excess body fat), lower probability of being overweight, and lower probability of obesity.[58,59,60,61]
- Children and adolescents who eat breakfast have more favorable weight-related outcomes (e.g., lower BMI, lower waist circumference, lesser likelihood of being chronically obese, decreased risk of obesity) in the short term and long term than those who skip breakfast.[62,63,64,65,66,67,68,69,70,71]
- School breakfast, including breakfast offered at no cost to all students, has been linked with fewer visits to the school nurse, particularly in the morning.[72]

[‡]For more information, read FRAC's *Breakfast for Health* brief available at www.frac.org.

This brief was originally prepared in September 2011 and updated in the spring of 2014 by FRAC's Madeleine Levin, MPH, Senior Policy Analyst. This brief was updated again in October 2016 by FRAC's Heather Hartline-Grafton, DrPH, RD, Senior Nutrition Policy and Research Analyst.

Endnotes

[1] Kleinman, R. E., Murphy, J. M., Little, M., Pagano, M., Wehler, C. A., Regal, K., & Jellinek, M. S. (1998). Hunger in Children in the United States: Potential Behavioral and Emotional Correlates. *Pediatrics*, 101(1), E3.

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NEA • NEW HAMPSHIRE

January 18, 2023

Rep. Rick Ladd, Chair
House Education Committee

Re: Support of HB 429

Dear Chairman Ladd and Honorable members of the House Education Committee,

My name is Megan Tuttle, President of NEA-NH and we represent over 17,000 public school educators across the state. I am here today to testify in support of HB 429. As we read the bill, the intent is to make sure that every public school in NH offers breakfast and lunch at school. Participation in school breakfast has been shown through various studies to improve child health, student learning, and student behavior.

Any educator will tell you that if a child has their basic needs met, they are ready to learn. Making sure that all public schools offer both breakfast and lunch will at least give the option of eating to the 160,000 plus students. For some, school meals are the only meals they can count on. Look around the state and see how many Weekend Wagon or End 68 Hours of Hunger programs there are.

Unfortunately, according to the Food Research Action Center (FRAC), New Hampshire ranked in the bottom 10 in states who reach students with breakfast who also qualify for Free and Reduced-Price lunch, so we can be doing better. According to the survey, New Hampshire only reached 45.7% of FRL students (see attached report) for the 2019-2020 school year, placing us 47th in the nation. In 2018-2019 we were ranked 48th. This is compared to our other northern New England States, Maine being 8th most successful and Vermont being 2nd.

In addition, other key findings from the FRAC research I would like to highlight for the committee related to better learning and support, particularly in low-income communities:

- Skipping breakfast and experiencing hunger impair children's ability to learn
- Eating breakfast, including at school, helps improve student academic performance and behavior
- School breakfast decreases the risk of food insecurity
- School breakfast can improve children's dietary intake and protect against obesity and other negative health outcomes

Along with this cover letter to serve as my testimony, I will have Brian Hawkins email 3 attachments from the FRAC containing the findings from a robust set of research to support the positive aspects of supporting school breakfast with our students.

HB 429 would enable our students to learn and thrive, not only in the classroom, but at home as well.

Respectfully submitted,

Megan Tuttle

Megan Tuttle
President
NEA-NH

Student hunger is real. I know that many of you will voice concern about the cost of requiring participation in a meals program, and I share those concerns. But the reality is that communities are going to "pay" for hungry kids one way or another, be it in services required for special education, behavior management, or future unemployment, etc… I have heard NH described as "the best place to live," but I would challenge that it is not the case for families who struggle to provide food and/or shelter. Communities require a partnership with the state to address the needs of their most vulnerable populations, yet past efforts to expand the state's role have been met with resistance or inaction, at best. There may be cries about whether or not this represents an unfunded mandate, but those questions can be addressed quite simply: It's not an unfunded mandate if we fund it.

Recently, the front page of the Union Leader heralded NH's $300 million dollar surplus and indicated that there would be much discussion in Concord about how to utilize the excess revenue. That is an exercise in setting priorities…. and what should be a greater priority than caring for NH's children? Rather than filling our discussions about why we **CAN'T** expand the opportunity for our hungry kids to eat, I would suggest that it is time to start a serious conversation about what we **CAN** do to assure that no economically challenged child is distracted by an empty stomach.

We need to require school districts to feed those who can't feed themselves and offer those communities the help it may require to make it happen.

I ask you to please support HB 429, and I thank you for your time today.

Sincerely,

Hon. Sue Mullen
13 Privet Hedge Lane
Bedford, NH 03110

Submitted on January 18, 2023

Thank you for hearing me today, Chairman Ladd and House Education members.

