

MINUTES  
**HOUSE HEALTH & WELFARE COMMITTEE**

**DATE:** Thursday, January 18, 2024  
**TIME:** 9:00 A.M.  
**PLACE:** Room EW20  
**MEMBERS:** Chairman Vander Woude, Vice Chairman Erickson, Representatives Blanksma, Kingsley, Mitchell, Dixon(24), Gallagher, Healey, Redman, Wheeler, Chew (Wilson), Rubel, Roberts  
**ABSENT/  
EXCUSED:** Representative(s) Blanksma  
**GUESTS:** The sign-in sheet will be retained in the committee secretary's office; following the end of session the sign-in sheet will be filed with the minutes in the Legislative Library.

**Chairman Vander Woude** called the meeting to order at 9:01 a.m.

**Chairman Vander Woude** turned the gavel over to **Vice Chairman Erickson**.

**Tim Olson**, Pinnacle Group, representing the Academy of Nutrition and Dietetics, appeared before the committee and introduced **Erin Green**, President, Idaho Academy of Nutrition and Dietetics.

**Ms. Green** gave an historical overview of the American Dietetic Association, established in 1917, and the Idaho Academy of Nutrition and Dietetics, which began in 1948. This legacy of founding nutritionists plays a vital role today in enhancing the health of Idahoans via 800 nutritionists and dieticians.

The academy dieticians, now at the forefront of Idahoan healthcare, are excited to be aligning with the Allied Health Board under the Board of Medicine. She urged the legislature to assure no Idahoan goes hungry and continue medical nutrition availability.

In response to committee questions, **Ms. Green** shared her concerns regarding the pandemic's repercussive challenges for school food budgets and meals. Although federal regulations attempt to optimize the students' nutrition, it is only nutrition if the food is eaten.

There is research supporting the economic and nutritional benefits of locally-sourced food. Nutritionists and dieticians encourage fresh food when possible. Sometimes sourcing additional food fills the community nutritional gaps.

Regarding any food source linked behavioral and mental health studies, **Ms. Green** said children who are fed will learn better, be more focused, and have a better mood. She described the first nutritional step to provide calories for energy. Many of her colleagues who are better versed in the complex link between food and health would be glad to share with the committee. Meeting nutritional gaps is a huge challenge. The schools, at all levels, lack student nutritional and dietetic education.

She assured the committee both the Academy of Nutritionists and Dietetics and the American Dietetic Association are all-foods-fit organizations. They successfully work with a wide variety of dietary and sustainable eating patterns.

There is no specific nutritional definition for the term "plant based." **Ms. Green** emphasized canned, frozen, or dried fruits and vegetables offer a variety of important nutrition while providing accessibility and eliminating food waste.

**ADJOURN:** There being no further business to come before the committee, the meeting adjourned at 9:27 a.m.

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Representative Erickson  
Chair

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Irene Moore  
Secretary