

Date: 04/14/2008

Committee: House Education

Department: Education

Person Testifying: Patricia Hamamoto, Superintendent of Education

Title of Resolution: SCR 084,SD1,SSCR3171 REQUESTING THE DEPARTMENT OF EDUCATION AND THE HAWAII PUBLIC SCHOOL FOOD SERVICE TO DEVELOP NUTRITIONALLY-SOUND PUBLIC SCHOOL MENU PLANS THAT INCLUDE VEGETARIAN AND VEGAN MEALS

Purpose of Resolution: Urging the department of education and the hawaii public school food service to develop nutritionally-sound public school menu plans that include vegetarian and vegan meals.

Department's Position: The Department of Education (Department) supports this resolution. The Department of Education will move forward with implementation of its Wellness Policy which addresses nutritionally -sound menu choices that promote the benefits of eating fresh fruits and vegetables; and School Food Service Managers will have an option to provide an alternate protein item in accordance with the USDA meal pattern requirement for the National School Lunch Program.

Thank you for this opportunity to testify.

HMSA



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April 14, 2008

The Honorable Roy Takumi, Chair
The Honorable Lyla Berg, Vice Chair
House Committee on Education

Re: SCR 84 SD1 – Requesting the Department of Education and the Hawaii Public School Food Service to develop nutritionally-sound public school menu plans that include vegetarian and vegan meals.

Dear Chair Takumi, Vice Chair Berg and Members of the Committee:

The Hawaii Medical Service Association (HMSA) appreciates the opportunity to testify in support of SCR 84 SD1 which would require the Department of Education, in collaboration with the Hawaii Public 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 SCR 84 SD1.

Sincerely,

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

Jennifer Diesman
Assistant Vice President, Government Relations

berg1-Liz

From: Sandy Barr Rivera [sandybarrivera@gmail.com]
Sent: Sunday, April 13, 2008 9:53 AM
To: EDNtestimony
Subject: Testimony

DATE: 4-13-08

<!--[if !supportEmptyParas]--><!--[endif]-->

FROM: Sandy Barr Rivera

Chef Instructor
Culinary Arts Department
Hawaii Community College

ALSO
Board Member
Mala'ai- the Culinary Gardens of Waimea Middle School

NOTICE OF HEARING

O: The Committee on Education

RE: Subject: Hearing Notice - SCR84 (Re: Nutritionally-sound menus including veg meals in schools)

DATE: April 14, 2008
TIME: 2:00 PM
PLACE: Conference Room 329

State Capitol

415 South Beretania Street

<!--[if !supportEmptyParas]--><!--[endif]-->

Gentlepersons: Do the right thing. Our whole country is sickened by the low cost, processed food diet, subsidized by government agriculture subsidies, and produced by unskilled kitchens. Chicken nuggets and tater tots? Is that really food?

Get this junk food out of our schools. I teach at all levels, from my grandchildren to my college students, good nutritional choices. Offer these choices in our schools. Should our future repeat our current shortfalls? Rampant diabetes, obesity, heart disease? Can our children learn with a poor nutritional base? Will they make good choices for themselves and their families-to-come based on what they learn from our current cafeteria menus?

NO, NO, and NO.

Change is hard. It will cost more. Money well spent. But, our children will enjoy better health, learn to make good personal choices, and be more able to focus on studies.

And, as a corollary, fresh vegetables and meats should be purchased from our state farmers and ranchers. This will increase our food security, will keep our dollars at home, and will stabilize and grow our farming sector.

4/13/2008

The cooking talent is there too. I'm teaching students to cook. Every one of them could put out more wholesome meals than our current school lunch-du-jour. Some of our schools do better jobs than others: not many, but a few. Look to them for models.

Do the right thing.

Respectfully,

Sandy Barr Rivera

<!--[if !supportEmptyParas]--><!--[endif]-->

<!--[if !supportEmptyParas]--><!--[endif]-->

<!--[if !supportEmptyParas]--><!--[endif]-->

<!--[if !supportEmptyParas]--><!--[endif]-->

berg1-Liz

From: alyssa moreau [alyssamoreau@yahoo.com]
Sent: Monday, April 14, 2008 8:39 AM
To: EDNtestimony
Subject: SCR84 Support

For EDN HEARING April 14, 2008. 2:00 PM Conference Room 329

Hello:

I want to support this bill as I am a vegetarian cook as well as teacher at KCC's non-credit culinary arts program promoting healthy cooking and wellness in the community. I think this program, if passed, would be a wonderful way to expose youth and parents to the wide variety of options towards healthy eating and encourage the possibility of positive healthful lifestyle changes as well.