During the last session, this committee heard a number of bills regarding student hunger. The acknowledgement of the problem, and interest in seeking solutions, led to the Study Committee on HB 1229, which I chaired. Representatives Ellison, Hall, Woodcock, Lekas and Ford served on that study committee, which met consistently last summer and fall.

Jennifer Foor, your talented research assistant, was able to pull together information from five states with similar demographics to see what initiatives they had in place to address the needs of their hungry kids. Those states are Delaware, Maine, New Mexico, Vermont and West Virginia. I believe that most committee members would tell you that they learned quite a lot through the process.

Maine requires all schools to participate in the National School **Lunch** Program; Vermont requires participation in **both** breakfast and lunch. West Virginia requires that all schools operate a school nutrition program that provides both breakfast and lunch, though the National School Lunch Program is not specified.

Information provided by NH Hunger Solutions ranks NH at #47 out of the 50 states in school breakfast participation, even though we know that students who are fed demonstrate:

- Improved academic performance
- Reduced behavioral problems
- Improved attendance
- Higher graduation rates, and
- Fewer trips to the school nurse

In 2021, nearly half of the students who qualified for free or reduced meals went without an opportunity for breakfast, and NH missed the opportunity to feed 7,800 additional students by leaving 1.5 million federal dollars on the table. NH Hunger Solutions has a wealth of information and ideas about how to address food insecurity, and I encourage you to reach out to them for help.

2023 SESSION

23-0341
10/08

HOUSE BILL ***429-FN-LOCAL***

AN ACT requiring the offering of breakfast and lunch in all public and chartered public schools.

SPONSORS: Rep. Ellison, Merr. 28; Rep. Woodcock, Carr. 1; Rep. Hall, Merr. 9; Rep. A. Murray, Hills. 20; Rep. Horrigan, Straf. 10; Rep. Seibert, Hills. 21; Rep. Rombeau, Hills. 2

COMMITTEE: Education

ANALYSIS

This bill requires school districts and chartered public schools to offer both breakfast and lunch programs to students.

- -

Explanation: Matter added to current law appears in ***bold italics.***
Matter removed from current law appears [~~in brackets and struckthrough.~~]
Matter which is either (a) all new or (b) repealed and reenacted appears in regular type.

23-0341
10/08

STATE OF NEW HAMPSHIRE

In the Year of Our Lord Two Thousand Twenty Three

AN ACT requiring the offering of breakfast and lunch in all public and chartered public schools.

Be it Enacted by the Senate and House of Representatives in General Court convened:

1 Schools; Food and Nutrition Programs. Amend RSA 189:11-a, I to read as follows:

I. Each school board shall make [~~at least one meal~~] ***breakfast and lunch*** available during school hours to every pupil under its jurisdiction. Such meals shall be served without cost or at a reduced cost to any child who meets federal income eligibility guidelines. The state board of education shall ensure compliance with this section and shall establish minimum nutritional standards for such meals as well as income guidelines set for the family size used in determining eligibility for free and reduced price meals. [~~Nothing in this section shall prohibit the operation of both a breakfast and lunch program in the same school.~~]

2 Schools; Food and Nutrition Programs. Amend RSA 189:11-a, VII(a) to read as follows:

VII.(a) Each school district [~~which participates~~] ***shall participate*** in the National School Breakfast Program ***and each school district*** shall maintain annual statistics on the number of breakfast meals served to pupils.

3 New Section; Chartered Public Schools; School Meals. Amend RSA 194-B by inserting after section 3-a the following new section:

194-B:3-b Required School Breakfast and Lunch Programs. All chartered public schools shall comply with the school breakfast and lunch requirements under RSA 189:11-a.

4 Effective Date. This act shall take effect July 1, 2023.

LBA
23-0341
12/19/22

HB 429-FN-LOCAL- FISCAL NOTE
AS INTRODUCED

AN ACT requiring the offering of breakfast and lunch in all public and chartered public schools.

FISCAL IMPACT: [X] State [ ] County [X] Local [ ] None

	Estimated Increase / (Decrease)			
STATE:	**FY 2023**	**FY 2024**	**FY 2025**	**FY 2026**
Appropriation	$0	$0	$0	$0
Revenue	$0	$0	$0	$0
Expenditures	$0	Indeterminable Increase At least $331,000	Indeterminable Increase At Least $334,000	Indeterminable Increase At Least $343,000
Funding Source:	[X] General	[ ] Education	[ ] Highway	[ ] Other

LOCAL:

Revenue	$0	Indeterminable Increase	Indeterminable Increase	Indeterminable Increase
Expenditures	$0	Indeterminable Increase	Indeterminable Increase	Indeterminable Increase

METHODOLOGY:

This bill requires school districts and chartered public schools to offer both breakfast and lunch programs to students. This bill will have an impact on expenditures for both the Department of Education and local school districts. The Department has provided the following information relative to schools and the current operation of the National School Lunch Program (NSLP) and School Breakfast Program (SBP):

- Number of schools operating NSLP - 456
- Number of schools in NH operating NSLP, but not the SBP - 27
- Number of NH public charter schools not operating SBP or NSLP - 43
- Number of NH public schools not operating SBP or NSLP - 153

Based on this information, approximately 196 public schools and public charter schools would need to implement a breakfast and lunch program, and approximately 27 public schools and public charter schools would need to add a SBP to their current NSLP.

