

# SB609

Relating to School Meals

EDU/HTH, WAM



STATE OF HAWAII  
DEPARTMENT OF EDUCATION  
P.O. BOX 2360  
HONOLULU, HAWAII 96804

**Date:** 02/08/2013

**Committee:** Senate Education/Senate Health

**Department:** Education

**Person Testifying:** Kathryn S. Matayoshi, Superintendent of Education

**Title of Bill:** SB 0609 RELATING TO SCHOOL MEALS.

**Purpose of Bill:** 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.

**Department's Position:**

The Department appreciates the intent of this bill, but opposes this bill because it is unnecessary and may possibly lead to inconsistent requirements for school lunches.

The Department currently follows the federal regulatory requirements from the Dietary Guidelines for Americans (DGA) jointly developed by United States Department of Agriculture's (USDA) Center for Nutrition Policy and Promotion and Agricultural Research Service, United States Department of Health and Human Services (HHS), and Office of Disease Prevention and Health Promotion. The DGA provides the most recent scientific evidence based nutrition information.

The Department currently offers healthy menu options of fruits, vegetables, grains, low-fat or fat-free milk, and meat/meat alternate are offered everyday to all students.

As appropriate, the Department will consult with the Department of Health to ensure nutritionally-sound public school menu plans.

Thank you for this opportunity to testify.



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

In reply, please refer to:  
File:

**WRITTEN TESTIMONY**

**SENATE COMMITTEE ON EDUCATION**

**SENATE COMMITTEE ON HEALTH**

**SB0609, RELATING TO SCHOOL MEALS**

**Testimony of Loretta J. Fuddy, A.C.S.W., M.P.H.  
Director of Health**

**February 8, 2013  
1:15 P.M, Room 414**

1 **Department's Position:** The Department of Health (DOH) respectfully opposes this bill, and  
2 provides some comments on the partnership with the Department of Education to provide healthy and  
3 appealing school food options.

4 **Fiscal Implications:** None

5 **Purpose and Justification:** The purpose of Senate Bill 609 is to require the department of education to  
6 work with the department of health to develop nutritionally-sound public school meal plans that give  
7 students the option of a vegetarian entrée at least once a week.

8 The DOH agrees that nutritious school meals are an important strategy for the prevention of  
9 childhood obesity and chronic disease. However, the DOH does not find that an optional vegetarian  
10 entrée will contribute to a more nutritious meal.

1 All meals currently served by the department of education must fulfill United States Department  
2 of Agriculture (USDA) nutrition standards for the National School Lunch and Breakfast Programs.  
3 These requirements are scientifically-based and aligned with the Dietary Guidelines for Americans. The  
4 USDA nutrition standards were recently updated to address the recommendations of the Institute of  
5 Medicine in order to enhance the health of school children and mitigate the obesity trend.

6 Current USDA nutrition standards include minimum requirements for fruits, vegetables, whole  
7 grains, and fat free or low-fat milk; maximum thresholds for sodium, saturated fat and trans fat; and  
8 specific calorie ranges for each age/grade group. While the DOH no longer has a robust nutrition  
9 program, it has provided funding, and is partnering with the Department of Education on standardizing  
10 recipes that will address these rigorous standards while providing offerings that will appeal to school  
11 children and youth. This work also includes partnerships with several community college culinary  
12 programs to provide training for school food services personnel.

13 Furthermore, the National School Lunch Program policy of “offer versus serve” allows students  
14 to select their meal components. Therefore, students may choose non-meat items from a variety of  
15 nutritious options on the existing meal plan.

16 Thank you for the opportunity to provide testimony.

17



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2/6/2013

## **Comments on SB609**

### Vegetarian School Lunch Bill

On behalf of the New York Coalition for Healthy School Food, I do respectfully submit the following comments:

The state of Hawaii Senate is to be commended for considering measures which would further benefit students in relation to school meals. Those who follow a plant-based diet suffer less overweight and obesity, heart disease, strokes, type 2 diabetes, and certain types of cancer, as well as have lower cholesterol and blood pressures. These conditions are a result off too much dietary cholesterol (found only in animal products), saturated fat (the primary source is animal products), calories, and processed foods.

The recommendation to offer a vegetarian meal once per week is well intentioned, however this bill would not result in any change as virtually all schools already serve a vegetarian meal once or more each week. In addition, entrees that include cheese or eggs (vegetarian) still have the same downfalls as meat – they contain cholesterol and saturated fat, and lack fiber.

To improve the healthfulness of Hawaii's students, we recommend that the bill specify that a plant-based (vegan) entrée be served at least once per week. Such an entrée would qualify for USDA school lunch meal reimbursement if it contained at least ¼ cup of beans or 2.2 ounces of tofu.

Recipes developed by the New York Coalition for Healthy School Food meet the USDA lunch guidelines and are available for free and can be distributed to all schools in Hawaii (they have already been distributed to nearly 25,000 schools across the country). We would be happy to work with your Departments of Education and Health to see that our plant-based (vegan) recipes are distributed to all of your schools, and can also provide further assistance if needed.

Please let us know if we can further assist you.

Sincerely,

Amie Hamlin  
Executive Director

From: Vince Kana`i Dodge, owner `Ai Pohaku- the Stone Eaters  
86-557 Hakalina Road  
Wai`anae, Hawaii 96792  
Ph. 808 478-6492

To: Senate committees on Education and Health

Re: SB 609

February 5, 2013

Aloha committee members,

`Ai Pohaku has been working with students in and out of schools primarily on the Wai`anae Coast since 1996 combining traditional cultural `aina and academic skill building. We work a lot with food. Good food is one of the best ways to attract, connect with, ground and excite our youth. Everyone says "our youth are our future, we must cherish them", but to eat what they are served daily in public schools sends the opposite message. School lunch and breakfast are made up of some of the lowest grade ingredients used in the USA. It is shameful. For what we know about childhood obesity, about diabetes and their intimate connection with diet, we are contributing daily to the demise of the health of our precious children every time they eat school food. Our children will live shorter sicker lives. (see the 1<sup>st</sup> chapter of Don Colbert, MD's new book " Reversing Diabetes", published by Siloam, 2012)

SB 609 is small and important step in reversing our mistreatment of our children and youth at the school lunch and breakfast table. Freshly cooked vegetarian meal options need to be available every day for our children and youth. You might say that serving better quality food costs more. The truth is that serving real quality food contributes to preventing disease and in the slightly longer run will save us all money and suffering. Real quality food also supplies young bodies and minds with the nutrition to think and learn much more effectively. Serve real food and students will come to school and be more alert happy learners. Isn't that what we want for them? Isn't that they deserve? Let's put our money where their mouths are.

Please support SB 609 and change vegetarian meal option from once a week to every day.

mahalo nui,

Vince Kana`i Dodge

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SB609

Submitted on: 1/31/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Cathy Goeggel	Animal Rights Hawai'i	Support	Yes

Comments:

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Nina Kapfer	The Lotus Clinic	Support	No

Comments: Please approve this bill to support the improvement of Hawaii's children's health.

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Mark Fergusson	Down to Earth Organic & Natural	Support	No

Comments: Testimony to the House Committees on Education and Health Friday February 8th, 2013 – 1:15 PM 415 South Beretania Street, Conf. Rm. 414 State Capitol To: Committee on Education, Senator Jill N. Tokuda, Chair; Senator Michelle N. Kidani, Vice Chair Committee on Health, Senator Josh Green, Chair; Senator Rosalyn H. Baker, Vice Chair Re: SB 609 Relating to School Meals My name is Mark Fergusson and my company is Down to Earth Organic & Natural. We have five stores throughout the state: four on Oahu and one on Maui. We appreciate the efforts made by the Chairs and Committees on Education and Health in addressing the need to provide our children with healthier options for school lunches. SB 609 takes a very good step by requiring 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. This bill recognizes that a third of Hawaii's school children are now either overweight or at risk of becoming overweight. Scientific studies show that vegetarians are less likely to be obese and have lower rates of type 2 diabetes, among many other health benefits. Down to Earth supports SB 609 because it is a sensible move in the fight against obesity, which is a key to achieving overall better health. Virtually all the major scientific and medical institutions in the world agree that the risk of heart disease, cancer, diabetes, and a host of other diseases is linked to a meat-based diet consisting of highly processed foods laden with fats and artificial ingredients. These institutions further agree that the risk is greatly reduced by adopting a healthy low-fat, high-fiber diet. Given all the health problems associated with obesity, we at Down to Earth are very happy that the State legislature is taking a good look at what can be done to provide vegetarian options in school menus for those who want it. Clearly, we're not going to eliminate obesity in children by simply offering a vegetarian option once a week at school lunches. But it's something we can do to help raise our children's awareness of the need to eat healthy. It's a step in the right direction. On behalf of all the team members and friends of Down to Earth, and all the children who will benefit through better health, we call on the Hawaii State Legislature to require schools to offer the option of a vegetarian meal at least once a week. Please vote in favor of HB 609. Thank you for this opportunity to submit

testimony. Mahalo nui loa, Mark Fergusson, Chief Organic Officer (CEO/CFO) Down to Earth Organic & Natural Tel. (808) 254-5111 Email: mark@downtoearth.org

