

Date: 02/06/2008

Committee: Senate Health; Senate Education

Department: Education

Person Testifying: Patricia Hamamoto, Superintendent of Education

Title of Bill: SB 2136 RELATING TO SCHOOL MEALS.

Purpose of Bill: Requires the Department of Health, in collaboration with the Department of Agriculture, Department of Education, and Hawaii School Food Service, to develop nutritionally-sound public school menu plans that give students the option of a vegetarian school lunch meal.

Department's Position: While the Department of Education (DOE) does not object to the letter of this bill which is to have the Department of Health develop vegetarian menus for use by the DOE, we do not support the logical next step, which is to require the DOE to provide vegetarian meals.

The DOE School Food Authority participates in the National School Breakfast and Lunch Program. Nutrition standards for meals served by the cafeterias are set by United States Department of Agriculture (USDA) and are nutritionally sound.

The Office of Hawaii Child Nutrition Program (OHCNP) is the State Agency responsible for monitoring the National School Lunch Program. This office has direct oversight on meal pattern compliance of the DOE School Food Authority.

Hawaii DOE School Food Authority serves over 100,000 students per day. We procure our food from vendors through statewide contracts. Due to the volume of our purchases, we are able to secure pricing that meets our budgeted food costs.

Food served must meet meal pattern requirements for protein, grains, fruits, vegetables, and milk specific to age/grade and portion size. Menus meet the Recommended Daily Allowance (RDA) for key nutrients. We must emphasize, the meals we serve are nutritious.

This Bill refers to a “significant minority of Hawaii school children identify themselves as vegetarian or vegan”. The DOE does not have these statistics. There is a range of what is considered a vegetarian or vegan diet:

~Vegan: excludes all foods of animal origin

~Lacto-Vegetarian: consumes dairy products in addition to plant foods

~Lacto-Ova-Vegetarian: consumes eggs in addition to dairy products and plant foods

We currently serve breakfast, wiki lunch, regular lunch, and are required by law to prepare modified meals for special needs students. The addition of three more types of meals is not fiscally possible with our current budget. The DOE does not have research, development, funding, or staffing resources to procure and prepare vegetarian meals to satisfy all three groups.

Although we would like the flexibility of providing our students with many food options, we are limited to using our resources to comply with USDA standards. We are dedicated to implementing the DOE Wellness Guidelines over the next four years. The main objective in the area of nutrition is to provide healthy food choices campus wide, including fund-raisers, consumption of fruits and vegetables through nutrition education, and physical activity throughout the day.

Thank you for allowing us to testify.

HMSA



An Independent Licensee of the Blue Cross and Blue Shield Association

February 6, 2008

The Honorable Norman Sakamoto, Chair
The Honorable David Ige, Chair

Senate Committees on Education and Health

Re: SB 2136 – Relating to School Meals

Dear Chair Sakamoto, Chair Ige and Members of the Committees:

The Hawaii Medical Service Association (HMSA) appreciates the opportunity to testify in support of SB 2136 which would require the Department of Health, in collaboration with the Department of Agriculture, Department of Education, and Hawaii School Food Service, to develop nutritionally-sound public school menu plans that give students the option of a vegetarian school lunch meal.

HMSA is committed to improving the health and well-being of all HMSA members and the community, vegetarians and meat eaters alike, through a variety of health education, promotion and prevention programs and other community services. To meet this goal, HMSA launched a new campaign in January of 2008 to promote healthy eating. The **eat healthy** campaign is designed to encourage people to make smarter eating choices.

We believe that healthy choices should always be offered at meals and that children should be presented early in life with nutritious options. Providing vegetarian choices during school lunch time would expose children who are not vegetarian to new foods, while ensuring that children who are vegetarian are able to eat a nutritious meal at any sitting. Additionally, we would add that The American Dietetic Association has proclaimed that “appropriately planned vegetarian diets are healthful, are nutritionally adequate and provide health benefits in the prevention and treatment of certain diseases.”

Thank you for the opportunity to provide testimony in support of SB 2136.

Sincerely,

A handwritten signature in black ink, appearing to read "Jennifer Diesman".

Jennifer Diesman
Director, Government Relations

SB 2136, Relating to School Meals
HTH: Chair, Sen Chun-Oakland
EDU; Chair, Sen Sakamoto

PLEASE PASS THIS BILL.

As you know, virtually every medical association or medical authority concerned with the health of our keiki -and who isn't?- recommends a diet with high concentrations of fruits, nuts and vegetables. Unfortunately, the lunches prepared in our schools usually give kids very little option to have these healthy diets.

This bill will allow schools to give our keiki the chance to have healthier lifestyles. It also is important to respect the vegetarian lifestyle that an increasing number of children are adopting, even against the great odds of finding support in the schools.

It's high time we not only honored this form of diversity, but gave ALL our keiki more choice in the foods available in our school.

Thank you.

Aloha, joel

Dr. Joel Fischer, ACSW
President, 19-3, Democratic Party

Professor
University of Hawai'i, School of Social Work Henke Hall Honolulu, HI 96822

"It is reasonable that everyone who asks justice should DO justice."
Thomas Jefferson

"There comes a time when one must take a position that is neither safe, nor politic, nor popular, but one must take it because one's conscience tells one that it is right."
Dr. Martin Luther King, Jr.

