

For Public Comment

As a parent of a hypoglycemic child who's daily nutritional needs are best served/require access to nut based nutrition I am highly upset these meetings took place without making the schedules agendas more publicized. I've been checking on the CGA website and nothing was posted on the state website till now.

My daughter's dietary needs are best served by some nut based nutrition; she is dairy sensitive, so we must say "no" to just adding more dairy; and "no" to just adding more fruit which can spike sugars only to plummet again; as she grows, her hypoglycemic tendency has worsened. She needs a protein source that she can and will eat. She has a doctors note to always have access to extra food & snacks throughout her day not just designated lunch time. She has been held in the hospital twice in her 10 yr life for unstable blood sugars, and once slipped into an unconscious coma like state while in the hospital.

FYI, Hypoglycemic attack, can look to untrained teachers' eyes as just an unfocused tired distracted kid, and lack of understanding can result in hypoglycemic coma- which can be just as dangerous and deadly as a nut allergy reaction. My daughter needs to be able to have the food I pack for her in her packed at home lunch that will keep her blood sugars up & steady and even so she can be ready to focus and learn.

I highly object to any effort meant to be taking CT schools completely "nut free", as that will force the school administrators, teachers, (adults in the building) to bully my child if the lunches I pack aren't labeled to meet whatever strict guidelines you are set to meter out. Adults (school employees) bullying a child and throwing out their food can never be allowed or condoned. I can't stress it enough that we cannot have adults policing my daughter's (or any other child's) lunches and cannot be throwing out her or any other child's food!!! As your minutes of previous meetings are ambiguous I don't know what the proposed plans or changes are. This is beyond upsetting that there wasn't isn't a way to have been kept up to date on these back channel meetings.

I would never want to put a nut allergic child at risk, but there are cases were where children (like my child) could or would be harmed by a totalitarian ban on nut based nutrition in schools. And while yes there might be a social stigma of allergy bullying, the State can't just try to remedy that by causing adult school employees to be bullying and persecuting non allergic children over what's in their lunches.

Anecdotally, my daughter will, and often has (as kids do) put herself at risk by simply not eating at all/or refusing to eat what she deems gross. I need be able to access giving her foods that she will consume regardless of what a package label says or what facility it was made in- regardless of whether or not every single food item is properly labelled "nut free." I say again you need to figure the consequences of a ban, a total ban in all school cafeterias of nut based nutrition food items would ultimately force adult school employees in the public schools to harass and bully and endanger my child and others like her. Completely wrong and unfair! The bullying would simply shift- Harassment BY THE ADULTS is wrong. How would she and others like her feel protected and advocated for if adults are ordered by the State to throw out her food. Again my child has dairy sensitivities which means no to just offering her a cheese sandwich from the cafeteria or yogurt or drinking more milk, coldcut sandwich =gross to her so she won't eat that, and what is the cure for hypoglycemia?? She needs to eat - often. A balance between a protein she can and will agree to eat, balanced with a good carb. Please don't say just buy lunch, because what is offered is tasteless & gross and she won't just eat it. So I need to be able to pack at home what she'll eat from home without anymore State hindrances.

Side note-she has a healthy PB sandwich today for lunch, and PB dip with pretzels for snack, along with other healthy balanced foods. Nut butters are a good protein source slowly digested with healthy carbs.

The systems currently in place for protecting allergic children work, while also providing a place my child can also eat what's best for her.

Please say NO to making all Connecticut schools nut free.

Most Sincerely,
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