

May 1<sup>st</sup>, 2019

To: Senate Committee on Healthcare

Re: Support for HB 3324

Chair Monnes Anderson, Vice Chair Linthicum and Members of the Committee

My name is Rosalind McCallard, my husband and I own, Snackrilege a Vegan Sandwich company in Portland and we are members of Main Street Alliance. We have owned our company for 6 years but I have been living a vegan lifestyle for more than 15 years now. I have traveled the world meeting other vegans and talking about the positive impacts that consuming plant based diets has on our environment and our health.

I strongly support this bill because I have long believed that plant based diet, that is to say, a vegan diet, is vital to not only our own personal physical well-being but also for positive mental health and our collective social wellness.

Providing access to wholesome, healthy, plant-based meals in institutional facilities such as hospitals and prisons allows for residents of those facilities to have access to food that will nourish their body and soul, as well as allowing them to contribute to the greater good, simply by nature of their dietary choices. You will hear that providing meals that include dairy and egg are equivalent to a wholly plant based meal and they are not. To know that what I put in my body was not the sacrifice of another living being, puts my heart at ease and for those incarcerated looking to change their lives, they could find peace through their diet as well.

I urge members of this committee to review and consider the multitude of studies proving the benefits of a plant-based diet not only for the health of the individual but the health of the planet and the health of the creatures we share the planet with. Thank you for your time and consideration.

I strongly urge you to support HB 3342 and thank you for the chance to share my support today.

Sincerely,

Rosalind McCallard  
Snackrilege  
Portland Oregon