And exposing more of the community through the youth and again their parents to our local agricultural bounty would be a boost our farmers hard work. Supporting the farmers through increased needs by the DOE's lunch program would be a great way to increase our sustainability here in the Islands.

Please support this wonderful vision towards wellness!

Aloha, Alyssa Moreau

Address:
1042-B Ilima Dr.
Honolulu, HI 96817

Email: alyssamoreau@yahoo.com

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berg1-Liz

From: Bill Harris [harrismdw001@hawaii.rr.com]
Sent: Saturday, April 12, 2008 7:50 AM
To: EDNtestimony
Subject: Support SCR84

For EDN HEARING April 14, 2008. 2:00 PM Conference Room 329

Dear EDN Committee,

I concur with all the whereas'es and therefore's of SCR84 and urge its passage through both chambers this year. Of particular interest is: "BE IT FURTHER RESOLVED that the Department of Education is requested to post on its website a list of schools that have vegetarian and vegan menu options."

The DOE already has a website at <http://doe.k12.hi.us/> and the DOH at <http://hawaii.gov/health/>

In addition, the 2050 member Vegetarian Society of Hawaii has a website at www.vsh.org and would be happy to assist in this effort. Our Board of directors includes on M.Ed., an emeritus Ph.D. in chemistry, a retired MD, a certified realtor and a financial planning consultant. We maintain contact with science-oriented nutritionists and dieticians both here and on the mainland and the quality of our monthly speakers can be observed online at our website or on our weekly TV show on Thursdays CH52, 6 PM

I call your attention to the 2/18/08 USDA recall of 143 million pounds of beef from Chino-based Westland/Hallmark Meat Co., which resulted from an animal-abuse investigation. It was the largest beef recall in the United States, surpassing a 1999 ban on 35 million pounds of ready-to-eat meats. The recall affects beef products dating back to Feb. 1, 2006 that came from Hallmark which provides meat to the National School Lunch Program. <http://abcnews.go.com/GMA/story?id=4305151> In 2008, Hawaii, the 10th largest recipient in the country, received 360,000 pounds of beef from Westland. For the current school year, Hawaii's public schools received 275,800 pounds of ground beef, although it's not known how much of that, if any, came from Westland. <http://starbulletin.com/2008/02/18/news/story05.html>

The USDA coyly failed to mention specific concerns with this meat such as E.coli O157:H7 or any of the remaining catalogue of catastrophes associated with animal agriculture, however "downed cow" was mentioned which usually translates as BSE "Mad Cow Disease".

Whether or not that was the suspicion, an increasing awareness of the environmental, ethical, and health problems, including global warming, associated with animal agriculture, should lead the Hawaii legislature to endorse, however faintly, the vegetarian diet which solves all three of those problems.

I urge passage of SCR84

Sincerely,

William Harris, M.D.
 1765 Ala Moana Blvd. #1880
 Honolulu, HI 96815
HARRISMDW001@hawaii.rr.com
 Author of 'The Scientific Basis of Vegetarianism'
<http://www.vegsource.com/harris/>
 Vegetarian Society of Hawaii (VSH) TV Coordinator
 Vegetarian Society of Hawaii (VSH) Board Secretary

You can become a "virtual" member of the Vegetarian Society of Hawaii by pointing your web browser to

4/13/2008

<http://www.vsh.org/videos.htm>. There you will find 75 one-hour lectures by such veggie speakers as

Dan Piraro, Brenda Davis, RD, Joel Fuhrman, M.D., Michael Gregor, M.D., William Harris M.D., Ruth Heidrich, Ph.D., Michael Klaper, M.D., Howard Lyman, John McDougall, M.D. Milton Mills, M.D., Karl Seff, Ph.D., Terry Shintani, M.D., Peter Singer, PhD, John Westerdahl, Ph.D., and many more.