"Never, never, never quit."
Winston Churchill

SB2136

Please deliver testimony to Conference Room 225 for meeting of HTH/EDU committees at 1:15 pm on February 6, 2008. Mahalo!

SB 2136, Relating to School Meals
position: support
Senator Chun-Oakland and Senator Sakamoto:

Animal Rights Hawai'i supports this bill which will provide our keiki with healthy food options. This is so very important in a time when childhood obesity has become rampant. Schools can teach about health in choices for lunches. This is so important. Please pass this bill.

Mahalo,

Cathy Goeggel
Director
Animal Rights Hawai'i
PO Box 10845
Honolulu, HI 96816
808.941.9476
AnimalRightsHawaii.com

Dear Legislators,

Here is the text of my opinion piece to the Star-Bulletin, which addresses the school lunch issue. I am in favor of SB2136.

Thank you.

Pamela Davis
Animal Advocate, Inc.
<http://www.animaladvocateinc.org/index.htm>

.....

According to your February 1, 2008 story (³Schools pull beef off table²), Hawaii school cafeterias were instructed to store any beef they might have from Hallmark Meat Packing Co., which supplies meat the USDA distributes to schools, needy families, and seniors. Interestingly, the move was not caused by fears of yet another mass recall of contaminated meat. This time, it's the result of an undercover video investigation by the Humane Society of the U.S., in which workers kicked and shocked ³downer² cows, forcing them into a federally-inspected slaughterhouse. ³Downers² are so sick and/or injured they cannot walk to slaughter, and are considered a higher risk of carrying diseases.

The video shows workers jabbing cows in their eyes and torturing them in various other ways. Agriculture Secretary Ed Schafer is quoted as being ³deeply concerned² about the case. How disingenuous! This statement is simply not credible, since the USDA has known about the institutionalized cruelty of the meat and dairy industries for years, and yet continues to subsidize them with our taxpayer money. Our own Hawaii legislature appropriates huge amounts of taxpayer money to ³prop up² the non-sustainable meat and dairy industries here as well. And, Hawaii slaughterhouses have a history of cruelty violations. This is not an isolated incident.

Horrendous cruelty is the hallmark of industrialized agriculture, and the USDA hopes consumers don't know.

The problem has other aspects, including serving this meat to schoolchildren. The current issue of Good Medicine, the magazine of The Physician's Committee for Responsible Medicine (PCRM), contains an article entitled ³The Hazards of School Lunch² which says that the meaty, cheesy fare served by many schools is contributing to the obesity epidemic of our children, leading to increased risk of heart disease, diabetes, hypertension, and some forms of cancer. The USDA established the National School Lunch Program in 1946, and it serves about 30 million lunches a day in about 100,000 schools. Participating schools receive cash subsidies and commodity foods for each meal served. Schools must meet federal nutrition requirements, so that meals contain no more

than 30% of calories from fat and no more than 10% of calories from saturated fat. But as PCRM reports, in reality many food service directors find themselves serving sausage pizza and cheeseburgers, and 80% of schools violate the USDA limits on fat in foods. PCRM identifies two sources of the problem. First, the USDA purchases hundreds of millions of lbs. of beef, pork, and other animal products as a means of removing surpluses and boosting industry profits. The system makes it difficult for food service directors to choose healthier foods when hot dogs are essentially free. Second, between 1995 and 2004, nearly 3/4 of the entire U.S. expenditure for agricultural subsidies (\$62 billion) went to feed crops and direct aid supporting meat and dairy production, while less than 1% went to subsidizing fruit and vegetable production. Thus, meat and dairy products are less expensive to produce, giving them the ³edge² in the marketplace. Quite a racket, eh? In the meanwhile, PCRM offers resources to parents and schools at www.HealthySchoolLunches.org

Congressman Shays (R-Conn) said recently, ³If the general public knew, truly knew, how animals are treated on factory farms, they would be outraged. And their outrage under the proper leadership could be transformed into real reform.² Will Hawaii's legislators be willing and able to transform social values of kindness and compassion into effective legislation, or will they continue to support those businesses that exploit animals, including the meat and dairy industries? If not for the animals, will they do it for our children?

HESH GOLDSTEIN, MS Nutri
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IN SUPPORT OF SB 2136

Why Vegan?

By: Hesh Goldstein

Thanks to millions of dollars in advertising, we have been brainwashed to believe we need meat, fish, poultry, eggs, and milk as the staples of our diet. Due to this, these high fat, high cholesterol, artery clogging “foods” have been accepted as an essential part of the American diet. In addition to this profit-driven advertising, federal laws mandate that all schools provide children with milk and flesh at each meal or lose federal funding. This done despite the fact that 90% of blacks, 70 % of Orientals, and 15% of white kids suffer from lactose intolerance and cannot digest milk products.