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# Vegetarian Society of Hawaii

P.O. Box 23208 • Honolulu, HI 96823-3208 • 808-944-VEGI (8344) • info@vsh.org

February 8, 2013

To: Senator Jill Tokuda, Chair, Committee on Education  
Senator Michelle Kidani, Vice Chair, Committee on Education  
Senator Josh Green, Chair, Committee on Health,  
Senator Rosalyn Baker, Vice Chair, Committee on Health

I am testifying today in support of SB 609, which seeks to provide for public school students in Hawaii the option of a nutritionally-sound vegetarian entrée at least once a week. I am currently serving as president of the Vegetarian Society of Hawaii, one of the largest vegetarian societies in the country, which has an educational mission, one important part of which is to promote human health.

Why is this bill important?

Many of the older generation here in Hawaii remember that when they were children, nearly all of them and their classmates were active and slim, and it was rare to be or to see a child among them that was not. Today, it is a heartbreakingly commonplace thing to see so many of our young people suffering from obesity and the beginnings of lifetime problems with diabetes and heart disease. They did not come to this sorry state on their own.

Too many of the adults in their lives, both at home and in the community, are also suffering from the debilitating consequences of these same problems. It is a health epidemic that is growing in this country and in Hawaii, taking away from the quality of life that our people should be enjoying, and becoming an economic burden both in the private and the governmental sector, as an ever greater proportion of our population needs expensive medical care, and medical insurance costs eat away at the paychecks of even the healthier among us. It takes away from the prosperity of our people, their productivity, and even their happiness, as sick people are often depressed people, as well.

Astonishingly, as huge as our healthcare crisis is, it doesn't have to stay this way. We can make an enormous difference for the better by making simple and inexpensive changes which do not require cutting edge medical technology or heroically huge healthcare systems. It is widely acknowledged that that our large, sick population was created by lifestyle choices, especially in our choice of diet. We can, however, thankfully, break out of this ever-growing vicious cycle by giving our children better and healthier food choices, both at home and at school,



# Vegetarian Society of Hawaii

P.O. Box 23208 • Honolulu, HI 96823-3208 • 808-944-VEGI (8344) • info@vsh.org  
starting them on a lifetime of better health. This bill seeks to give a small, but important, start in that direction.

It is my hope the Department of Education's food service managers will embrace this once-a-week challenge to utilize their expertise in designing vegetarian lunch entrees that are nutritionally sound and delicious, as well as free from the cholesterol that is present in pretty much all of the other entrees currently offered. Since this requires a vegetarian entrée menu choice for students just once a week, it will only partially satisfy those who follow a vegetarian or vegan diet. At the same time, though, providing a vegetarian entrée just once a week is a doable-sized change for our school food services. Each of these weekly vegetarian meals has the potential to give not only a healthy break from the usual daily exposure to cholesterol-laden foods for our children, but also to get them started on a lifetime habit of enjoying healthful and tasty meals that do not rely on the presence of artery-clogging cholesterol.

I strongly urge that you support and vote to pass this bill, and help to create a brighter health future for our young people. Thank you for considering this!

Aloha,

Lorraine Sakaguchi  
President  
Vegetarian Society of Hawaii

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SB609

Submitted on: 1/30/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Teresa Parsons	Individual	Support	No

Comments: As a vegetarian for many years, I strongly urge the Senate Committee to vote in support of this bill to provide a vegetarian options for students in public schools. With the epidemic of obesity and rising rates of diabetes, this type of action sends a clear message to a commitment for better nutrition and health. Mahalo for your attention and time to such an important issue. Teresa Parsons, APRN-BC, Women's Health Nurse Practitioner

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SB609

Submitted on: 1/30/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Suyin Phillips	Individual	Support	No

Comments:

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SB609

Submitted on: 1/31/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
William Harris, M.D.	Individual	Support	No

Comments: Since a massive scientific literature now supports fruits and vegetables as the only dietary solutions to obesity, diabetes, cardiovascular disease, and cancer and there are no scientists recommending animal and junk foods for anything, I think it's time to introduce vegetarian options into the Hawaii school lunch program.

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SB609

Submitted on: 1/31/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Pamela Verrey	Individual	Support	No

Comments: Vegetarian meal options are healthful for everyone. Providing such meals is essential for students and school staff who do not choose to eat animals. Eating this kind of food can make a huge difference by encouraging life long healthy eating in children as they grow and become adults.

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Meg Turner	Individual	Support	No

Comments:

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SB609

Submitted on: 2/5/2013

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Submitted By	Organization	Testifier Position	Present at Hearing
kamna	Individual	Support	No

Comments: We need healthy lunches for kids

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Stathie J. Prattas

POB 1044

Captain Cook, HI 96704

Cell: 808.895.4187

**Testimony on SB609**

Vegetarian School Lunch Options

I, Stathie Prattas, submit testimony in **SUPPORT** of SB609, which provides for at least 1 vegetarian school meal options per week for all public school students.

As a parent of 3 children who attended public schools solely in Hawaii, I am urging the Senate to pass SB609 to give children that have grown up in a Vegetarian/Vegan household some ability to each public school lunches. With the very high obesity rates in Hawaii amongst our children, and the proven health benefits that a diet with less animal products can produce, the children of Hawaii deserve to have more public school meal options that this bill affords.

As you may be aware, in many schools, the number of children opting to purchase school lunches is declining to the point where school lunch programs are struggling to stay open. Opening up yet another group of students to the school lunch program makes sense on this basis as well.

Mahalo for the opportunity to voice my support for this bill.

Sincerely,

A handwritten signature in cursive script that reads "Stathie".

Stathie J. Prattas

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Courtney Starkey	Individual	Support	No

Comments: School is a place for education. This includes academics as well as other areas that help make a child's educational experience well rounded. Providing healthy vegetarian options allows the child to experience other culinary possibilities and open his/her mind once he/she realizes how tasty and filling vegetarian food can be. Diversity serves us well in all aspects of life and that includes trying a variety of healthy (and tasty!) vegetarian food options.

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Cathy Hamasaki	Individual	Support	No

Comments: Looking ahead to the future, we need to teach our children, good healthy eating. Living here in Hawaii, eating a vegearian meal can be self efficient.

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SB609

Submitted on: 2/5/2013

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Submitted By	Organization	Testifier Position	Present at Hearing
SARAH GROSJEAN	Individual	Support	No

Comments:

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Michelle Laberge	Individual	Support	No

Comments: Children should have the option to chose. Some may not like to eat any kind of meat, some may only like to eat chicken. They should have options. On a side note, all meat should be without hormones, animals should be be feed healthy diets, etc..

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Michelle Tigchelaar	Individual	Support	No

Comments: Hereby I would like to express my support for this important bill. Vegetarian meals tend to be healthier than non-vegetarian ones. Thus, providing more vegetarian options in our public school menus could be an important first step towards having our state's children eat healthier meals. In addition, vegetarian diets are less carbon intensive and more environmentally and animal friendly. I greatly support making the Hawaiian public school menus more sustainable and healthy. Thank you.

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Irina Kozina	Individual	Support	No

Comments:

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Kim H. Taylor	Individual	Support	No

Comments:

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Belinda Cole Schwartz	Individual	Support	No

Comments: It is wise to offer a healthy vegetarian option for our keiki in public school. Vegetarian selection is generally healthier with lower saturated fat and calories, less costly and does not discriminate on faith based food choices.

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2/5/13

The Honorable Senator Jill N. Tokuda (Chair) and Senator Josh Green (Chair)

Committee on Education and Committee on Health

Conference Room 414  
State Capitol  
415 South Beretania Street

Re: Support for Senate Bill # 609 Relating to School Meals

(Mr. / Madam) (Chairman / Chairwoman) and Members of the Committee:

I am writing to support Senate Bill #609. As an expecting parent, I am deeply concerned about the low nutrition content of meals provided at public schools. I would very much like to see a vegetarian option made available at least once a week and stricter standards regarding the development of nutritionally-sound public school menu plans.

