

Submitter: Leah Schindler
On Behalf Of: Farm to School
Committee: Joint Committee On Ways and Means
Measure, Appointment or Topic: HB5006

As a Family Nurse Practitioner caring for this community for over 20 years and caring for patients for 35 years I have seen firsthand the physical and mental harm of poor diet on our population, especially children. I have diagnosed teens and young adults more frequently with hypertension, diabetes, depression, anxiety disorders and attention disorders in the last few years. Unfortunately, it is easy to think that children will learn healthy behaviors in the home but especially in families of lower socioeconomic status the easy availability of nutritionally sparse highly caloric foods are the mainstay of their diet. Teaching them where healthy food comes from, where it can grow, how to grow and prepare it is more important than many of the standard educational subjects that we take for granted. Teaching children can extend back to their families at home. I have seen this firsthand with the Farm to School project.