Ignoring these stats because money is more important than health, we find that half of all dairy consumption, approximately 300 pounds a year, comes from cheese, which is nothing more than a super concentrated form of health destroying saturated fat and salt. Also, we are the only creatures that regularly consume the milk products of other species. Rat’s milk, anyone? From ingesting flesh, eggs and milk, there are no other components in the “modern” diet that causes more pain and suffering, including death and disability, than these products. In fact, there is strong evidence linking these products to:

- Type-1 diabetes
- Type-2 diabetes
- Heart Disease
- Constipation
- Ear infections
- Sinus congestion
- Skin problems like rashes, dermatitis, eczema, hives and acne
- Asthma
- Digestive problems
- Arthritis and joint pain
- Cancer
- Obesity

Besides the above problems, there are many others. Milk proteins besides being the leading cause of promoting the illnesses listed above, are prone to rampant bacterial contamination such as salmonella, listeria, Ecoli, staph and the cause of most dairy product re-calls. Dairy products, as with all flesh foods, hold various poisons, including pesticides and other environmental contaminants. Yes, while pasteurization might kill a lot of these contaminants, it also kills any traces of any beneficial, if any, nutrients. Let’s not forget that in order to increase milk production, dairy cows are injected with artificial growth hormones. With this comes the increase of insulin-like growth factors that have been shown to promote the growth of cancer cells as well as making a person so big that they can blot out the sun and when they walk down the street. it’s as if you can hear someone singing, “I feel the earth move under my feet...” . Then

there's the fact that most of the antibiotics produced are fed to animals to keep them healthy. The down side to that is that this overload to us of the antibiotics we ingest through the flesh and milk, tends to make us more resistant to the combating of various strains of bacteria when we get hit by them. But wait, there's more: dairy products lend themselves to inappropriate immunological reactions when absorbed through an inflamed intestinal tract. This is affectionately known as "gut leakage", which also is associated with many of the illnesses aforementioned.

So, these are some of the adverse effects on the body. But what about the environment? Does it matter that the process of raising cattle for milk and meat is a leading contributor to both water and air pollution and very hard on the environment? We seemingly are opposed to the slavery of people but what about the slavery of cows, chickens, pigs, and turkeys ? That is a question that only you can answer for yourself.

Everyone thinks that the consumption of fish is good and that fish is a "health food". I beg to differ. Fish is the muscle of a cold-blooded animal with fins and gills. The major components of fish are fat, with 60% of their calories coming from fat, and protein. There is no carbohydrate, no dietary fiber, or no vitamin C. Because many fish are high on the food chain, they are highly contaminated with environmental chemicals like PCB's and mercury. Fish fat is known to inhibit the actions of insulin and increase the tendency for high blood sugars and eventually diabetes. Eskimos are among the highest consumers of fish on the planet and also have the highest rates of osteoporosis of any people on the planet.

Yet, despite all these facts, we continue to force these disease and obesity causing, if you'll pardon the expression, "foods" upon innocent children in the schools. If it were truly about health it wouldn't happen. If it were about money... well, let history speak for itself.

Please, please pass this bill and give our keiki's a break.

Aloha!

Hesh Goldstein

"Urging the State Departments of Health, Agriculture, and Education, and the Hawaii School Food Service to Develop Nutritionally Sound Menu Plans That Will Provide Optional Vegetarian School Lunches" SB2136.

Please support SB2136

Please offer vegetarian options in the schools

Because vegetarian diets are linked with better health and reduced disease risk.

Vegetarian diets are better for the environment.

Not having vegetarian food choices misses an opportunity to introduce some healthy, tasty food to children.

K. McGlone
PO Box 235166
Honolulu, HI 96823

Re: SB2136

Please copy and send to joint meeting of HTH/EDU on Wednesday, February 6, 2008 TIME: 1:15 PM PLACE: Conference Room 225, State Capitol, 415 South Beretania Street.

I believe this piece of legislation would be a good first step toward ameliorating childhood obesity in Hawaii. Vegetarian and vegan entrees would provide more of the necessary fruits, vegetables, and whole grains that the future of our state needs to concentrate and fulfill their educational responsibilities to their finest. It would be nice if the vegetarian/vegan food products would reduce the prevalence of fast food, highly processed foods, and high sugar junk foods that give students highly fluctuating energy levels as well as child onset diabetes. I've been a vegan for over 9 years, and I've enjoyed a great diversity of fantastic vegan entrees, desserts, and some really amazing curries. I hope that this legislation passes, and the youth of Hawaii will be able to receive healthy and flavorful vegan and vegetarian lunches in their own schools.

There will probably be much heated discussion on this matter. I know that such environments can lead to decisions we will later come to regret. In my high school, William S. Hart High, there was at one time a fight at the same time some media were on campus covering a canned food drive. A student was hit in the head by an orange. The principal, Mr. Fuller, was so infuriated by this that he halted the sale of fruit on campus. Giving into his emotions, he made probably the dumbest and most ludicrous move of his career. Had the student been hit by a soda can there was no way the principal would halt the sale of sodas on campus. Soda proves to be a great money maker for schools with new machines being installed every semester. Healthy minded students such as myself were penalized and denied a healthy snack. It was nearly three months before the sale of fruit quietly resumed, a dark ages for our school.

Now Hawaii is my home, and I'm hoping the legislators here won't make the same silly mistake that my principal once did.

So please, look beyond the heated discussion and do what is right. Give the students a healthy option for lunch. Give them vegan and vegetarian entrees.

Thank you.

Sincerely,
Robert R. Puckett
Graduate Student in Computer Science.

"Please copy and send to joint meeting of HTH/EDU on Wednesday, February 6, 2008 TIME: 1:15 PM PLACE: Conference Room 225, State Capitol, 415 South Beretania Street".

