

February 13, 2023

The Honorable Angelique Ashby  
1021 O street, Suite 7320  
Sacramento, CA 95814

RE: SUPPORT FOR SB-348 as amended 02/08/2023: Senate Health Committee

Dear Senator Ashby:

My name is KaFai Li, and I am a Clinical Nutrition student at the University of California, Davis.

I urge your "AYE" vote on SB-348. This bill will guarantee a complimentary breakfast and lunch for any grade 1 to 12 students in California. In addition, it extends the mealtime for students to finish each meal. Finally, the maximum amount of added sugar in breakfast and lunch is determined to ensure all students have adequate nutrients and a healthy diet.

Even though there was an hour mealtime, there were no complimentary breakfast and lunch that were provided for students when I was in elementary to high school. Hence, skipping breakfast or lunch can reduce the financial burden, but it caused me to be underweight when I was younger. In addition, they did not determine how much added sugar was in lunch meals, although they provided lunch for students who selected the meal plan. It is essential to our community because there are a lot of families in the California community who are still suffering from food insecurity. Food insecurity can lead to severe problems, for instance, increasing obesity, malnutrition, and chronic stress.

I advocate your "AYE" vote for Senate Bill 348 because providing complimentary breakfast and lunch can reduce the financial burden and improve food insecurity. Furthermore, mealtime extension can improve the nutrition status of students. Meanwhile, it can minimize leftovers after each meal because students can have enough time to finish their meals. Furthermore, a high amount of sugar intake can be a reason that increases the risk of obesity or other diseases. Therefore, determining the maximum added sugar can be a primary prevention for the community.

For these reasons, I urge your "AYE" vote on SB-348 when it is voted upon in the Senate Health Committee.

Sincerely,

KaFai Li