Mitsuyo Lani Suzuki-Severa  
Concerned parent and Hawaii resident

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Joe Rydzewski	Individual	Support	No

Comments:

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Dr. Mark & Christine Lamore	Individual	Support	No

Comments: Please support this bill. It may even save some money and be a healthy alternative to the pink slime crap that is being served now. Even if you believe they are not supposed to serve it, they are.

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
michael wall	Individual	Support	No

Comments: Our culture is going to have to deal the environmental consequences of the factory farming industry in the next decade. It's likely that meat prices will skyrocket. Given this eventuality, and the prevalence of obesity and other health issues with Hawaii's children, we can begin now to support the transition to a more sustainable plant-based diet for providing this option in our schools. Vegetarians are less likely to be obese and have lower rates of type 2 diabetes, among many other health benefits. Further, this bill will support our growing percentage of educators who are switching to a plant based diet out of recognition of the health, environmental and psychological issues related to a meat focused diet. thank you!

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Patricia Compton	Individual	Support	No

Comments: As a vegetarian for over 35 years, having experienced firsthand the health benefits of a vegetarian/vegan diet, and as the mother of a healthy vegetarian daughter, I wholeheartedly support this bill.

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Troy	Individual	Support	No

Comments: I support and pledge full acknowledgement of this to end childhood obesity and promote healthier nation in Hawaii.

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Marisa Villalba	Individual	Support	No

Comments: A vegetarian lunch once a week can help show kids different options in how to incorporate healthier eating into their lifestyle. Please pass this bill!

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To Whom It May Concern:

We are strong believers of the vegetarian diet. In fact, our whole family is vegan. There is overwhelming evidence that the vegan diet promotes health and keeps us from getting sick. Many of these studies have been conducted in Hawaii. We believe that people are free to eat what they please, but only after proper information on health and nutrition is taught. Our children need to know that we are what we eat and the environment is suffering greatly from our abusive farming of animals for profit. The information is out there, but the benefits are not fully understood by most due to the strong belief in the already disproven 'animal protein is superior' myth.

A vegetarian option for school lunches once a week is not enough by any means, but this is a step in the right direction. We must realize that the modern American diet of high animal fats and overly processed food is bankrupting our healthcare system. Illness stemming from our poor eating habits will only continue to increase unless something is done! Please, please, please vote in favor of this bill and raise awareness for a healthier lifestyle to save our children from shortening their life spans.

Sincerely yours,

Lisa Kaps

Aloha kakou!

Please support SB 609, which will require schools to offer a vegetarian lunch option once a week. Numerous studies demonstrate the health benefits of a plant-based diet. On average, vegetarians are less likely to suffer from heart disease, cancer, diabetes, or other chronic diseases related to diet. Even a small reduction in meat consumption can have positive benefits for health. Furthermore, up to 14% of American high school students today are vegetarian. Therefore, this option will both help students who have chosen to live an alternative yet health-conscious lifestyle, while also promoting healthful eating habits for all of Hawaii's students. I see it as a step forward towards investing in our future.

Mahalo nui for your consideration!

Tamara Luthy  
PhD candidate  
University of Hawaii at Manoa  
Departments of Anthropology and Botany  
Saunders 310  
2424 Maile Way  
Honolulu, HI 96822

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Barbara J Oberle	Individual	Support	No

Comments: I am writing in support of SB 609, requiring public schools to offer a vegetarian option to students at least once per week. Nutrition literature suggests that vegetarians have significantly lower rates of type 2 diabetes and cardiovascular disease. Reaching school children is critical in encouraging lifelong healthy eating. Having spent 28 years as a public school speech/language pathologist in Rhode Island, I have seen the prevalence of childhood obesity. However, children show a willingness to learn and change so this is an excellent opportunity to promote wellness in the next generation.

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
D. Lee	Individual	Support	No

Comments: Aloha, Thank you for all your hard works. This bill for our keiki will have a profound effect for all Hawaii. Keiki bring it home to the family and everybody starts to eat healthier. The local farmers have year round beautiful fresh produce and fruits. Sustainability starts at home. We all win. Recipes are tasty and affordable. Much Mahalos for caring about our one-of-a-kind Aina and Kamaaina. D. Lee

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## Vegetable nutrition facts

Why should we get diet rich in vegetable nutrition?

What are the health benefits of vegetables?

Well!

- Vegetables, like fruits, are low in fat but contain good amounts of vitamins and minerals. All the Green-Yellow-Orange vegetables are rich sources of calcium, magnesium, potassium, iron, beta-carotene, vitamin B-complex, vitamin-C, vitamin A, and vitamin K.
- As in fruits, vegetables too are home for many **antioxidants** that; *firstly*, help protect the human body from oxidant stress, diseases and cancers, and *secondly*; help the body develop the capacity to fight against these by boosting immunity.
- Additionally, vegetables are packed with soluble as well as insoluble dietary fiber known as non-starch polysaccharides (NSP) such as cellulose, mucilage, hemi-cellulose, gums, pectin...etc. These substances absorb excess water in the colon, retain a good amount of moisture in the fecal matter, and help its smooth passage out of the body. Thus, sufficient fiber offers protection from conditions like hemorrhoids, colon cancer, chronic constipation, and rectal fissures.
























...Go for greens to help you stay fit and healthy!

Vegetable nutrition has widely drawn the attention of fitness conscious as well as food scientists alike for their proven health benefits. Majority of day to day used vegetables are very low in calories. *Celery* is just 16 calories per 100 g. And again here is the long list of vegetables whose calorie is less than 20 per 100 g such as bottle gourd, bitter melon, cabbage, [chinese cabbage](#), bok-choy, eggplant, endive, spinach, summer squash, swiss chard; etc. Scientific studies have shown that low-calorie but nutrient-rich foods help the human body stay fit and disease free.

Furthermore, human body spends a considerable amount of energy for the metabolism of foods, which is known as **BMR** or **Basal metabolism rate**. So just imagine...when you add lots of vegetable nutrition in the diet, in fact, you set to lose more weight than you would gain...Right!..This is the concept behind the "**negative calorie foods**."

**Here is the impressive list of vegetables along with their nutrition facts and health benefits:**

 <a href="#">Artichoke</a>	 <a href="#">Arugula</a>	 <a href="#">Asparagus</a>	 <a href="#">Beets</a>
 <a href="#">Bell pepper</a>	 <a href="#">Bitter melon</a> (melon)	 <a href="#">Bok choy</a>	 <a href="#">Broccoli</a>
 <a href="#">Brussel sprouts</a>	 <a href="#">Butternut squash</a>	 <a href="#">Cabbage</a>	 <a href="#">Carrots</a>
 <a href="#">Cassava</a>	 <a href="#">Cauliflower</a>	 <a href="#">Collard greens</a>	 <a href="#">Cucumber</a>
 <a href="#">Eggplant</a>	 <a href="#">Endive</a>	 <a href="#">Fennel</a>	 <a href="#">Green Beans</a>

 <a href="#">Jicama</a>	 <a href="#">Kale</a>	 <a href="#">Kohlrabi</a>	 <a href="#">Leeks</a>
 <a href="#">Lettuce</a>	 <a href="#">Lotus root</a>	 <a href="#">Moringa pods</a>	 <a href="#">Mustard greens</a>
 <a href="#">Okra</a>	 <a href="#">Onion</a>	 <a href="#">Parsnips</a>	 <a href="#">Peas</a>
 <a href="#">Potato</a>	 <a href="#">Pumpkin</a>	 <a href="#">Purslane</a>	 <a href="#">Radish</a>
 <a href="#">Rhubarb</a>	 <a href="#">Shallots</a>	 <a href="#">Spinach</a>	 <a href="#">Sweet corn</a>
 <a href="#">Sweet potato</a>	 <a href="#">Swiss chard</a>	 <a href="#">Tomato</a>	 <a href="#">Turnips</a>
 <a href="#">Watercress</a>	 <a href="#">Yams</a>	 <a href="#">Zucchini</a>	

### How much vegetables should be in our daily diet?

Eat at least 5-7 servings of fresh vegetables every day. Seasonal vegetables should be encouraged. Bring a variety in the choice of vegetable and color in your diet. Yellow and orange color vegetables are rich in Vitamin A,  $\alpha$ ,  $\beta$  carotenes, zeaxanthins and cryptoxanthins, whereas dark-green vegetables are a very good source of minerals and phenolic, flavonoid as well as anthocyanin anti-oxidants.