1. Currently, other legislative proposals (e.g. HB2993 http://www.capitol.hawaii.gov/session2008/Bills/HB2993_.htm) are targeting the rising rate of childhood obesity in Hawaii. Numerous peer-reviewed studies show that vegetarians (particularly vegans) have lower BMI (Body Mass Index) than omnivores, and lower risk for most of the diseases resulting in later life from childhood obesity.
2. National surveys have shown that 2%-5% of the US population identify themselves as vegetarian. Translated to Hawaii, that means that 5000-13,000 <http://www.fedstats.gov/qf/states/15000.html> of our school children would benefit from passage of SB2136.
3. The American Academy of Pediatrics, American Cancer Society, American Dietetic Association, American Heart Association, and National Institutes of Health now recommend that there be greater emphasis in the American diet on fruits, vegetables, and whole grains.

Daryle S Nekoba
3452 Sierra Drive
Honolulu, HI 96816
808/732-8852
dnekoba@hawaii.rr.com

Re: SB2136

brown pride [desi666@hindunet.com]

This bill will get the State Departments of Health, Agriculture, and Education, and the Hawaii School Food Service to Develop Nutritionally Sound Menu Plans That Will Provide Optional Vegetarian School Lunches.

Given the epidemic of obesity in HI. please SUPPORT the passage of this bill for the health of our children!

Thank you,
Ravi G

Please copy and send to joint meeting of HTH/EDU on Wednesday, February 6, 2008 TIME: 1:15 PM PLACE: Conference Room 225, State Capitol, 415 South Beretania Street.

As we are all aware, childhood obesity is an epidemic in the United States. Numerous peer-reviewed studies show that vegetarians (particularly vegans) have lower BMI (Body Mass Index) than omnivores, and lower risk for most of the diseases resulting in later life from childhood obesity. The American Academy of Pediatrics, American Cancer Society, American Dietetic Association, American Heart Association, and National Institutes of Health now recommend that there be greater emphasis in the American diet on fruits, vegetables, and whole grains. Dr. Spock, who helped parents to raise generations of children, also recommended a vegetarian diet.

Passage of SB2136 and the simple addition to menus of a vegetarian option would help our kids to stave off the obesity epidemic and related health risks.

Sincerely,
Erica Stillwell
848-B McCully St.
Honolulu, HI 96826
(808) 366-2122

SB2136 In Favor

Please copy and send to joint meeting of HTH/EDU on Wednesday, February 6, 2008 TIME: 1:15 PM
PLACE: Conference Room 225, State Capitol, 415 South Beretania Street

1. Currently, other legislative proposals (e.g. HB2993 [http://www.capitol.hawaii.gov/session2008/Bills/HB2993 .htm](http://www.capitol.hawaii.gov/session2008/Bills/HB2993.htm)) are targeting the rising rate of childhood obesity in Hawaii. Numerous peer-reviewed studies show that vegetarians (particularly vegans) have lower BMI (Body Mass Index) than omnivores, and lower risk for most of the diseases resulting in later life from childhood obesity.
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3. The American Academy of Pediatrics, American Cancer Society, American Dietetic Association, American Heart Association, and National Institutes of Health now recommend that there be greater emphasis in the American diet on fruits, vegetables, and whole grains.

Grant Tolley [tolley@hawaii.edu]

SB2136 In Favor

At no time in history has childhood obesity and diabetes been so rampant, especially in Hawaii. Excessive sugar, refined foods and high fat proteins are repeatedly cited as the culprit. Isn't it time our nation's school lunch program (and Hawaii's in particular) took a stand to help make our children healthier? There are so many children here who depend upon the government subsidized school lunch program for their daily calories. Let's offer them healthy choices!!!

Repeated studies have shown that children learn better, are healthier and behave more peacefully when they have a varied diet full of fresh fruits and produce, low-fat proteins and whole grains. Surely a beautiful island such as ours with a year-round growing season can find a way to team up with local farmers to create a win-win situation in our school's kitchens. Successful models include The Edible Schoolyard Program www.edibleschoolyard.org started by Chef Alice Waters in Berkeley California which has been replicated in a majority of California's school districts and an offshoot Rethinking School Lunch at <http://www.ecoliteracy.org/programs/rs1.html> which uses a systems approach to address the crisis in childhood obesity, provide nutrition education, and teach ecological knowledge. Also see the Kokua Foundation's Aina in the Schools program created by Kim Johnson wife of Hawaii-born recording artist, Jack Johnson whose mission is to "Actively Integrate Nutrition and Agriculture in Schools" through the promotion of healthy school lunches featuring locally grown produce, nutrition education in the classroom, garden-based learning, agricultural field trips, solid waste management, and community outreach.. Contact the Physicians Committee for Responsible Medicine at www.pocrm.org for more school success stories, statistical information on childhood health, supplemental materials and sample vegetarian/vegan school lunch menus.

Let Hawaii become a leader in supporting and nurturing good health in our Islands' children.

Thank you for your support.

Aloha,

Andrea, Ganshet and Soni Nandoskar
440 Lewers Street, Apt. 702
Honolulu, HI 96815

Tel. 923-2697

Email: birdofparadise@hawaii.rr.com

Please copy and send to joint meeting of HTH/EDU on Wednesday, February 6, 2008 TIME: 1:15 PM
PLACE: Conference Room 225, State Capitol, 415 South Beretania Street

Dear committee members of HTH/EDU:

I strongly support the intent of SB2136 " ..option of a vegetarian school lunch meal" .