Sincerely,

Vegetarian Society of Hawaii
P.O. Box 23208
Honolulu, HI 96823-3208
www.vsh.org
info@vsh.org
Phone: 808-944-8344

To stay informed of VSH activities, e-mail to: VSH-News-Group-subscribe@yahoogroups.com

berg1-Liz

From: Vivienne Aronowitz [aronowitz@gmail.com]
Sent: Sunday, April 13, 2008 12:01 PM
To: EDNtestimony
Subject: Testimony

I want to support the provision of vegetarian and vegan meals in the school lunch program. Not only will this be a winning situation for those families that embrace this diet but will also help the program providing school lunches to expand their horizons and provide a wider variety of choices in their regular meals. Children do not inherently limit their diet to pizza, hamburger, hotdogs, chicken nuggets and a small number of other menu items. Dietary preferences are shaped by what foods we are exposed to. We have underestimated children's potential to be open to new foods and tastes because so often the adults preparing the foods are not open themselves or the way the food is presented to the children is not in a positive and encouraging environment. As a registered dietitian I have seen children grow their food preferences by tasting new foods in a positive supportive environment. So it is time to add more non meat options beyond cheese. Let's start actually walking our talk when it comes to trying to turn around the growing obesity epidemic instead of just giving it lip service. By adding vegetarian recipes from around the world not only will we be serving our children healthier foods but also giving them an opportunity to learn about different cultures where people live on a food budget of a few cents a day and where foods are grown and produced without using up large chunks of the world's resources.

Vivienne Aronowitz M.P.H., R.D.
Kamuela HI

TO: HOUSE COMMITTEE ON EDUCATION (EDN)
Rep. Roy M. Takumi, Chair
Rep. Lyla B. Berg , Ph.D., Vice Chair

RE: Testimony in SUPPORT of **SCR84**

For: EDN HEARING April 14, 2008. 2:00 PM Conference Room 329

April 14, 2008

I would like to express my support of this important resolution encouraging the State DOE to offer vegetarian options to our keiki. It is a fact that diets rich in fruits and vegetables reduce the risk of obesity, and all the associated disorders, such as diabetes and heart disease. By offering vegetarian options, we are not only respecting the rights of vegetarian kids, but encouraging healthy options for non-vegetarians.

It is analogous to soda machines at schools – offer more water fountains and less sugar options. If we offer tasty vegetable-based options, kids will consider those options and might just like them.

Thank you,

Mike Elhoff
Palolo Valley 96816

berg1-Liz

From: Ruth Heidrich [dr-ruth@hawaii.rr.com]
Sent: Sunday, April 13, 2008 9:15 AM
To: EDNtestimony
Subject: SCR 84 -- Support FOR

Dear Sir or Madam,

Please copy this and send to committee hearings on Monday, April 14, 2008, Time: 2:00 pm, Place, Conference Room 329, State Capitol, 415 South Beretania Street".

RATIONALE FOR SUPPORT: As a 73-year-old Ironman triathlete and vegan, I know firsthand how valuable a vegan diet can be. Also as a daily runner, I see students going to and from school and am often appalled at how unfit and obese so many students are. We need to do something to prevent the onslaught of diabetes, hypertension, heart disease, many types of cancer, and much more in our children.

1. Currently, other legislative proposals (e.g. HB2993 www.capitol.hawaii.gov/session2008/Bills/HB2993_.html) 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 as mentioned above.
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, (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.

Thank you,

Ruth Heidrich, Ph.D.

email: dr-ruth@hawaii.rr.com
1415 Victoria St. #1106
Honolulu, HI 96822
808-536-4006

4/14/2008

berg1-Liz

From: Kevin [stardustsparklin@gmail.com]
Sent: Sunday, April 13, 2008 10:21 PM
To: EDNtestimony
Subject: SCR84 Support

For EDN HEARING April 14, 2008. 2:00 PM Conference Room 329

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 SCR84 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. Although only a fraction of Hawaii school children are likely to adopt a vegetarian diet if they are not already vegetarians, exposure to the information that it's possible to be healthy, vigorous, and active without the use of animal foods and processed foods would be an important education for future use.
5. Vegetarian options in the schools, utilizing locally grown produce would be a shot in the arm for Hawaii farmers, at the same time reducing our dependence on environmentally destructive animal agriculture

~ Kevin Nesnow

905 Spencert St., Apt. 601
Honolulu, HI 96822
nesnow@hawaii.edu

berg1-Liz

From: Eva Uran [evauran@yahoo.com]
Sent: Sunday, April 13, 2008 11:38 PM
To: EDNtestimony
Subject: SCR84 support

Dear legislators:

I strongly support SCR84 for healthy school lunches with vegan alternatives, especially after the Hallmark meat scandal came out. We shouldn't be serving meat for school lunches but good, healthy vegetarian and vegan meals. Too many of our children are obese and they need to be shown a better way to eat. This bill is a life-saver for kids. Go for it!