### Selection of vegetables

Whenever possible, go for organic farm vegetables to get maximum health benefits. They are not very expensive if you can find them from the nearby local farm owners. Organic varieties tend to be smaller but have rich flavor, possess some good concentration of vitamins, minerals and loaded with numerous health benefiting anti-oxidants.

- In the markets, however, always buy small quantities so that they should last within a day or two. There is no point in eating unfit greens!
- Buy that feature freshness, bright in color and flavor and feel heavy in your hands.
- Look carefully for blemishes, spots, fungal mold and signs of insecticide spray. Buy whole vegetables instead of section of them (for example, pumpkin).

### How to use vegetables?

First thing- you need to do immediately after shopping, wash them, especially green leafy vegetables. Rinse in salt water for few minutes and gently swish in cool water until you are satisfied with cleanliness. This way, you ensure they are free from dust, sand and any residual chemical sprays. Use them early while fresh because, **firstly**, certain vegetables have very short shelf life and **secondly**, the health benefiting properties of a vegetable declines with time. However, if you need to store them, then place in plastic wrappings or in zip pouches in order to preserve nutrition for short-periods until you use them.



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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
D. Lee	Individual	Support	No

Comments: Aloha, Thank you for all your hard works. This bill for our keiki will have a profound effect for all Hawaii. Keiki bring it home to the family and everybody starts to eat healthier. The local farmers have year round beautiful fresh produce and fruits. Sustainability starts at home. We all win. Recipes are tasty and affordable. Much Mahalos for caring about our one-of-a-kind Aina and Kamaaina. D. Lee

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Grace Woods	Individual	Support	No

Comments: Healthy children become healthy and happier adults. Healthy diets should include lots of fruits and vegetables, and I sincerely support the once a week vegetarian meal choice for the children of Hawaii. Sincerely, Grace Woods

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**From:** [Suzan Danforth](#)  
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Please pass the bill to provide healthy lunches to Hawaii's school children. Vegetables are essential to growing kids. Give them the nutrition they need and teach them healthy eating habits. For some, a good school meal may be the best one they get each day.

Sincerely,  
Suzan Danforth

**From:** [Andrea Gelber](#)  
**To:** [EDU Testimony](#)  
**Subject:** Senate Bill 609  
**Date:** Tuesday, February 05, 2013 6:56:38 PM

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This is a no brainer. Learning to take care of our bodies and to eat healthier options should be a basic part of education. We have to start making institutional changes or public health problems will continue to multiply costing the tax payer a lot more down the road. Please support this bill.

I have witnessed kids start the day at the market before class buying ghastly sodas and beef jerky (that's breakfast! to them and they have no idea that it is toxic to the body).....it's no wonder the teachers can't get kids to concentrate.  
Thank you,  
Andrea Song Gelber

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
AngelDevlin_brown	Individual	Support	No

Comments: Please give our children choice...healthy eating includes a well rounded vegetarian option.Eat healthier,Live Longer....cost less!!!!!!

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
NW	Individual	Support	No

Comments: We are in favor of public schools providing our children with a vegetarian option one day a week. In my daughter's eyes, it is such a treat for her to be able to eat a lunch that most of the children are eating. I know it gives her a sense of community. Because she eats very little meat, this experience is few and far between. Thankfully, she isn't getting bullied by others for bringing in home lunch as my nephew has in another school. Additionally, having a vegetarian option would expose other children to healthier options and possibly help them to eat better also.

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**Cc:** [dobrin.dobrev@gmail.com](mailto:dobrin.dobrev@gmail.com)  
**Subject:** \*Submitted testimony for SB609 on Feb 8, 2013 13:15PM\*  
**Date:** Tuesday, February 05, 2013 7:36:42 PM

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Dobrin Dobrev	Individual	Support	No

Comments:

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**Cc:** [gailcbo@hotmail.com](mailto:gailcbo@hotmail.com)  
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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Gail Ramiscal	Individual	Support	No

Comments: I support SB609 to offer a vegetarian lunch option at least once a week. As a Registered Nurse in a Cardiothoracic Surgery, I see the results of a lifetime of poor nutrition and bad choices. We need to expose our young to healthier and tastier vegetarian food items.

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**Cc:** [mary1chris@yahoo.com](mailto:mary1chris@yahoo.com)  
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**Date:** Tuesday, February 05, 2013 8:24:48 PM

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Mary Fleming	Individual	Support	No

Comments:

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**SB609**

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Amanda Porter	Individual	Support	No

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

Also, "research published in June 2010 in the 'Public Health Nutrition' found a definite link between girls' meat eating and the early onset of menstruation. Though the report didn't examine hormones, it concluded that the more animal protein girls ate between the ages of 3 and 7, the more likely they were to start their periods before age 12. The authors said girls' diets at these young ages could influence their lifelong risk of breast cancer and osteoporosis, both of which are linked to estrogen."

[Http://www.livestrong.com/article/539009-can-hormones-in-meat-affect-puberty-in-girls/#ixzz2K6P5YjRD](http://www.livestrong.com/article/539009-can-hormones-in-meat-affect-puberty-in-girls/#ixzz2K6P5YjRD)

The Hawaii Medical Journal reports that a third of Hawaii's school children are now either overweight or at risk of becoming overweight. Of children who are overweight, seventy-seven per cent of them remain overweight in adulthood. Weight gain after the adolescent years often results in an increased risk of cardiovascular disease.

There are several scientific studies that have found that vegetarians have lower body mass index rates than meat-eaters. In addition, a vegetarian diet has been associated with a substantial reduction in the incidence of diabetes. The American Dietetic Association's position is that appropriately planned vegetarian diets are healthful, nutritionally adequate, may provide health benefits in the prevention of certain diseases, and are appropriate for individuals during all stages of life, including childhood and adolescence.

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

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Nicole Kotze	Individual	Support	No

Comments: Healthy school lunches for our children should be a given. It is truly a no brainer. If we can't offer school children a healthy, nutritious lunch, something is considerably wrong with the decision makers and powers that be. Children are our tomorrow. To ask them to carry our collective futures on their backs, by way of the pursuit of higher education, which by the way begins in Pre-school, and feed them anything less than the best, most nutritious food we have to offer everyday that they attend school, is nothing less than absurd.

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**From:** [Grace D Conde](#)  
**To:** [EDU Testimony](#)  
**Subject:** Senate Bill 609  
**Date:** Tuesday, February 05, 2013 10:28:14 PM

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Dear Education Committee:

I was pleased to have received an email that supports healthy food choices for school meals. This will certainly make an impact in the lives of our keikis' health and habits in the future.

I also recommend that the children be taught (didactics) in the classroom setting as to why healthy food choices need to be made. Parents and families at home are the primary meal planners and food shoppers at home. If unhealthy habits are starting from the home, then kids will then carry these habits into their future lifestyles and their future family lifestyles as well.

If didactics or some health education classes are incorporated, this may make children be more aware of their family's nutritional / health habits as well. Creative homework assignments can include both child and parents that require them to shop for vegetables / fruits and read food labels as well. Parents can sign off on these assignments and hopefully make them aware of unhealthy habits as well. Hopefully, they will be more cognizant of how their own healthy and unhealthy habits affect their children.

Unfortunately, this idea of incorporating nutritional didactics may be added work for teachers, therefore, maybe experts like dietitians need to be involved. I believe that clinical dietitians can put in volunteer hours in the schools--and maybe college students who are obtaining their dietitian certifications can be involved as well.

Sincerely,  
Grace Duldulao Conde

Sent from my iPad

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Kimberly Tottori	Individual	Support	No

Comments: Our family for the most part tries to eat vegetarian. Once a week is not much to ask vs. the choice of a meat or vegetarian dish everyday.

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SB609

Submitted on: 2/5/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Quiara cruel	Individual	Support	No

Comments: Working as an occupational therapist here on Oahu at the top local hospitals I see how important diet and food choices are for the people of this beautiful state. Being a vegetarian myself is a healthy lifestyle choice I have dedicated myself to. I see the health effects of the food quality available here on the island and it saddens me to see that the majority of people cannot afford to purchase vegetarian options such as fresh fruits and vegetables for themselves or their family. It should be of utmost importance to have a vegetarian option for the children of this state in the school setting. It is vital to their health and development. Food fuels the body and mind. These children are our future and vegetarian meals in schools should be offered. They are offered to the patients I see everyday in the hospitals who are sick, so they should be available for our children. I hope this bill passes for the same of our childrens' future health and development.

