

Public hearing

February 27, 2014

Testimony in support of SB 48

Submitted by Emily Lifanda, SWK student at Southern Connecticut State University

Good morning members of the Children's Committee. My name is Emily Lifanda and I am a student at Southern Connecticut State University, department of Social work and a single mother of one. Thank you for this great opportunity, it feels very good that my opinion here is valued and taken into consideration. . I am in support of the bill SB 48 "The act concerning Nutrition standards for childcare settings".

Statistics has shown that children spend two of their three big meals sessions at school, which is breakfast and lunch. And supper when they come home in the evening that means their foundation meals are taken at school and this is something serious. We all learn about healthy meals if my child eats healthy whenever she is home and when she goes to school and something unhealthy is given to her what then is she learning?. There has to be some consistency if I give her a balanced and nutritious diet at home I expect she gets the same thing things at school. I don't think we all want to be in situation where your child tells you "how come I had this at school and I can't have it at home?"

Daycares are the foundations of our children's education, if we all intend to teach them anything It is from this early years. So as they grow up they will not make wrong food choices. My daughter has never had a soda in her entire life, and I try so hard that she doesn't. I blend fruits and give her I don't expect the daycare to do that but healthy juice will be fine. She will be starting daycare in a couple of months when she turns two and half, with this bill passed it will give me one less thing to worry about. It is very important that the act concerning nutrition standards childcare settings become a law, that way children will have nutrition in their meal package. These will not only raise a healthy child but will also save money for the state and the

family if they don't fall sick. It will make a happy and healthy child and also save time spend in hospitals, pain free children from sickness.

Thank you all again for this opportunity to express my mind on something that will benefit our children. A couple of days go I watch the news on TV that said obesity has reduced from 14% to 8% due the Michelle Obama awareness program. We can drop to 0% if only we lay a good nutritious foundation for our children. It is something we all will benefit from and save us a lot in more ways than one. I support this Bill and so do thousands of parents, doctors, lovers of healthy living.

Thank you so much for your time I really appreciate it

Emily Lifanda, Social Work student and a single mom.