

Dear Senator Ayer .... I thought I had sent this material the other day, but found it in my draft box. Sorry for the late arrival.

After I testified on S.70 - Kids Meals, committee members had two questions:

- Are people on food stamps/SNAP prohibited from paying the sales tax on sugary beverages?
- Do low income families eat more fast foods?

Here from VT Tax information (attached) and from the American Heart Association 's research from numerous studies:

Thank You  
Karen

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**States and localities cannot apply a tax at point of sale to any SNAP purchases (including sugary drinks).**

Higher income families do eat out more, but lower income consume more calories and sugary drinks when out. There are also more fast food restaurants in lower income neighborhoods.

Lower-Income Families Consume More Calories When Eating Out

On average, children from higher-income families eat out more frequently, but children from lower-income families consume more calories when eating out than children from higher-income families.

- A study analyzing 24-hour dietary recalls from nationally representative data from 2003-2004 through 2007-2008 found that children from high-income families are 59% more likely to consume fast food and nearly twice as likely to consume food from full-service restaurants, when compared to children from low-income families.[i]

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- In a 2012 study, children from low-income (160 calories) and middle-income (175 calories) families consumed more calories than high-income (70 calories) children at fast-food restaurants. Consumption of sugary drinks, such as soda, was also higher among children in low-income families. Adolescents from low-income (380 calories) families consumed more calories at fast-food restaurants than adolescents from middle-income (290 calories) and high-income (290 calories) families. Fast-food consumption also was associated with higher intakes of sugar, fat, and sodium among adolescents from low-income families.[ii]

### Low-Income Neighborhoods Have More Fast-Food

Generally, low-income neighborhoods have a larger number of fast-food restaurants than middle- to higher-income areas and fast-food restaurants tend to be more prevalent in areas with a higher proportion of black and Latino residents.[iii]

- A nationally representative study using Census Bureau and restaurant outlet data from 2000 found that in comparison to high-income ZIP code areas, lower-income ZIP code areas have 20% more full-service restaurants and 30% more fast-food restaurants. Among urban neighborhoods, ZIP codes in predominantly black neighborhoods had a higher proportion of fast-food restaurants among all available restaurants than ZIP codes in predominantly white neighborhoods.[iv]
- A 2005 study found that schools in the lowest-income neighborhoods had three times the number of fast-food restaurants and two times the number of convenience stores within walking distance than highest-income neighborhoods.[v]

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[i] Powell LM, Nguyen BT, Han E. "Energy Intake from Restaurants: Demographics and Socioeconomics, 2003-2008," *American Journal of Preventative Medicine* 2012, vol. 43, pp. 498-504.

[ii] Powell LM, Nguyen BT. "Fast-Food and Full-Service Restaurant Consumption Among Children and Adolescents." *Archives of Pediatric and Adolescent Medicine*, published online Nov 5, 2012, E1-E7.

[iii] Fleischhacker SE, Evenson KR, Rodriguez DA, Ammerman AS. "A Systematic Review of Fast Food Access Studies." *Obesity Reviews* 2011; pp. e460-e471.

[iv] Powell L, Chaloupka F, Bao Y. "The Availability of Fast-Food and Full-Service Restaurants in the United States. Associations with Neighborhood Characteristics." *American Journal of Preventative Medicine* 2007; vol 33 pp S240-S245.

[v] Zenk S, Powell L. "U.S. Secondary Schools and Food Outlets." *Health Place* 2008; vol 14 pp 336-346.

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