To implement the provisions of this bill, the Department states it would:

- Work to establish and approve schools for eligibility operation of the required federal program;
- Work to establish additional child nutrition program opportunities for schools who qualify;
- Establish the need for Food Service Management or Vended Meal Contract oversight for schools; and
- Provide additional intensive training, ongoing technical assistance, claiming processing, fiscal management, data collection and reporting, conduct procurement and administrative reviews in accordance with state and federal SBP/NSLP guidelines and regulations.

The Department estimates that executing these new responsibilities would require three (3) new, full-time Program Specialist IIIs (LG 23, Step 5). Total salary and benefits are estimated at $291,000 in FY 2024, $294,000 in FY 2025, and $303,000 in FY 2026. This bill does not provide authority or funding for new personnel.

In addition to personnel costs, the Department anticipates additional general fund expenditures relative to state contribution/match to schools of $0.03 per breakfast. The Department is unable to estimate the total cost at this time, but expects it would be at least $40,000 per year.

Local expenditures are indeterminable at this time as costs to implement the requirements of this bill will vary across school districts.

AGENCIES CONTACTED:

Department of Education

LBA
23-0341
Revised 2/1/23

HB 429-FN-LOCAL FISCAL NOTE
AS INTRODUCED

AN ACT requiring the offering of breakfast and lunch in all public and chartered public schools.

FISCAL IMPACT: [X] State [ ] County [X] Local [ ] None

	Estimated Increase / (Decrease)			
STATE:	**FY 2023**	**FY 2024**	**FY 2025**	**FY 2026**
Appropriation	$0	$0	$0	$0
Revenue	$0	$0	$0	$0
Expenditures	$0	Indeterminable Increase At Least $194,000	Indeterminable Increase At Least $196,000	Indeterminable Increase At Least $202,000
Funding Source:	[X] General	[ ] Education	[ ] Highway	[ ] Other

LOCAL:

Revenue	$0	Indeterminable Increase	Indeterminable Increase	Indeterminable Increase
Expenditures	$0	Indeterminable Increase	Indeterminable Increase	Indeterminable Increase

METHODOLOGY:

This bill requires school districts and chartered public schools to offer both breakfast and lunch programs to students. This bill will have an impact on expenditures for both the Department of Education and local school districts. The Department has provided the following information relative to schools and the current operation of the National School Lunch Program (NSLP) and School Breakfast Program (SBP):

- Any school not operating the SBP is not serving breakfast;
- Any school not operating the NSLP is not serving lunch;
- School participation data pulled from November 2022;
- Number of schools in NH operating the National School Lunch Program (NSLP) = 456;
- Number of schools in NH operating NSLP, but not the SBP = 27;
- Number of NH public charter schools not operating SBP or NSLP = 34;
- Number of NH public schools not operating SBP or NSLP = 6.

- Thus, approximately 40 public schools and public charter schools would need to implement a breakfast and lunch program and approximately 27 NH public schools and public charter schools would need to add a SBP to their current NSLP (67 total).

The Department states it would need to do the following relative to the 67 schools (public and public charter):

- Work to establish and approve the schools for eligibility operation of federal program.
- Work to establish additional child nutrition program opportunities for the schools who qualify.
- Establish the need for Food Service Management or Vended Meal Contract oversight for the schools.
- Provide additional intensive training, ongoing technical assistance, claiming processing, fiscal management, data collection and reporting, conduct procurement and administrative reviews in accordance state and federal SBP/NSLP guidelines and regulations.

The Department estimates that executing these new responsibilities would require two (2) new, full-time Program Specialist IIIs (LG 23, Step 5). Total salary and benefits are estimated at $194,000 in FY 2024, $196,000 in FY 2025, and $202,000 in FY 2026. This bill does not provide authority or funding for new personnel. In addition to personnel costs, the Department anticipates additional general fund expenditures relative to state contribution/match to schools, however the Department is unable to estimate how much at this time.

Local expenditures are indeterminable at this time as costs to implement the requirements of this bill will vary across school districts.

AGENCIES CONTACTED:

Department of Education