Respectfully,

Eva Uran, a 59-year-old vegan and vegetarian for life!

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know-it-all with Yahoo! Mobile. Try it now. <http://mobile.yahoo.com/>;
_ylt=Ahu06i62sR8HDtDypao8Wcj9tAcJ

berg1-Liz

From: Ravi Gloom [ravigloom@rediffmail.com]
Sent: Monday, April 14, 2008 6:55 AM
To: EDNtestimony
Subject: SCR84 support

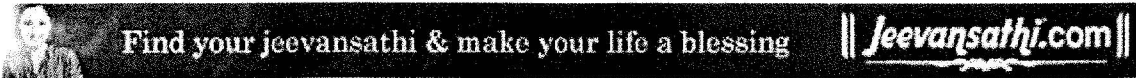
For EDN HEARING April 14, 2008. 2:00 PM Conference Room 329

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.

Vegetarian options in the schools, utilizing locally grown produce would be a shot in the arm for Hawaii farmers, at the same time reducing our dependence on environmentally destructive animal agriculture.

Please implement healthy, vegetarian lunch options in the public school system.

Thank you,
Ravi Grover
POB 802103
Chicago IL 60680-2103



berg1-Liz

From: shanti108@hawaii.rr.com
Sent: Saturday, April 12, 2008 9:48 PM
To: EDNtestimony
Subject: SCR84 support

Testimony in support of SCR84

EDN HEARING
April 14, 2008. 2:00 PM
Conference Room 329

Dear Chair Takumi, Vice Chair Berg, and Members of the Education Committee,

Serving our children foods that are implicated in the present obesity and type 2 diabetes epidemics, when there are healthier alternatives available is, in my opinion, a form of child abuse. At least one school in Hawai'i and many throughout the country have successfully implemented vegetarian and vegan options; these should be made available to all students.

Please pass SCR84. Mahalo.

Aloha,

William R. Bailey
2161 Puna St.
Honolulu 96817

berg1-Liz

From: Mary Young [penwoman@hawaiiintel.net]
Sent: Saturday, April 12, 2008 5:48 PM
To: EDNtestimony
Subject: SCR84 support

For EDN HEARING April 14, 2008. 2:00 PM Conference Room 329

I urge you to support the pending legislation requesting that the Department of Education and the Hawaii Public School Food Service develop nutritionally-sound public school menu plans that include vegetarian and vegan meals:

- To educate children about the importance of a healthy diet that is rich in plant sources and low on animal sources;
- To provide children with wholesome vegetarian/vegan options at school; and
- To support our local farmers, sustaining Hawaii's economy and reducing our need for imported foodstuffs.

Thank you.

Mary Young
penwoman@hawaiiintel.net
94-1008 Kaloli Loop
Waipahu, HI 96797

berg1-Liz

From: E. [islevegan@gmail.com] on behalf of E.B. [eric.barker@hawaii.edu]
Sent: Saturday, April 12, 2008 5:35 PM
To: EDNtestimony
Subject: SCR84 - in favor

I am strongly in favor of SCR84.

I thank you for your time,

Eric Barker
Treasurer
Associated Students
Kapiolani Community College

berg1-Liz

From: Bob Leitch [seeker44442000@yahoo.ca]
Sent: Saturday, April 12, 2008 2:44 AM
To: EDNtestimony
Subject: "SCR84 support"

Please note that I am in full support for having vegetarian ***and*** vegan options on Hawaii school lunch programs, for the sake of improving the health of all of Hawaii's keiki.

Thank you for voting in favor of this life-promoting resolution.

