

Chairman Heinert and Members of the Committee,

My name is Heather Gades, and I am a titleholder at the local level within the Miss America Organization and a candidate for Miss North Dakota this coming June – however, my testimony does not necessarily reflect the views of either the Miss America Organization or the Miss North Dakota Organization. My current title is Miss Bonanzaville, and as a titleholder, we each select a service initiative that we want to support and work on during our year of service. Mine is Combatting Food Insecurity – One Box at a Time, a project that is the culmination of my six years of working on this issue. I have met with food pantries in the Fargo-Moorhead area, volunteered at a few, helped create the first food pantry at North Dakota State University (NDSU) called Goods for the Herd and currently am on the advisory board in a volunteer capacity, attended meetings, and read books to school children that talk about food insecurity, how it can happen to anyone, and who we can go to for help.

First, my testimony in favor of HB 1491, to provide free school lunch for students in grades K-12. In 2017 the Annie E. Casey Foundation found that 6% of children in North Dakota were living in “high poverty areas”. In 2022, the Great Plains Food Bank reported that their most recent estimates of food insecurity in the state were 1 in 6 people. To be food insecure is to have an inconsistent or no lack of access to foods, particularly foods that are high in nutrients and minerals. According to Feeding America, a child who is food insecure is at an increased risk of delayed development, chronic illnesses such as asthma and anemia, and behavioral troubles like anxiety, aggression, and hyperactivity. A 2019 study published in the American Academy of Pediatrics reported that asthma diagnosis rates and depressive symptoms were 19.1% and 27.9% higher respectively than children who were not in food

insecure households. That same study also noted that foregone medical care rates were 179.8% higher for those same households.

I understand that for many conservatives, the cost of this is prohibitive. I know it's not in the nature of many people to mark off a large chunk of money for something that won't benefit themselves at all. But I ask you to look past the price tag and see the change this funding could make in the lives of so many children in North Dakota. Children who are food insecure are fighting an uphill battle for the rest of their lives. One way this can be helped is to ensure that all school children in our state have access to consistent meals in school. Making sure that all kids, regardless of family income, can have at least five warm and nutritious meals a week is something we should not shy away from. While many kids from impoverished families may already be receiving free lunches, this bill would help the kids whose families are too proud or uncomfortable to apply for free lunches, as well as the families who swallowed their pride and asked for help, only to find out that they make just a little too much money to qualify for free or reduced meals, but not enough money to properly make ends meet. This was my family in 2016 when my mom did what most people would commend her for doing, and got a promotion at work. But with her new job, we didn't qualify for reduced price lunch anymore, and now had to pay full price for three kids eating lunch five days a week. This bill will protect families from having to worry about that, and keep children fed so they can focus in class, play with their friends or in sports after school, and their brain and body can develop fully.

Thank you for your time Chairman Heinert and Members of the Committee.

Heather Gades, Miss Bonanzaville 2023