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Vickie M. Kozuki Ah You	Individual	Support	No

Comments:

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Gloria Baraquio	Individual	Support	No

Comments: Thank you for considering making school lunches healthier. I have taught in Hawaii public schools for 7 years, and was a public school student myself. I have witnessed the types of food offered to our kids, and now being a yoga teacher with a whole food diet, I am convinced that nutrition plays a large role in one's health and well-being. Vegetarian meals in schools will not only be healthier; they will be more cost-effective, and hopefully support our local farms. I am strongly in favor of SB 609.

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## **My Support of Senate Bill 609**

Aloha, My name is Sandy Oku, I reside in Kaaawa with my husband and 10 year old daughter who attends Kaaawa Elementary. I am a vegetarian in support of this bill before the senate. As a former meat eater I can attest to the increase in my overall health and weight management post my carnivorous eating habits. I am in better health, have more energy and have been able to maintain a healthy weight.

I am support of this bill not only because of my personal experience of the benefit to my health, but because of the following:

1. Economics – vegetables are less costly than meat
2. Environment – vegetable production is less taxing on our environment than meat production
3. Education – Children will learn through example at school that meat is not required at every meal and will have examples by experience
4. Options – parents of vegetarian children must always prepare their child's lunches, this will give the children the opportunity to share in getting in the lunch line with their classmates.

I am certain there are many more benefits than I have listed here and stated more eloquently, please be sure to note this Kaaawa Elementary student parent in support of Bill 609.

Mahalo

Sandy Oku  
51-418 Kekio Road, Box 653  
Kaaawa, HI 96730

sandyoku@hawaii.rr.com

**From:** [MaryRose E Toner](#)  
**To:** [EDU Testimony](#)  
**Subject:** Children have rights  
**Date:** Wednesday, February 06, 2013 7:55:10 AM

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All persons - children included - have rights to ALL INFORMATION with regard to their health and well being.

No person should be left without the full facts of eating a healthy moderate diet. Children may learn by being exposed to different experiences and opportunities.

Children should have the option of a vegetarian diet - just like everyone else.

**Mary Rose E. Toner B GRI PB**

**Toner Realty Inc.**

**2020 Main Street**

**Wailuku, HI. 96793**

**808-276 6880**

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**Cc:** [kaliqdesigns@gmail.com](mailto:kaliqdesigns@gmail.com)  
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**Date:** Wednesday, February 06, 2013 8:04:26 AM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Kaliq Rashad	Individual	Support	No

Comments:

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**To:** [EDU Testimony](#)  
**Cc:** [Mary Ann Vasaturo](#); [Sharon Kokubun](#); [Eric & Christina Wierschem](#); [Steve Knight \(President of Board\)](#); [Diane Smith](#)  
**Subject:** Senate Bill 609  
**Date:** Wednesday, February 06, 2013 8:34:10 AM

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February 5, 2013  
Hawaii State Legislature, Education Committee  
re: Senate Bill 609

Dear sirs:

I am submitting online testimony in lieu of being there in person this Friday Feb. 8 at the Capitol Building Rm 414.

I wish to express my desire that the school board give serious consideration to changing over to an organic & natural vegetarian school lunch program.

Our children deserve the best that we adults can provide to them, so they can function efficiently and live up to their best expectations in life.

A healthy, nutritious diet is essential to that goal. The children don't get to choose what is best for them; we do.

We, the adults, are responsible for their care and upbringing and we owe it to them to act sensibly in this regard.

Specifically:

No GMO vegetables!

No vegetables grown in soil that uses "Roundup" and other insecticides that are unhealthy for the soil.

No diets high in processed foods.

No processed cane sugar! (use agave syrup, or honey, or chicory root, or other sweeteners that have a low glycemic index)

No chickens raised in mega-pens (use free-range chickens only).

No milk or cheese or eggs from dairies that practice industrial corporate style practices (use products that are grown locally by small, conscientious farmers using organic and biodynamic methods).

No grain-fed or corn-fed beef raised on industrial-sized farms (use only grass-fed free-range beef); use no beef that has been given hormones.

I want to thank you in advance, knowing that you will give this the serious attention it deserves.

Sincerely,  
J.E.Smith, III, M.D.  
(physician, retired)

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Misty Kjallman	Individual	Support	No

Comments: I think it's important to ensure that our children start life with healthy eating habits, and providing healthier school lunches would be a great start.

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I am in support of Vegetarian School Lunch Bill SB609! This Bill recognizes that a third of Hawaii's school children are now either overweight or at risk of becoming overweight. Scientific studies show that vegetarians are less likely to be obese and have lower rates of type 2 diabetes, among many other health benefits.

Our family eats mainly vegetarian meals and current the vegetarian choices at Mililani Middle School are not always ideal. It would be wonderful to have at least one vegetarian day and nice to see the Hawaii legislature so proactive.

It would also be nice to have a dairy-alternative milk, i.e. soy or almond milk.

Thank you for your consideration,

D'Arcy Montalvo  
Mililani, HI

## Letter in support of Senate Bill 609

I write this in strong support of Senate Bill 609. As a child, I was rather sickly with constant lung problems, allergies, asthma attacks, etc. In searching for a cure on my own, I became a vegetarian as a teenager and have been a vegetarian for over 45 years. During that time I have done a great deal of personal and academic research into the relationship between diet and health. Therefore, I believe I can speak with experience on the subject.

The health of the youth of America, and more specifically of Hawai'i, has continued to degrade over the last 3-4 decades because of two primary reasons, lack of exercise and an unhealthy diet. The bill at hand addresses the latter, so will I, and I will attempt to be brief.

The American diet has increasingly become high in calories, saturated fats, sugars, and chemical additives, and all of these have contributed to the increased overall weight of our citizens and degradation of their health. Where this is especially troubling is with the youth of the country, whose diet is increasingly filled with fast foods, which are generally high concentrations of the above mentioned ingredients. The state school system has the opportunity to take a small but significant step toward correcting these problems by making healthy vegetarian meals available to students at school. The state has the ability to expose students to a more healthy food choice, and thereby create an environment that could lead to a healthier populace, less illness, and overall well-being. One of the main purposes of the educational system is to provide lessons to students on how to live and survive in the world. Teaching them that food matters is a very important lesson.

Finally, the large corporate nature of the livestock industry has led to poisoned and crowded stockyards, pens, and animals, and this situation has resulted in many problems of pollution in both meat and land. Among the main issues of concern are the increase in disease proliferation among animals, the subsequent increase in the use of antibiotics, the increase in use of herbicides and pesticides on feed crop that then is ingested by the animals, etc. All this has led to very unhealthy sources of meat. In fact, among the most unhealthy sources of food in the U.S. diet today comes from the livestock industry. Because flesh foods tend to be more costly than whole grain foods, providing the opportunity for students to opt out of this poor quality fare they are usually fed would save both money and health. Do not our children deserve that opportunity?

Sincerely,



Hawaii Kai



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**Cc:** [malia0650@aol.com](mailto:malia0650@aol.com)  
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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Malia	Individual	Support	No

Comments:

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Rebecca Lazar	Individual	Support	No

Comments: This is a testimony in favor of SB609. All of my five children were born onto a vegetarian diet and have never eaten anything else except vegetarian foodstuffs. One of the reasons I home school all of them except my son with special needs is because of the lack of options in school lunches for vegetarian kids. I have received numerous comments from people about how my children look so healthy and are so active. Most people are surprised that this can be accomplished on a vegetarian diet. For my son who does go to public school, I get lots of comments from his teacher and skills trainer about how good his home lunches looks. Even he is very healthy. Down syndrome kids can be known to have weight issues, but my son does not. All my kids are active from sunup to sundown (which doesn't give me much break), but this could not be possible if a vegetarian diet was not healthy and providing them with plenty of energy.

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
mary ann vasaturo	Individual	Support	No

Comments: Dear Sirs: Our children deserve healthy, nutritious foods that are free from man made contaminants and genetically modified practices. They also deserve the right to plant their own seed so that sustainability of our food supply and ownership of farmland is not taken over by corporations or entities. The basic right to plant and grow natural, reproductive seed must remain in the hands of the people for all generations to come. Specifically: No GMO vegetables! No vegetables grown in soil that uses "Roundup" and other insecticides that are unhealthy for the soil. Use agave syrup, or honey, or chicory root, or other sweeteners that have a low glycemic index. Use free-range chickens only instead of chickens raised in mega pens. Use products that are grown locally by small, conscientious farmers using organic and biodynamic methods. Use only grass-fed free-range beef; use no beef that has been given hormones. Eliminate fried foods from school lunch. Prepare foods in the healthiest manner (grilled, steamed, baked) and increase the amount of raw fruits and vegetables provided in school lunch. Thank you for your review of this testimony and kind consideration of our children's health and well-being. Sincerely, Mary Ann Vasaturo School Psychologist

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Charles C Wong	Individual	Support	No

Comments: I support SB609 as I feel it would contribute greatly to the ending of obesity among our young people. It would contribute to the habit of eating healthy at all times. Please pass this bill!

