



Maryland HB 450

Public High Schools – Career Exploration and Development Activities - Coffee

Position: **Unfavorable**

The Maryland School Nutrition Association (MdSNA) represents the thousands of school food service employees across the State of Maryland who served over 30 million meals to students last year. As President of the Association, this testimony is presented to provide them a voice.

House Bill 450 requests exception to the rule set forth by the Maryland State Department of Education (MSDE) to restrict coffee across all age/grade levels in Maryland schools. The American Academy of Pediatrics discourages the consumption of coffee and other stimulants by children and adolescents as it is a period of critical physical and cognitive development. Coffee is known to raise heart rate and blood pressure, contribute to anxiety, and may cause gastric distress in some people. These side effects may impact students behaviorally and academically. Coffee and similar caffeine containing beverages contribute very few important nutrients to the diet and may displace nutrient dense choices. The Maryland School Nutrition Association agrees and supports the Career Exploration for Students, however, recommend items that meet the county Wellness Policy such as school supplies or curriculum-based products.

Therefore, the Maryland School Nutrition Association requests an **unfavorable** report on HB 450.

Thank you for your time and attention to reviewing this testimony.

Kristen Sudzina, SNS

President, Maryland School Nutrition Association