

SB0579\_RichardKaplowitz\_FAV  
2/14//2024

Richard Keith Kaplowitz  
Frederick, MD 21703

**TESTIMONY ON SB#0579 - FAVORABLE**

**Primary and Secondary Education - Breakfast and Lunch Programs - Universal Expansion**

**TO:** Chair Guzzone, Vice Chair Rosapepe, and members of the Budget and Taxation Committee

**FROM:** Richard Keith Kaplowitz

**My name is Richard K. Kaplowitz. I am a resident of District 3. I am submitting this testimony in support of SB#0579, Primary and Secondary Education - Breakfast and Lunch Programs - Universal Expansion**

Maryland has been and continues to make investments in education to make our state the number one in education. This bill is a recognition that ensuring kids have breakfast can be crucial to their ability to learn, and the state and counties should assist every child to have that breakfast regardless of their ability to pay.

According to HealthyChildren.org <sup>i</sup>

Studies show that eating breakfast positively affects school performance. They have better concentration and more energy."

Research findings include:

- Kids who eat breakfast the morning before a standardized test have significantly higher scores in math, spelling and reading than those who don't.
- Breakfast eaters have better brain function, memory and attention.
- Eating breakfast improves kids' performance on vocabulary tests, math problems and challenging mental tasks. It also helps them deal better with frustration.

These positive outcomes can be made possible for all our children if we have the courage to make it happen. This bill recognizes those challenges for our children and ways to fix it.

**I respectfully urge this committee to return a favorable report on SB#0579.**

---

<sup>i</sup> <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Breakfast-for-Learning.aspx>