1. Currently, other legislative proposals (e.g. HB2993 [http://www.capitol.hawaii.gov/session2008/Bills/HB2993 .htm](http://www.capitol.hawaii.gov/session2008/Bills/HB2993.htm)) are targeting the rising rate of childhood obesity in Hawaii. Numerous peer-reviewed studies show that vegetarians (particularly vegans) have lower BMI (Body Mass Index) than omnivores, and lower risk for most of the diseases resulting in later life from childhood obesity.

2. National surveys have shown that 2%-5% of the US population identify themselves as vegetarian. Translated to Hawaii, that means that 5000-13,000 <http://www.fedstats.gov/qf/states/15000.html> of our school children would benefit from passage of SB2136.

3. The American Academy of Pediatrics, American Cancer Society, American Dietetic Association, American Heart Association, and National Institutes of Health now recommend that there be greater emphasis in the American diet on fruits, vegetables, and whole grains.

4. Educating children on the importance of moving away from animal source food will not only produce healthier future generations but spare our fragile environment from the devastations of animal agriculture.

Sincerely,

William Harris, M.D.
1765 Ala Moana Blvd. #1880
Honolulu, HI 96815

941-8151

HARRISMDW001@hawaii.rr.com

Aloha.

I am very interested in seeing this bill pass and become law. As a student and Hawaii resident I can well appreciate the Vegetarians and Vegans students' experience.

SB2136:

[http://www.capitol.hawaii.gov/session2008/Bills/SB2136 .pdf](http://www.capitol.hawaii.gov/session2008/Bills/SB2136.pdf)

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3. The American Academy of Pediatrics, American Cancer Society, American Dietetic Association, American Heart Association, and National Institutes of Health now recommend that there be greater emphasis in the American diet on fruits, vegetables, and whole grains.

Recently, I've attended various long-term planning presentations and a Hawaii 2050 sustainability conference. I am well aware that few people appreciate the deep and fundamental connections between food and sustainability.

I believe that food is the largest contributor to environmental and social destruction. "Nothing will benefit human health and increase chances of survival for life on earth as much as the evolution to a vegetarian diet." - Albert Einstein

Conventional foods:

Ingredients are first grown using more energy than they provide even if they are eaten directly on the farm (rare) due to modern agricultural practices. These ingredients are then shipped to a packing facility, to be packaged with metals, plastic or glass, and most of these processes involve preservatives, artificial colors and flavors, not to mention the toxic cleaning solvents and machine lubricants that make it into the food. All of these steps involve huge amounts of embodied energy.

http://en.wikipedia.org/wiki/Embodied_energy

Then the packaged ingredients are shipped across at least one ocean, trucked around the island, refrigerated / frozen for a while, then heated in preparation. Some food will be lost to adhesion on every surface it touches. Then the consumer

discards part of it that is stuck onto the plastic utensils, wad of napkins and styrofoam container that is thrown away to be later moved around several times by heavy equipment on the way to and at the landfill or sent to the other side of the island, another island, or to the mainland.

If we grew foods in Hawaii or at least supported local, diversified, organic agriculture then we could cut out a lot of the problems I listed above, the knowledge of our citizenry would be improved, and we'd likely have better diets and less reliance on environmentally destructive energy imports.

Biological magnification.

Eating 'lower on the food chain' reduces the amount of toxins that are absorbed from the environment. The amounts of carcinogens and other toxins in the environment is not likely to return to pre-industrial levels for centuries.

<http://en.wikipedia.org/wiki/Biomagnification>

Disease:

Perhaps we would all benefit if encouraged toward a proactive, preventive diet / lifestyle rather than continuing to address disease in a primarily reactive way. This would mean a return to a mostly raw, plant-based diet.

Raw and Vegan foods significantly reduce energy requirements (and the resulting pollution) for refrigeration that is required ONLY AFTER any fruit, seed, bean, nut, or other plant based ingredient is cut, shelled or opened. Dead / dying animal flesh always requires immediate refrigeration or energy intensive freezing. Raw foods don't require heating, and the whole infrastructure that supports the process, equipment and energy requirements.

Just this evening I attended a lecture by Oahu's Terry Shintani, MD, J.D, MPH on the human health myths related to carbohydrates, proteins and fats. This video will be available for free online within a few days. For more on this, and to see other free videos from Hawaii's health professionals go to:

Vegetarian Society of Hawaii

<http://vsh.org/videos.htm> or Olelo, Cable Channel 52, Thursdays 6-7 p.m.

Culinary culture and knowledge:

Raw foods and the flavor and possible texture combinations are a lost art that was well known by our distant ancestors. Hawaii can be at the forefront of the move back to rediscover nature. Our present culinary arts are ever more focused around a substrate of chicken, cow, pig and fish carcass. How many Hawaii residents know that tomatoes come in at least 4 different colors (1), what a Mangosteen is (2), Pineapple enzymes aid in protein assimilation (3), Monstera that grows all over Hawaii makes edible fruits (4) and that all of these plants grow and produce fruit in Hawaii?