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Barbara George	Individual	Support	No

Comments: Please support and pass SB 609 which would ensure vegetarian options for public school students who buy lunch. If this were offered, I would actually allow my child to buy a lunch. This would save me a lot of time. It would also likely result in increased use of locally grown produce, supporting HI agriculture. The positive impact on children's health is another benefit. Current menu options at Hawaii's public schools are an unhealthy disgrace.

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## SB609 Vegetarian School Lunch Meals

A growing mountain of scientific research indicates that eating a low-fat, nutritionally-dense vegan diet prevents and reverses type 2 diabetes, heart disease, and a variety of other serious ailments, positively impacting the top fifteen leading causes of death in America. A growing number of doctors – including Dean Ornish, John McDougall, Joel Fuhrman, Neal Barnard and Caldwell Esselstyn – have put this information into action, successfully bringing thousands of very sick patients back to health by using healthy vegan food (and not drugs). Eating a healthy vegan diet is not promoted by our government agencies due to conflicts of interest between public welfare and the interests of chemically-invested agricultural, pharmaceutical, and insurance industries.

Our American population has never been sicker, and our drug-based health-care system has never been more expensive. Investing in healthy diet while saving substantial health care costs is the obvious choice.

Knowing this information, how can we NOT afford to introduce vegan meals into the school lunch program?

Please support SB 609!

Katherine Orr

**From:** [mailinglist@capitol.hawaii.gov](mailto:mailinglist@capitol.hawaii.gov)  
**To:** [EDU Testimony](#)  
**Cc:** [vegan808@gmail.com](mailto:vegan808@gmail.com)  
**Subject:** \*Submitted testimony for SB609 on Feb 8, 2013 13:15PM\*  
**Date:** Wednesday, February 06, 2013 11:11:30 AM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
David M. Johnston	Individual	Support	No

Comments:

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**To:** [EDU Testimony](#)  
**Cc:** [allicynhayes@hotmail.com](mailto:allicynhayes@hotmail.com)  
**Subject:** \*Submitted testimony for SB609 on Feb 8, 2013 13:15PM\*  
**Date:** Wednesday, February 06, 2013 11:57:10 AM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Allicyn Hayes	Individual	Support	No

Comments:

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**Support of SB609 Vegetarian School Lunch Bill**

I wholeheartedly support this bill to require schools to offer a vegetarian option for lunch in Hawaii's public schools at least once a week.

I am a vegetarian along with my three elementary school age children and my wife is a vegan. We have always encouraged with our children the practice of healthy living with exercise and diet. While this is not always easy to do in a society with a lack of focus on eating right and exercise, we have provided a home environment that supports our belief. We also attempt to only eat at restaurants that follow similar practices.

Our shortfall, which can be countered with SB609, is the option of healthy food vegetarian options in our schools. Our children bring sack lunches to schools that contain healthy lunches. Our children deserve the option of eating at their schools where these choices are made available.

Sincerely,

Joe Bement  
Makiki

**From:** [mailinglist@capitol.hawaii.gov](mailto:mailinglist@capitol.hawaii.gov)  
**To:** [EDU Testimony](#)  
**Cc:** [eatplants@earthlink.net](mailto:eatplants@earthlink.net)  
**Subject:** Submitted testimony for SB609 on Feb 8, 2013 13:15PM  
**Date:** Wednesday, February 06, 2013 12:43:13 PM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
patti breitman	Individual	Support	No

Comments: As an editor for books about health, I can think of no move as powerful as providing a vegetarian meal to students. This simple change in menu can expose children to healthier habits to ensure their life long health. The earlier we learn to eat plant based meals, the longer lasting the benefits to our overall health. More and more professionals - medical doctors, registered dietitians, nutrition experts - are seeing the many benefits of vegetarian food for people of all ages. Support this wise legislation and get today's school children on the road to better health.

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**From:** [Esther Yoon](#)  
**To:** [EDU Testimony](#)  
**Subject:** Senate Bill 609  
**Date:** Wednesday, February 06, 2013 2:21:47 PM

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Please consider Bill 609 which requires schools to offer a vegetarian option for lunch at least once a week.

Mahalo!

Esther Yoon Smith  
808.756.1036

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**From:** [mailinglist@capitol.hawaii.gov](mailto:mailinglist@capitol.hawaii.gov)  
**To:** [EDU Testimony](#)  
**Cc:** [rae@plantpeacedaily.org](mailto:rae@plantpeacedaily.org)  
**Subject:** Submitted testimony for SB609 on Feb 8, 2013 13:15PM  
**Date:** Wednesday, February 06, 2013 2:31:54 PM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Rae Sikora	Individual	Support	No

Comments: Please, if make this a plant-based option for students with no animal products. Give them a choice of a healthy meal without meat, dairy or eggs. Thank you.

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**Cc:** [RICHARDFURST@YAHOO.COM](mailto:RICHARDFURST@YAHOO.COM)  
**Subject:** Submitted testimony for SB609 on Feb 8, 2013 13:15PM  
**Date:** Wednesday, February 06, 2013 3:06:28 PM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Richard Furst	Individual	Support	No

Comments: I support SB 609 to require schools to offer a vegetarian lunch once a week. I believe this will help to counteract many of the health problems we are seeing increase among our youth today, including obesity, diabetes, and other problems. Vegetarian meal choices will help our keiki to recognize the healthy alternates to traditional "local style" foods, and build a life-long habit of better diet choices. Thank you for your consideration.

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**To:** [EDU Testimony](#)  
**Cc:** [rachepperson@gmail.com](mailto:rachepperson@gmail.com)  
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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Judith Epperson	Individual	Support	No

Comments: Children's values are developed by what they see around them, the way people eat and the options presented to them for food choices go to shape their life, their health. Offering vegetarian food to them (even once a week) can be the beginning of their healthy choices. Of course, it should be offerings of vegetarian food that tastes good. Mahalo

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**SB609**

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Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Momo	Individual	Support	No

**Comments: SB 609**

A third of Hawaii's school children are now either overweight or at risk of becoming overweight. Scientific studies show that vegetarians are less likely to be obese and have lower rates of type 2 diabetes, among many other health benefits. In addition, current vegetarians have the right to access vegetarian meals at school. I support SB 609.

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**To:** [EDU Testimony](#)  
**Cc:** [aliciabrie@hotmail.com](mailto:aliciabrie@hotmail.com)  
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**Date:** Wednesday, February 06, 2013 6:51:43 PM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Alicia Rami	Individual	Support	No

Comments: Children need to learn about healthy eating from an early age. Schools should be promoting the vegetarian diet, which is healthier and better for the environmental well-being of the planet. Vegetarian diets also teach children to have respect for the life of the planet and to gain compassion towards the animals. Please support SB 609.

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**To:** [EDU Testimony](#)  
**Cc:** [momialoha2002@yahoo.com](mailto:momialoha2002@yahoo.com)  
**Subject:** Submitted testimony for SB609 on Feb 8, 2013 13:15PM  
**Date:** Wednesday, February 06, 2013 7:01:42 PM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Ann OGilvie	Individual	Support	No

Comments: I think based on the research that has been done and the popularity of vegetarian options that it is clear that this bill should be passed. I am currently a public high school teacher, and I can assure you my students would be in favor of it as would their parents.

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**To:** [EDU Testimony](#)  
**Cc:** [marilynmick@pobox.com](mailto:marilynmick@pobox.com)  
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**Date:** Wednesday, February 06, 2013 9:27:37 PM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Marilyn Mick	Individual	Support	No

Comments: I strongly support this Bill. This Bill recognizes that a third of Hawaii's school children are now either overweight or at risk of becoming overweight. Scientific studies show that vegetarians are less likely to be obese and have lower rates of type 2 diabetes, among many other health benefits. We owe it to our keiki.

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**SB609**

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Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Teagan Bruce	Individual	Support	No

Comments: I support the vegetarian option. My daughter is a vegetarian by her own choice and she does not get enough substance from school lunches if she only eats the vegetarian components. This means that she usually has to have home lunch. To fit in with her peers she sometimes chooses to have school lunch, and just picks out the protein option, which leaves her hungry. We all know how food sustains the mind, and I don't like that she is focusing on her hungry tummy, rather than her schoolwork. Additionally, vegetarian food is more affordable than meat dishes, and this can help balance our budget.

