

JAN 18 2013

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# A BILL FOR AN ACT

RELATING TO SCHOOL MEALS.

**BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:**

1           SECTION 1. The legislature finds that all students should  
2 be assured nutritionally-balanced diets to help them become  
3 healthy adults who do not suffer from the effects of obesity and  
4 malnutrition.

5           The Hawaii Medical Journal reports that a third of Hawaii's  
6 school children are now either overweight or at risk of becoming  
7 overweight.

8           Of children who are overweight, seventy-seven per cent of  
9 them remain overweight in adulthood. Weight gain after the  
10 adolescent years often results in an increased risk of  
11 cardiovascular disease.

12           There are several scientific studies that have found that  
13 vegetarians have lower body mass index rates than meat-eaters.  
14 In addition, a vegetarian diet has been associated with a  
15 substantial reduction in the incidence of diabetes.

16           The American Dietetic Association's position is that  
17 appropriately planned vegetarian diets are healthful,  
18 nutritionally adequate, may provide health benefits in the



1 prevention of certain diseases, and are appropriate for  
2 individuals during all stages of life, including childhood and  
3 adolescence.

4 While some schools do provide vegetarian school lunch  
5 options, students who identify themselves as vegetarian or  
6 vegan, or come from vegetarian or vegan families, are at a  
7 disadvantage if no vegetarian school lunches are offered at  
8 their schools. All students should be assured a nutritionally-  
9 balanced diet regardless of their food preferences and  
10 avoidances.

11 The purpose of this Act is to require the department of  
12 education to work with the department of health to develop  
13 nutritionally-sound public school menu plans that give students  
14 the option of a vegetarian entrée at least once a week.

15 SECTION 2. The department of education shall work with the  
16 department of health to develop nutritionally-sound public  
17 school menu plans that give students the option of a vegetarian  
18 entrée as part of a school lunch meal at least once a week.

19 SECTION 3. The department of education, in cooperation  
20 with the department of health, shall submit to the legislature,  
21 no later than twenty days prior to the convening of the regular  
22 session of 2014, a report on the public school menu plans that



1 have been developed and implemented to provide nutritionally-  
2 sound public school menu plans that give students the option of  
3 a vegetarian entrée at least once a week.

4 SECTION 4. This Act shall take effect upon its approval.  
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**Report Title:**

Public School Menu Plans; Optional Vegetarian School Lunch Meals

**Description:**

Requires the department of education, in collaboration with the department of health, to develop nutritionally-sound public school menu plans that give students the option of a vegetarian entrée as part of a school lunch meal at least once a week. Requires a report to the legislature.

*The summary description of legislation appearing on this page is for informational purposes only and is not legislation or evidence of legislative intent.*