1. <http://en.wikipedia.org/wiki/Tomato>
2. <http://en.wikipedia.org/wiki/Mangosteen>
3. <http://en.wikipedia.org/wiki/Bromelain>
4. http://en.wikipedia.org/wiki/Monstera_deliciosa

Hawaii is the meeting place of the east and west, and is very distant from other major landmasses (food sources). In the event of a political, environmental or other disaster, we would be very vulnerable - it makes sense to move towards independence for our most critical resources. Also, we are in a unique position to provide a fusion of the best of the foods from all over the world. Expanding the biodiversity of our food sources protects us from the hazards of losing an entire crop to a pathogen. Hawaii has a huge variety of exotic fruits already growing here in small quantities as I have seen in my time in the Puna rainforest region on the big island.

Recently I authored a document with a sociological perspective on the consumption of animals. The document is viewable here:

http://docs.google.com/Doc?id=ddfw7jvk_62crscm2

I thank you for your time and attention.

Eric Barker
1651 Ala Moana Blvd.
Ala Wai Boat Harbor, Slip # 773
Honolulu, HI
96815

<http://www.meat.org>

<http://www.chooseveg.com>

<http://www.storyofstuff.com>

<http://www.zeitgeistmovie.com>

<http://www.vsh.org> - Vegetarian Society of Hawaii

"SB2136 In Favor" /Optional Vegetarian Meals for Students
HTH/EDU on Wednesday, February 6, 2008 TIME: 1:15 PM

Aloha,

I strongly support that a Bill is passed requiring Optional Vegetarian Lunches be provided at Schools.

There are so much easy - already prepared choices: from vegetarian hot dogs, hamburgers, to vegetable soups, to pan fried potatoes, and on and on.

(Access to 'Hawaii farm to School' Organic Lettuce Salads would also be a big hit)

I highly recommend the book " The China Study" by Colin T. Campbell, to understand why we need to do this.

It is a fantastic, highly researched book. (google amazon... to read the Reviews)

1. Currently, other legislative proposals (e.g. HB2993 [http://www.capitol.hawaii.gov/session2008/Bills/HB2993 .htm](http://www.capitol.hawaii.gov/session2008/Bills/HB2993.htm)) are targeting the rising rate of childhood obesity in Hawaii. Numerous peer-reviewed studies show that vegetarians (particularly vegans) have lower BMI (Body Mass Index) than omnivores, and lower risk for most of the diseases resulting in later life from childhood obesity.

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3. The American Academy of Pediatrics, American Cancer Society, American Dietetic Association, American Heart Association, and National Institutes of Health all **now recommend that there be greater emphasis in the American diet on fruits, vegetables, and whole grains.**

Thank you for your help in this matter.

Karen Tilley 808-821-8008 forkarentilley@hotmail.com

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Mail to: Karen Tilley P.O. Box 510021 Kealia HI 96751-0021

Vegetarian School Lunches SB2136

Aloha,

I am a Speech and Language Pathologist who has been working in the Hawaii D.O.E. since 1981. My daughter attended public school, and I now work at Kalaheo High School in Kailua. I see daily how the lack of healthy food choices impacts the students. Often, they just skip eating any meal, because the choices are so poor. They were recently asked to give their feedback in their homerooms about what they would like to eat for lunch. All of them agreed they want more salads...in other words, fresh vegetables! As an employee, I never eat school lunches, because they have virtually no vegetarian choices and what they have contains far too much fat, sugar, and empty calories, such as bread without any fiber, and everything known to contribute to obesity, poor digestion, mood swings, and other health problems. I'm sure you are aware of the recommendations of agencies such as the American Heart, Cancer, and Diabetes foundations to eat a diet of primarily fresh fruits, vegetables, and whole grains to be healthy, alert, and have energy. Sadly, students today seem more like middle age persons than teens, because of their lack of energy and vitality!

With the recent news of beef being bought by the D.O.E. from companies that abuse cattle, and may even be selling meat that could be a health risk, I strongly support this bill to add vegetarian choices to every school meal. I would like to support my school and buy meals, however, my health is the most valuable asset I have, and I will not risk it by eating school lunches, as they now are! My husband is diabetic, and became that way from not being given appropriate food choices as a youngster. I'm proud to say my daughter is healthy, trim, and eats a healthy diet of primarily vegetables, fruits and whole grains. We need to teach our children how to take care of their physical bodies as well as their minds. Furthermore, eliminating some meat from the lunch menu will be less expensive in the long run for the state.

Finally, the students also brought up the point that many lunches are wasted, because the students may not have enough money in their school lunch account to buy their meal, once they reach the end of the line to pay. If they really wanted to eat what was provided, perhaps they would be sure to add money to their account. Even though this is another issue, I suspect much food is wasted that the students do not enjoy eating. They often say, no matter what the lunch choice is, all lunches seem to taste the same.

Please vote to make at least one choice daily on the school meal menu include whole grains, fresh vegetables, fruit, and don't forget about beans and legumes, the vegetarians protein. Kids already like burritos, just leave off the meat!!!

Sincerely,

Jan-Joy Sax
402-B Kawainui Street
Kailua, HI 96734
808 261-3194

SB2136 in Favor

HTH/EDU on Wednesday, February 6, 2008 TIME: 1:15 PM

1. Currently, other legislative proposals (e.g. HB2993 [http://www.capitol.hawaii.gov/session2008/Bills/HB2993 .htm](http://www.capitol.hawaii.gov/session2008/Bills/HB2993.htm)) are targeting the rising rate of childhood obesity in Hawaii. Numerous peer-reviewed studies show that vegetarians (particularly vegans) have lower BMI (Body Mass Index) than omnivores, and lower risk for most of the diseases resulting in later life from childhood obesity.
2. National surveys have shown that 2%-5% of the US population identify themselves as vegetarian. Translated to Hawaii, that means that 5000-13,000 <http://www.fedstats.gov/qf/states/15000.html> of our school children would benefit from passage of SB2136
3. The American Academy of Pediatrics, American Cancer Society, American Dietetic Association, American Heart Association, and National Institutes of Health now recommend that there be greater emphasis in the American diet on fruits, vegetables, and whole grains.
4. The health of our children is a very important matter. Nutritionally sound meals are vital.