Thank you,

Teagan Bruce

From: [mailinglist@capitol.hawaii.gov](mailto:mailinglist@capitol.hawaii.gov)  
To: [EDU Testimony](#)  
Cc: [Francamillis@yahoo.com](mailto:Francamillis@yahoo.com)  
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Date: Wednesday, February 06, 2013 11:18:45 PM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Franca Millis	Individual	Support	No

Comments: The school meals at my children elementary school are most of the time of very poor quality. I hear from other parents that in other schools the situation is not much better. Some examples are main entrees that are frozen and warmed up in the oven. My children complain that these entree's are often served under cooked or still cold. Sides include preserved fruit cups instead of fresh fruits that provide more sugar than necessary, side of vegetables that are hardly ever fresh and come from a can, sweet bread, and even cookies. Because of the poor taste of most meals, my children and their classmates often choose to only eat the sides which are the unhealthiest part of the meal because of the sugar content and the lack in more important nutrients like protein and vitamins. Many children eat their main meal of the day at school, therefore they should have available a much better quality for their meals. I have had lunch myself at school to better understand what it was like and I could not eat what was served. One of the examples is stew that tastes like dog food that just came out of a can, vegetables did not have any flavor, sweet bread, cookies, tuna sandwiches that taste like mayonnaise gone bad. The only edible thing was brown rice and bananas. The bananas that are served, are extremely big and most children do not feel like eating them so at the end of the meal they just toss them in the trash. I am not a chef, although, I have worked in food service and I prepare all of our meals at home from scratch. I know how important it is to feed my family well to prevent health issues. Schools should know this better than anybody else. Eating well promotes health and savings in health services. To improve the situation I recommend that studies be performed to restructure the way cafeterias function possibly through focus groups. School food service should work with local food industry and farmers markets to introduce new and fresher menu items. Introducing new serving systems like salad bars where children can take only servings of the items they are actually going to eat and have choices would reduce waste. If the department of education, is able to come up with a better meal plan, not only our children will be healthier but waste will be reduced resulting in savings for the schools and also in an improved economy for our local farmers. Thank you for giving me the opportunity to submit my testimony.

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**To:** [EDU Testimony](#)  
**Cc:** [Jtu55@hotmail.com](mailto:Jtu55@hotmail.com)  
**Subject:** \*Submitted testimony for SB609 on Feb 8, 2013 13:15PM\*  
**Date:** Thursday, February 07, 2013 6:14:39 AM

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Jenny Uyeno	Individual	Support	No

Comments:

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**Cc:** [hsaufferer@yahoo.com](mailto:hsaufferer@yahoo.com)  
**Subject:** \*Submitted testimony for SB609 on Feb 8, 2013 13:15PM\*  
**Date:** Thursday, February 07, 2013 8:10:54 AM

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Heidi Saufferer	Individual	Support	No

Comments:

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Dear Senate Committee on Education,

I am writing in favor of Senate Bill 609, which requires schools to offer a vegetarian option for lunch at least once a week. I became a vegetarian at age 15 for ethical and dietary reasons, and personally experienced the distress of trying to piece together a sufficient meal for myself in the school cafeteria, often unsuccessfully, and being forced to settle for ridiculous items like lettuce on a bun (really), or for non-nutritious items like chips, french fries, and dessert. Given my age, I was unable to do what was needed in order to pack my own lunch (e.g., drive myself to the store and purchase my own food to pack my own lunches), and even if I had been, I was too uneducated about healthy vegetarian eating options to make the best choices.

That is why I think SB 609 is so VITAL to Hawaii's keiki! Accumulating research over the past several decades clearly indicates that a vegetarian diet supports good health and longevity. Furthermore, as our planet becomes more populated, the sustainability of meat-based diet is reduced more and more each day. The way our children will eat in 30 years will be different than the way we eat now. It is essential that we begin to teach them a variety of healthy ways of eating, including vegetarian, so they can be more educated about the expanse of food options available to them. Vegetarian meals are also often more cost-effective than ones that contain animal ingredients.

In addition to nutrition, I think adding a vegetarian meal option to our school lunches can have a cultural learning value. Many children come from families with specific belief systems on the value of a vegetarian diet, and offering these meals can become a spring board for learning. Why would someone eat vegetarian? What does it mean to be vegetarian? Eating is one of the most important social activities we as humans engage in. By eating in new ways, our world view expands a little, and we become more appreciative of both our way of living, and others.

I wholeheartedly support SB 609 and hope you will to. Thank you for your consideration.

Sincerely,  
Allison Love



**From:** [mailinglist@capitol.hawaii.gov](mailto:mailinglist@capitol.hawaii.gov)  
**To:** [EDU Testimony](#)  
**Cc:** [mauisurfer1961@gmail.com](mailto:mauisurfer1961@gmail.com)  
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**Date:** Thursday, February 07, 2013 9:24:58 AM

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
john w cadman	Individual	Support	No

Comments:

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## Testimony for SB 609-Vegetarian School Lunch

Aloha,

My name is Kellen Smith, and I work for the Program for Afterschool Literacy Support, a federally funded grant based organization overseen by the University of Hawaii. We conduct project, place-based learning on the Waianae Coast through teacher professional development, project implementation, and serving as a liaison between schools and community.

I am a supporter of this Senate Bill. I interact with many students who are obese on a daily basis. We have started a few school gardens in Waianae, and I have noticed that students will eat healthy if given the proper nutritional options. I believe that this Senate Bill is a good start, but much more will be needed to tackle this huge problem of diet related health disorders in my community. I hope that the vegetarian option will be something fresh and local, not just some canned vegetables thrown on a plate. I believe that if we can reverse the effects of diet related health disorders, we can change the local economy by inspiring people to choose fresh, local foods and cut down on health care and insurance costs due to less illnesses. Mahalo for trying to provide better options for our keiki.

Mahalo nui loa,

Kellen Smith  
Program Coordinator  
PALS-UH

**From:** [mailinglist@capitol.hawaii.gov](mailto:mailinglist@capitol.hawaii.gov)  
**To:** [EDU Testimony](#)  
**Cc:** [angelslave4legs2@aol.com](mailto:angelslave4legs2@aol.com)  
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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Jane Shiraki	Individual	Support	No

Comments: Please pass SB609. It is an excellent bill proposal that is humane, healthy and innovative.

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Testimony in Support of SB609  
Doora Shin  
*February 7, 2013*

Aloha,

My name is Doora Shin and I'm a student at UH Mānoa. I wholeheartedly support this bill to offer vegetarian options in school cafeterias. Vegetarianism is a growing movement that is accepted more and more each day. The passing of this bill would be monumental in displaying a concern for the health of the children in our community and for the welfare of our environment.

The health benefits of vegetarian food are tremendous. Plant-based diets prevent heart disease, obesity, high cholesterol, and diabetes. Animal foods are the only source of cholesterol, so vegan foods are cholesterol free. And the idea that the best protein and calcium sources are from meat and dairy is a myth proliferated by the very industries that produce those products. By nature, humans are designed to be herbivores. We have adapted to be able to consume meat and dairy, but those food choices have proven to be significantly detrimental and often fatal as heart disease is the #1 killer in the US.

Animal flesh consumed for protein is actually the worst form of protein. Protein from animal and fish meat is too acidic for our bodies, and to neutralize this acidity, calcium is taken from our bones. Studies clearly show an indication that in regions where meat is consumed; as a result of this reaction, the rate of osteoporosis is significantly higher in cities and nations that consume more meat.

Calcium sources which most schools get through milk and dairy are actually found in plant foods such as leafy greens, tofu, and oranges. Milk and dairy products are more harmful sources of calcium especially for our children because those products are naturally designed for calves to drink. Consequently, these milk & dairy products are too extreme for humans because calves mature at a much faster rate than humans do. Milk contains saturated fats, cholesterol, and the hormones in milk have been linked to prostate cancer, breast cancer, and early puberty in our children.

The environmental impact this bill would have is also incredible. An omnivore diet requires over 4,000 gallons of water for one day of food, while a vegan diet requires less than 300 gallons of water for one day of food. Eating animal foods means that all those grains and plant-based foods are being fed to billions of livestock to eventually feed us. This system directly affects the global water crisis and contributes significantly to world hunger. We could truly save the world with vegetarian and vegan diets.

