

House Education Committee
February 3, 2025 - HB 1475
Testimony in Favor

Committee Chair Heinert and members of the Education committee,

I am writing **in support of HB 1475**. If passed, this bill would improve food security for children through expanded access to school meals. Research, including findings from the Food Research & Action Center, highlights the significant benefits of consistent, nutritious meals for children's academic and behavioral outcomes.

Hunger and food insecurity negatively impact children's ability to concentrate, regulate emotions, and perform academically. The research underscores that students who start their day with a healthy breakfast show improved memory, increased attention spans, and fewer behavioral and disciplinary issues. Ensuring that all children have reliable access to school meals fosters not only their well-being but also a stronger, more productive learning environment.

In fact, by reducing these negative impacts for students, there would be a positive ripple effect on the well-being of others—teachers, parents, and so on. **By supporting HB 1475**, we invest in the future of our communities, reducing long-term social and economic costs associated with food insecurity and adverse childhood experiences.

Thank you for your time and consideration of my testimony to this important issue.

Sincerely,

Stephanie Schafer
Fargo