Eugene Schreiber

SB2136 - strong support!

I strongly support SB2136 to include vegetarian and vegan menu items for school lunches, especially in light of the recent findings of high toxicity found in meat shipped from the Chino slaughterhouse. I'd go even further to exclude meat from school lunches altogether. Meat is unnecessary for survival and extremely harmful both to the human body and the environment at large. That is a well known fact and it is time we wean ourselves from meat and have our children eat healthier diets. Our state suffers from a high rate of obesity. We need to make our school lunches healthier.

I've been a vegetarian from birth and a vegan for the last 20 years and I am approaching 60 years of age, and am still healthy, never having needed medical care for health problems. So I am speaking from personal experience.

So I am asking you to please support SB2136 by all means. Anything less shows lack of support for children's health and being in toe with the dairy and meat industry. Let's do what is right for our kids.

Thank you,
Eva Uran,
Naalehu

SB2136 in favor

Yes! Let's give our keiki healthy options for the school menu.

Mahalo,
Virginia W. Walden

Testimony in strong support of SB2136, Relating to School Meals

Committee on Health and Committee on Education
Hearing: Wednesday, February 6
Location: Conference Room 225

Dear Senators Chun Oakland and Sakamoto and Committee Members,

Thank you for introducing and holding this hearing on SB2136. School lunches should not contribute to the growing epidemic of childhood obesity and type 2 diabetes in children. Unfortunately, federal agricultural policies have for many years subsidized foods that do that very thing. This bill will provide students with healthier choices. Several school districts around the country have instituted policies such as this, with tasty and attractive vegetarian entrees. Please pass this bill and give students a choice.

Aloha,

Roberta & William Bailey
2161 Puna St.
Honolulu 96817
447-9118

"SB2136 In Favor"

Dear Legislators:

I am strongly in favor of the passage of SB2136 to offer a vegetarian option in the school lunch program.

"Please copy and send to joint meeting of HTH/EDU on Wednesday, February 6, 2008 TIME: 1:15 PM PLACE: Conference Room 225, State Capitol, 415 South Beretania Street".

Bob Leitch
1415 Victoria St., #1106
Honolulu, HI

SB 2136: Relating to School Meals; Optional Vegetarian School Lunch
Position: IN FAVOR

Thank you for introducing this thoughtful bill, Senator Chun-Oakland.

Making it mandatory for Hawaii's public schools to have optional vegetarian meals is a big step forward in helping to improve the health & well-being of our children & future generation. Too many now have already experienced food-related diseases borne out of obesity & diabetes before even passing their teens. Though an increasingly sedentary lifestyle has something to contribute to that, it is really diet & nutrition that play a bigger role.

In this regard, studies have consistently shown that people who engaged in vegetarianism suffer far less heart disease, hypertension, obesity, diabetes, various cancers, and osteoporosis than others (Dwyer, 1988). That makes sense when you consider that the typical American diets often include huge daily dosings of hormone, chemical, and anti-biotic derived from the flesh of factory farm animals (who usually lived under torturous conditions and died pitiful deaths.) So despite being the richest country in the world, our diet is still full of synthetics and all about quantity rather quality.

Obviously that has to change and what better place to start than with our own educational system? Please pass SB 2136! Let's make health Hawaii's first concern and turn our schools into a cruelty-free zone!

Mahalo nui,

Anjie Pham
Honolulu, HI

SB2136 In Favor

Aloha,

would like to give my support for bill ISB2136 I have been serving vegetarian options at my school for the last 12 years. It is something that I feel I have a responsibility to do. We know that a diet that includes more vegetables is healthier. Since so much government money is used to subsidize the school lunch program, we have a responsibility to be proactive in our approach regarding the types of lunches served. Students at least need to have the option of a plant based meal. Not just for the vegetarians, but for the whole school.

I occasionally eat meat, but consume plant based meals most of the time. A common misconception is that you are a vegetarian or a strict carnivore. We're not expecting everyone to become vegetarians. However, the school lunch program needs to provide a plant based meal so that children have the option to make a healthier choice.

There are many tasty things that can be served to accomplish this. I have a website called thebeanpages.com It contains many recipes that meet USDA guidelines for the school lunch program that are tasty and meatless. Thank you for your consideration in this most important of issues, the health and well-being of our children.

Sincerely, John Cadman
Haiku School Cafeteria
808 575-3008

SB2136 In Favor

Please copy and send to joint meeting of HTH/EDU on Wednesday, February 6, 2008 TIME:
1:15 PM PLACE: Conference Room 225, State Capitol, 415 South Beretania Street

TESTIMONY

My name is Mike Elhoff - I am a 21 year resident of Honolulu and I eat vegetables, some dairy and fish. I do not want to impose my diet on others and I don't think the DOE should impose a meat diet on our schoolchildren. Hawaiians did not populate these islands on a meat diet - they primarily grew vegetables and ate from the sea. They were strong, lean and survived for centuries without a western diet. We know that a diet rich in fruits and vegetables helps reduce our risk of cancer and heart disease. Why are we teaching our kids otherwise? By offering them a vegetable main dish as an option, we are giving them choices - and isn't that what we want as adults?

