

October 15, 2017

The Honorable John Garamendi  
412 G Street  
Davis, CA 95616

RE: Support for H.R. 3841: SNAP Vitamin and Mineral Improvement Act of 2017.  
Introduced by Mike Rogers of Alabama.

Dear Representative Garamendi:

I hope all is well. My name is Brenda Solares and I am a Clinical Nutrition student at the University of California, Davis. I am writing to urge you to please support the "SNAP Vitamin and Mineral Improvement Act of 2017."

As you may know, vitamins and minerals must be taken in adequate amounts to keep us functioning properly. They help us build, defend, and maintain our bodies. Shortfall nutrients are those that are underconsumed relative to the Estimated Average Requirement in a population. Data shows that vitamin A, vitamin C, vitamin D, vitamin E, folate, calcium, and magnesium are all shortfall nutrients across the U.S. population. Because proper nutrition education is lacking in many communities across the country, I believe that multivitamin-mineral supplements are a good way to fill this nutrient gap. Unfortunately, low-income individuals and families who are eligible for nutrition assistance through SNAP are currently unable to use their benefits to purchase these multivitamins-minerals.

This bill will only make a minor change to the Food and Nutrition Act of 2008, making certain multivitamin-mineral dietary supplements eligible for purchase using SNAP benefits. It will allow low-income individuals to obtain their basic human right to be healthy and well-nourished by helping them reach the recommended intake of vitamins and minerals more easily.

As a nutrition student, I would love an increase in nutrition education and for it to be made more available for everyone. But, again, as a nutrition student, I know how complex the information can be, and I myself struggle with making sure I am consuming foods that are rich in certain vitamins and minerals. I have personally been able to feel a positive difference, both mentally and physically, when supplementing with a multivitamin. Knowing how complex the information can be, I can see why it has been difficult to increase awareness. Luckily, there are people who are working hard and dedicating their lives to improving this area of health. But until it has improved, I think it is important to assure that all the people of our country are kept strong and healthy.

For these reasons, I ask you to please vote "yes" on H.R. 3841. I would love to hear your thoughts on the topic. Thank you for your time.

Sincerely,



Brenda Solares  
2689 Sycamore Ln. Apt C6  
Davis, CA 95616

Brenda Solares  
10/18/17  
NUT 116AL

### Public Policy Letter Overview

The bill that I chose to write about was H.R. 3841: SNAP Vitamin and Mineral Improvement Act of 2017. This is a federal bill that is in the House of Representatives. It is currently in the first stage of the legislative process. I wrote to John Garamendi about this issue because he is the U.S. Representative for the district in which I am registered to vote. After looking into what he has been involved with, I found very really directly related to health. I'm hoping that my letter will convince him of its importance.

Sources of information:

<https://www.govtrack.us/congress/bills/115/hr3841>

<https://health.gov/dietaryguidelines/2015-scientific-report/06-chapter-1/d1-2.asp>

<https://garamendi.house.gov/contact-me>