Sincerely,
Bob Leitch
1415 Victoria St, #1106
Honolulu
808-36-4006

Instant message from any web browser! Try the new **Yahoo! Canada Messenger for the Web BETA**

berg1-Liz

From: Jan-Joy Sax & Fred Barnett [harpygirl@hawaii.rr.com]
Sent: Sunday, April 13, 2008 11:03 AM
To: EDNtestimony
Subject: Re: EDN HEARING April 14, 2008. 2:00 PM Conference Room 329 ; SCR84

Regarding SCR84

On Apr 13, 2008, at 9:58 AM, EDNtestimony wrote:

> Aloha,
>
> Please resend your testimony and indicate which measure you are
> providing testimony for. As soon as we receive that information, we
> can include it in the testimony packet for the hearing.
>
> Mahalo,
>
> Liz Labby
> Committee Clerk
> Representative Lyla Berg, 18th District 586-6510 Berg1@testimony.com
>
> -----Original Message-----
> From: Jan-Joy Sax & Fred Barnett [mailto:harpygirl@hawaii.rr.com]
> Sent: Saturday, April 12, 2008 6:32 PM
> To: EDNtestimony
> Subject: Re: EDN HEARING April 14, 2008. 2:00 PM Conference Room 329
> Re: SCR84
> Aloha,
>
> I am a Speech and Language Pathologist who has been working in the
> Hawaii D.O.E. since 1981. I worked at Kailua Intermediate School when
> Ms. Berg was Principal of that school and the lunches at that time did
> not give alternatives to students. My daughter attended public school
> from 1st grade to 12th .I now work at Kalaheo High School in Kailua.
> Firsthand, 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 by
> purchasing meals, however, my health is the most valuable asset I
> have, and I will not risk it by eating school lunches, with the
> current choices! My husband is diabetic, and became that way from
> not being given appropriate food choices as a youngster, and
> developing poor habits. 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, and offering salad choices daily will be

> less expensive in the long run for the state. At the very least, I
> implore you to make a salad a daily choice for school lunch for every
> student and teacher.
>
> Finally, the students at High School also spontaneously pointed out
> 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 have observed much food is wasted
> that the students do not enjoy eating. They often complain, "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

berg1-Liz

From: Joel Fischer [jfischer@hawaii.edu]
Sent: Friday, April 11, 2008 7:52 PM
To: EDNtestimony
Cc: Rep. Joe Bertram III; Rep. Lyla B. Berg
Subject: SCR84, SD1; EDN; 4/14; 2PM; Rm 329
Importance: High

SCR84, SD1, Requesting the DOE
EDN: Chair, Rep Takumi

PLEASE PASS THIS RESO.

WITH THE INCREASE IN CHILDHOOD OBESITY NOW RECOGNIZED AS A WIDESPREAD PUBLIC HEALTH PROBLEM, IT IS CRUCIAL THAT CHILDREN HAVE THE OPTION OF HEALTHY FOOD CHOICES IN SCHOOL. THAT IS THE WAY WE START CHILDREN ON THE ROAD TO LIFELONG HEALTH.

IN PARTICULAR, CHILDREN SHOULD HAVE THE OPTION OF TASTY AND NUTRITIOUS VEGETARIAN AND VEGAN OPTIONS AT ALL MEALS. OUR KEIKI CAN LEARN THAT THEY CANS THAT WHEN LEFT ALONE, THEY WILL MAKE HEALTHY CHOICES AMONG FOODS AVAILABLE TO THEM. SHOULDN'T ALL AGES OF CHILDREN BE ABLE TO ENJOY THAT RIGHT?

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

4/13/2008

berg1-Liz

From: Velma Akinaka [kimoment2@hawaiiintel.net]
Sent: Friday, April 11, 2008 10:49 PM
To: EDNtestimony
Subject: SCR84 support

For EDN Hearing, 4/14, 2 pm.

I support the legislative proposal to provide opportunity and information about the benefits of a vegetarian diet. As a elementary teacher, I have seen the rise in the obesity of children in Hawaii. It is time for us as models and mentors to emphasize more vegetables and fruit and whole grains in our nutritional education of our children and to start practicing what we preach and we know to be good nutrition. They are the future leaders. We want them to be of sound body and mind and spirit. Hopefully they will be educated and will be able to educate their parents on the merits of a vegan diet. Let's not let them down.

Vekma Akinaka
2804 Park St.
Honolulu, HI 96817

kimoment2@hawaiiintel.net

berg1-Liz

From: kauakea@gmail.com on behalf of Photo Resource Hawaii [prh@photoresourcehawaii.com]

Sent: Friday, April 11, 2008 11:25 PM

To: EDNtestimony

Subject: SCR84 support

To whom it may concern,

As a mother of two children who were raised on a vegetarian diet with no options in the public schools they attended for lunch items I strongly urge passage of Senate Concurrent Resolution SCR84: "requesting the Department of Education and the Hawaii public school food service to develop nutritionally-sound public school menu plans that include vegetarian and vegan meals. Our children will suffer less from chronic illness, ADD and ADHD, diabetes, as well as obesity with this option in place.