Please consider passing SB2136 out of respect for our diversity as a people, to help fight diabetes and obesity, and to respect our island heritage.

Thank you for your public service.

Aloha,

Mike Elhoff
Palolo Valley
Honolulu, HI 96816



LATE

STATE OF HAWAII
DEPARTMENT OF HEALTH
P.O. Box 3378
HONOLULU, HAWAII 96801-3378

In reply, please refer to:
File:

SENATE COMMITTEE ON HEALTH

SB2136, RELATING TO SCHOOL MEALS

**Testimony of Chiyome Leinaala Fukino, M.D.
Director of Health**

**February 6, 2008
1:15PM**

1 **Department's Position:** Oppose

2 **Fiscal Implications:** Unknown

3 **Purpose and Justification:** The Department of Health respectfully opposes this measure, although we
4 appreciate the over-all concept of this bill because it seeks to improve the nutritional opportunities for
5 children and youth in Hawaii's public schools. The Department has an existing partnership with the
6 Department of Education (DOE), School Food Service Branch and has participated in their menu
7 planning committee. It is this committee within the DOE which is responsible for the development of
8 public school lunch and breakfast menus as well as ensuring the meals and meal patterns meet the
9 stringent United States Department of Agriculture (USDA) requirements.

10 This measure would attempt to supersede the recognized entity for menu planning and may
11 invite divergence from USDA standards. Participation in the USDA school meals program is essential
12 to our State to keep meals affordable for all children. The public school breakfast and lunch prices in
13 Hawaii are amongst the lowest in the nation. Neither the Department nor DOE has data to support that a
14 significant number of students are vegetarian and vegan students in the public school system. The
15 Department respectfully offers that there is not sufficient evidence to require developing alternative

1 menu options. Vegetarian and vegan dietary preferences can be vastly different; some vegetarians forgo
2 meats such as beef and pork, yet accept fish and chicken. Others avoid all meats, but consume dairy
3 products. Vegans by comparison, eat no animal products and require a much stricter menu. Vegetarian
4 students may not want to eat vegan-type meals. Implementing such options throughout the entire public
5 school system would be costly, and could undermine the ability to participate in the USDA school meals
6 programs to the fullest extent possible and would have cost implications for the State.

7 The Department in conjunction with the DOE created the comprehensive Local Wellness Policy
8 and Guidelines (LWP) which sets healthy meal requirements and nutrition standards for foods sold or
9 provided on campus. This includes fundraisers, school concessions, and classroom rewards. From a
10 public health perspective, the Department proposes to continue the collaboration with the DOE on the
11 four year implementation of the LWP so menu plans meet rigorous USDA requirements with meals that
12 appeal to the overall student population and to promote healthy food options throughout the school
13 environment.

14 Thank you for the opportunity to provide testimony.

LATE

SB2136 In Favor

Please copy and send to joint meeting of HTH/EDU on Wednesday, February 6, 2008 TIME: 1:15 PM
PLACE: Conference Room 225, State Capitol, 415 South Beretania Street

Currently, other legislative proposals are targeting the rising rate of childhood obesity in Hawaii. Numerous peer-reviewed studies show that vegetarians (particularly vegans) have lower BMI (Body Mass Index) than omnivores and lower risk for most of the diseases resulting in later life from childhood obesity. National surveys have shown that two to five percent of the US population identify themselves as vegetarian. Translated to Hawaii, that means that 5000-13,000 of our school children would benefit from passage of SB2136. The American Academy of Pediatrics, American Cancer Society, American Dietetic Association, American Heart Association, The National Institutes of Health, and The Physician's Committee for Responsible Medicine all now recommend that there be greater emphasis in the American diet on fruits, vegetables, whole grains and legumes. My name is Stephanie McLaughlin and I am a public high school teacher at Moanalua High School. I am also the faculty adviser of our school's Vegetarian Club. This club was started three years ago at the urging of several of my students who chose not to eat in the school cafeteria because of the unhealthy food options being served. Today, we have 20 members in our club and it grows every year. I do not eat in our school cafeteria because the meals being served are laden with animal fats and sugars. I know many of my students who do not eat in the school cafeteria because the food has made them sick. When students return to class after lunch, many are lethargic because of the high fat foods eaten in the school cafe. Just this week, there was news reports that last year, over 360,000 pounds of beef was served in Hawaii school cafeterias that had come from a cattle farm in California where they were slaughtering sick, injured and diseased cows and putting that meat into the food consumption chain to be fed to school children across the nation including Hawaii! PLEASE PASS THIS BILL! Students and teachers need and want healthy vegetarian food choices offered daily in the form of salad bars, soy milk and vegetarian hot entrees...this has already happened in many schools in the mainland. The Physicians Committee For Responsible Medicine has already formulated a detailed lunch menu plan that schools can follow.

Thank you.

Sincerely,

Stephanie McLaughlin, Teacher Moanalua High School, 95-310 Haakualiki Place, Mililani, Hawaii, 96789,
phone (808)384-4764, email: Aloharunner@hotmail.com