

**Tamara Robinson
Kid Power, Inc. participant
Kimball Elementary Student**

Good morning, my name is Tamara Robinson and I am 8 years old. I am happy to be here today at this DC City Council meeting. This bill is very important because it affects my classmates and me. I attend Kimball Elementary and I am in the 3rd grade. I participate in the Kid Power afterschool program.

We learned in our Veggie Time book from Kid Power that sometimes vegetables are not cooked well. We also learned that foods that look like vegetables might not be healthy vegetables. Sometimes they have no vitamins in them because of how they are cooked. Also sometimes people put too much salt in their food. It is very important to know how to make vegetables the right way.

The Healthy School Act is important because we need healthy food so we can be alert and think while in class. When I eat bad food, I cannot think. Also, sometimes our food is so bad that I do not eat at all. Then I am hungry and cannot stay focused.

I think it is good to have both learning and exercise together because it is good for your bones. I also think being active is very important. It keeps us healthy. So I wish we could have more time to play outside on the playground during school.

Please support the Healthy School Act. Thank you for listening to me and thank you for your time.

**Deazon Gardener
Kid Power, Inc. participant
Kimball Elementary Student**

Good morning, my name is Deazon Gardner and I am 9 years old. I attend Kimball Elementary and I am in the 3rd grade. I participate in the Kid Power afterschool program. I am happy to be here today at the DC City Council meeting.

In Kid Power I have learned that some foods in the cafeteria are not good for me like the ones with too much salt. We also learned in our Veggie Time books where food really comes from and now I really like growing foods in our classrooms and outside our school! It is fun to grow our own food and I love working in our Kid Power gardens! We learned in Veggie Time that our lunches come from places very far away. This does not make sense to me.

The Healthy School Act is important to me because we will be able to get more healthy local foods in our school. We will also get to know more about how food comes from farms and makes it to my school. I like learning about where food comes from.

I really like the other idea that we will get more time to play because I think that is really important too.

Please support the Healthy School Act. Thank you for listening to me and thank you for your time.