Testimony – 21-0053

Mahendra Shahi – Student at ACCE School

Good Evening council members. My name is Mahendra Shahi. I am a senior student at ACCE - the Academy for College and Career Exploration. While I serve as SGA president, I am here speaking as an athlete. I am here to talk about athletes not getting a sufficient lunch at our school and the impact this has on them.

School lunch doesn’t provide enough nutritional food for athletes. An athlete's needs to train after school for at least 2 hours. When athletes go to games they are representing the school. There needs to be healthy food provided for school athletes and different varieties of food and fruits. The current school lunch does not benefit students. When the school lunch is not good the athletes will get lunch from outside of school which can lead to them to eating junk food and can have an impact on their performance during games and practice.Many of my peers who play sports have complained about school lunch.

My friend Ronmer  who plays basketball states how athletes deserve a good lunch to have the energy for practice.I agree with my friend because during practice students run a lot so they need enough calories to keep them going.

One of my friends Echo at Acce  who plays volleyball states “school lunch is currently not enough because we should have different proteins, vegetables and dairy. The lunches lack varieties of food and there needs to be just more food to fill them up.”

My peer, Nate, who plays lacrosse wants more food options, not the same thing.Many of my peers who play sports have complained that school always provides the same lunch everyday and there are less options.

A major theme in complaints is students aren’t getting enough calories. While I understand that cafeteria staff and others are trying to provide quality food, I do believe more can be done. For example, yesterday I was served 4 fish sticks, one apple, and One carton of milk at 11:00 and then I had a practice at 3:00. I think we can all agree that this is not enough food for student athletes who are competing.  Some players depend on school lunch. If a player has no energy he/she is not going to go to practice or not perform the best they can.

As we all know, health is wealth. If City athletes get quality food they can perform better. This is important for so many students in Baltimore.  **Thank you for hearing us and considering bringing changes to Baltimore City schools.**