There are a variety of sources of protein and calcium in vegetables, fruits, legumes, and other plants that require significantly fewer resources to produce and consume. These foods have higher nutritional benefits and do not contribute to the clogged arteries that lead to heart disease in so many Americans. There is no reason to take that option away from our children who otherwise have no choice in the food offered to them at our

schools. This issue is very close to my heart as I was once a heavy consumer of meat and dairy until I was exposed to the facts that are intentionally kept from us. I hope this information is as eye-opening as it was to me, and that you consider the health of our children and the welfare of our environment when reviewing SB609.

Mahalo!

**From:** [sheryl malin](#)  
**To:** [EDU Testimony](#)  
**Subject:** Vegetarian Meals in Schools  
**Date:** Thursday, February 07, 2013 11:28:27 AM

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I am writing to ask you to pass the bill that mandates that vegetarian meals be offered in our schools. Healthy choices make a healthy society!

Thank you,  
Sheryl Malin, RN, LAc  
[www.acupunctureinhawaii.com](http://www.acupunctureinhawaii.com)

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Brittany Scott	Individual	Support	No

Comments: There are many students who are vegetarian and or vegan for a variety of different reasons: health, ethical, religious, etc. But regardless of the reason they should have the option of eating a school meal that meets their dietary needs. Instead of making the vegetarian meal option mandatory for once a week I would recommend having a veggie meal option for all school days.

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Jacquelyn Hong	Individual	Support	No

Comments:

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# SUPPORT

**SB 609**  
**(VEGETARIAN SCHOOL MEALS OPTION)**  
Hawaii State Capitol, Room 414  
Friday, February 8, 2013, 1:15 p.m.

**Education Committee**  
**Jill N. Tokuda, Chair**  
**Michelle N. Kidani, Vice Chair**

Dear Senators:

Offering healthy vegetarian/vegan options in Hawaii school lunch programs is a great idea to help improve the daily diets of our children.

This is a very timely bill given the current rise in obesity, cancer, heart disease, and diabetes rates affecting our population in Hawaii.

Please give **SB 609** all your support!

Mahalo nui,

**Anjie Pham**  
**Honolulu, Hawaii**

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**Date:** Thursday, February 07, 2013 4:51:06 PM

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Joylin Domingo	Individual	Support	No

Comments:

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Christa Meilak	Individual	Support	No

Comments: As a mother of two school age children, professional teacher for over 17 years, and a certified nutrition & fitness trainer I support this bill 100%. Childhood obesity is a serious epidemic in our country. Providing healthy, vegetarian choices in the lunch room is a great step toward decreasing this problem.

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Troy Abraham	Individual	Support	No

Comments:

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February 7, 2013

Re: Strongly Support - SB 609

Dear Education Committee members,

I'm writing in strong support of SB 609. As a dietetic graduate completing my credentials to become a registered dietitian, I have gained scientific, evidenced-based knowledge that a balanced plant-based/vegetarian diet can meet all the nutritional requirements for growing children. In addition, a balanced plant-based diet offers additional health benefits including protection against type 2 diabetes, hypertension, obesity, and other chronic illnesses.

In the past I have worked with the Department of Education, Castle Medical Center, and the American Cancer Society in promoting healthier food in schools. How have we been doing this? By encouraging school children to increase their intake of plant-based food. I have experience with DOE's Hawaii Child Nutrition Programs and understand that the USDA nutrition program is beginning to work on accommodating the growing nation-wide demand for more plant-based options in school lunches.

Our children deserve healthy food options and our representatives should be jumping at this opportunity to support a vegetarian meal option as part of the school lunch meal at least once a week.

As a mother of two young boys and dietetic professional looking to improve the health of our island communities, I strongly support SB 609.

Let's take care of keiki. Please support SB 609. Mahalo for your consideration!

With warm aloha,

Tandis Bishop

Kailua, Oahu

808-772-0295

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Nicholas Hudson	Individual	Support	No

Comments: As a vegan, I strongly support offering vegetarian and vegan options. It is particularly important for children to be exposed to a plant-based diet.

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**To:** [EDU Testimony](#)  
**Subject:** In Favor of SB 609  
**Date:** Friday, February 08, 2013 12:08:01 AM

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Aloha,  
I am in favor of SB 609. We need to provide lunches in fairness to all, including those that choose not to eat meat or animal products. Mahalo!

Aloha,  
Christine Kauahikaua  
PO Box 50  
Waimanalo, HI 96795

Aloha

I would like to voice my strong support of SB 609 (this bill is listed for February 8 at 1:15pm with the EDU/HTH committee), which 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. It also requires a report to the legislature.

This bill will help make right years of discrimination against families who choose a vegetarian diet, as well as an opportunity to offer healthy options to others.

This bill recognizes that a third of Hawaii's school children are either overweight or at risk of becoming overweight. Evidence shows that vegetarians are less likely to be obese and have lower rates of type 2 diabetes, among many other health benefits. Enacting a bill such as this can only be a good thing for the people of Hawaii, particularly for our future generations.

Show you really care about the health of our keiki. Do the right thing and pass this bill!

Respectfully,  
Sherry Pollack  
Kahaluu



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**Cc:** [aimeestiner@gmail.com](mailto:aimeestiner@gmail.com)  
**Subject:** Submitted testimony for SB609 on Feb 8, 2013 13:15PM  
**Date:** Wednesday, February 06, 2013 11:33:35 AM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Aimee Stiner	Individual	Comments Only	No

Comments: I support this bill

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**Date:** Wednesday, February 06, 2013 1:10:59 PM

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Arianna Scalera	Individual	Comments Only	No

Comments: Please have the vegetarian option available at least once a week.  
Malama da Keiki! Choose The Right!

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SB609

Submitted on: 2/6/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Maribeth Abrams	Individual	Comments Only	No

Comments: I am writing to express my opinion that adding one plant-based meal per week at school is an excellent idea. Research has shown overwhelmingly that plant-based meals are ideal in a health-prenting style of eating. Schools can play an integral part in exposing children to such healthier meals. Thanks.

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
CHANDRA R. OM	Individual	Comments Only	No

Comments: PLEASE PLEASE PROVIDE VEGETARIAN ALTERNATIVES AT EVERY MEAL EVERYDAY AT EVERY SCHOOL AS MUCH AS POSSIBLE FOR SO MANY REASONS INCLUDING NUTRITIONAL MEDICINAL AND SPIRITUAL.  
ALOHA

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Brian Lehmann	Individual	Comments Only	No

Comments: EDU & HTH Committees, Aloha. I support the concept of vegetarian options. However, if vegetarian / vegan students are disadvantaged, we should offer veg'n options only once a week? I would amend to provide the option no less than five days a week. Also, because of the prevalence of genetically modified (GMO) substances in the food supply, which may prove unhealthy, I would also amend to stipulate organic certification for products so added, or in general use in school menus. Thank you

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SB609

Submitted on: 2/7/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Carla Maria Buscaglia	Individual	Comments Only	No

Comments: Hello, Please support more betta kine food for our children. A healthier child grows into a healthier adult and therefore there will be less medical bills. Thank you very much! Aloha, Carla M. Buscaglia

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SB609

Submitted on: 2/8/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
pat dukes	Individual	Comments Only	No

Comments: Our children need to get early education on good eating habits. We are inundated with fastfoods; kids want to eat what they see other kids are eating. Also, parents will have an easier time feeding their children healthy foods if that is what the children see and eat at school too.

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**Subject:** Submitted testimony for SB609 on Feb 8, 2013 13:15PM  
**Date:** Friday, February 08, 2013 7:40:01 AM  
**Attachments:** [SB609 .pdf](#)

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SB609

Submitted on: 2/8/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
lisa lacova	Individual	Comments Only	No

Comments: We need to help our children eat properly, along with diet and exercise. We need more vegetarian options in schools, that is healthier and nutritious . Providing more cooked and steamed fresh vegetables such as kale, cabbage, spinach, mushrooms, broccoli, carrots, potatoes, yams, etc. Beans have so much protein, such as lentils, split pea, black bean, kidney etc. It would be good to have brown rice, quinoa, wheat pasta , wheat bread and other starch options instead of white flour. I hope this helps. Thank you for your time.

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SB609

Submitted on: 2/8/2013

Testimony for EDU/HTH on Feb 8, 2013 13:15PM in Conference Room 414

Submitted By	Organization	Testifier Position	Present at Hearing
Terry Bear	Individual	Comments Only	No

Comments: I am in strong support for providing all public school children a healthy, well balanced school lunch program. This should include whole foods, plant based, chemical free, fresh fruits and vegetables. If we do not take care of our children's health with nutritious foods, sooner or later, we will all sit down to the table of our consequences. Mahalo, Terry BEar

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