I am currently working with the DOE to introduce diet suggestions for such a change and have many examples of schools who have made such modifications to their menus. Please investigate this matter further at the following websites:

<http://www.pcrm.org/news/commentary022708.html> As you may be aware of there has recently been awareness concerning the costs and impact of beef in the public schools. The Physicians Committee for Responsible Medicine (PCRM) website is a nonprofit organization that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

http://www.healthyschoollunches.org/reports/report2007_intro.html This is a website which rates many public school lunch programs across the country. I would like to suggest they come to Hawaii once we have a program in place for Veg lunches so Hawaii would have an opportunity to earn the golden carrot award for its healthy menus and draw media attention nationwide.

Thank you for your time,

Tami Winston
808-235-1400
44-150 Kou Pl. #4
Kaneohe, HI 96744

Text from above links:

The U.S. Department of Agriculture recently recalled more than 143 million pounds of beef after slaughterhouse employees were caught abusing sick and injured cows slated for slaughter. But the recall comes too late for many schoolchildren, who have already consumed a good portion of the potentially harmful meat.

The USDA estimates that about 55 million pounds of the recalled beef distributed by the Chino-based Westland/Hallmark Meat Co. went to school lunches and other public, federally funded nutrition programs.

Since the recall extends back to 2006, most of the beef has already been eaten. Schools with recalled meat still in their freezers are quickly disposing of it.

As a pediatrician, I know that children are especially vulnerable to the illnesses associated with tainted meat products,

4/13/2008

including the ones that can come from downed cows - cows too weak or sick to stand or walk on their own. Meat from these animals may pose a higher risk of E. coli, salmonella or mad cow disease. But those aren't the only dangers our children face in the school lunch line.

The amount of potentially tainted beef that ended up in school lunches underscores a disturbing fact: The USDA's National School Lunch Program serves enormous amounts of high-fat, high-cholesterol meat products to children every year. This meat-heavy diet poses a serious threat to the health of children across the country.

Overweight and obesity, and the diseases that accompany them, have become epidemics in the United States. A recent report published by a research team at Johns Hopkins University predicts that if current trends continue, by the year 2015, 75 percent of all Americans, including 24 percent of all children and adolescents, will be overweight or obese. While there may be multiple reasons for these problems, some societal factors play a particularly significant role. School lunch is one of these.

Because school lunches have an important influence on childhood health, the Physicians Committee for Responsible Medicine (PCRM) evaluates the meals served in the National School Lunch Program each year. Healthful lunches rich in fruits, vegetables, legumes, whole grains, and other vegetarian foods will not only nourish children, but help them maintain normal body weights, develop good lifelong eating habits, and reduce the risk of chronic disease later in life.

For this year's report, PCRM analyzed the lunches served in 22 of the nation's largest elementary school districts and evaluated the districts on their efforts to educate children about good nutrition. The results are summarized on the report card.

PCRM's team of dietitians graded schools based on criteria in three major categories: Obesity and Chronic Disease Prevention, Health Promotion and Nutrition Adequacy, and Nutrition Initiatives. The main objective was to determine whether foods served in schools are truly promoting the health of all children.

The results show that some schools are doing an excellent job, having incorporated more plant-based entrées, seasonal fruits, vegetables, and whole grains into menus than in years past. Too many others are failing, offering few, if any, healthful selections. Some schools have launched nutrition education programs to promote healthy eating habits, but have not changed their menus accordingly.

Despite these challenges, progress is being made in some areas. For example, four states—California, Florida, Hawaii, and New York—have instituted healthful school lunch resolutions that aim to combat the obesity epidemic. These resolutions recommend that vegetarian entrée options be served daily and urge schools to place an increased emphasis on healthful plant foods such as fruits, vegetables, grains, and legumes.

PCRM's Healthy School Lunch Campaign

PCRM's Healthy School Lunch Campaign was established in 2001 to help protect children's health and to reduce childhood obesity rates by increasing the availability of healthful plant-based foods in schools.

Through the annual school lunch review, the annual Golden Carrot Awards for innovation in food service, and pilot projects in individual school systems, PCRM encourages lawmakers, the USDA, and school districts to achieve the Healthy School Lunch Campaign goal of ensuring that *all* foods served promote the health of all children.

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