

SR27

Vegetarian Entrée Meal Options
EDU/HTH, WAM



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

Date: 03/22/2013

Committee: Senate Education/Senate Health

Department: Education

Person Testifying: Kathryn S. Matayoshi, Superintendent of Education

Title of Resolution: SR 027 ENCOURAGING THE DEPARTMENT OF EDUCATION TO WORK WITH THE DEPARTMENT OF HEALTH TO DEVELOP NUTRITIONALLY-SOUND PUBLIC SCHOOL MEAL PLANS THAT GIVE STUDENTS THE OPTION OF A VEGETARIAN ENTRÉE AT LEAST ONCE A WEEK.

Purpose of Resolution: Department of Education; Vegetarian School Lunch Option

Department's Position:

United States Department of Agriculture (USDA) Center for Nutrition Policy and Promotion and Agricultural Research Service, United States Department of Health and Human Services (HHS), Office of Disease Prevention and Health Promotion, jointly coordinate and develop the Dietary Guidelines for Americans (DGA). The DGA provides the most recent scientific evidence based nutrition information.

USDA requires all meals served for the National School Lunch and Breakfast Programs meet DGA nutrition standards. The DOE adheres to the nutritionally sound regulatory requirements set forth by USDA.

Additionally, healthy menu options of fruits, vegetables, grains, low-fat or fat-free milk, and meat/meat alternate are offered everyday to all students. Therefore, the DOE does not find this resolution is necessary in light of the DGA nutrition standards and options provided.

Thank you for this opportunity to testify.

From: mailinglist@capitol.hawaii.gov
To: [EDU Testimony](#)
Cc: renesiracusa@hotmail.com
Subject: Submitted testimony for SR27 on Mar 22, 2013 13:45PM
Date: Wednesday, March 20, 2013 3:03:40 PM

SR27

Submitted on: 3/20/2013

Testimony for EDU/HTH on Mar 22, 2013 13:45PM in Conference Room Auditorium

Submitted By	Organization	Testifier Position	Present at Hearing
Rene Siracusa	Puna Community Medical Center	Support	No

Comments: The Puna Community Medical Center (PCMC) is a nonprofit that operates an urgent care clinic in Pahoia on the Big Island. We are in support of SR27. Many children in our community do not get nutritionally adequate meals at home, so they eat lots of empty calories, which leads to obesity, diabetes and other health problems later in life. It also affects their ability to concentrate in school. The State has an opportunity, with this resolution, to not only address this situation but as an extra benefit could support local agriculture by urging the DOH to design school lunches using local products. Our only concern with this legislation is that we see no reason to limit vegetarian lunches to once a week. We believe that there should be a vegetarian option on the daily menu. It would not be difficult to arrange. mahalo, Rene Siracusa, President Puna Community Medical Center

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Cc: tapars3@hawaii.edu
Subject: Submitted testimony for SR27 on Mar 22, 2013 13:45PM
Date: Tuesday, March 19, 2013 2:47:17 PM

SR27

Submitted on: 3/19/2013

Testimony for EDU/HTH on Mar 22, 2013 13:45PM in Conference Room Auditorium

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

Comments: As a long time vegetarian, a healthcare provider, and a concerned citizen, I strongly urge you to pass this measure to provide more healthy meal options for school children. Obesity is an epidemic and we MUST teach our children better eating habits. I appreciate your time and attention to this matter.

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Cc: jflash007@gmail.com
Subject: *Submitted testimony for SR27 on Mar 22, 2013 13:45PM*
Date: Wednesday, March 20, 2013 12:13:49 PM

SR27

Submitted on: 3/20/2013

Testimony for EDU/HTH on Mar 22, 2013 13:45PM in Conference Room Auditorium

Submitted By	Organization	Testifier Position	Present at Hearing
Jack Little	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
To: [EDU Testimony](#)
Cc: tabraham08@gmail.com
Subject: Submitted testimony for SR27 on Mar 22, 2013 13:45PM
Date: Thursday, March 21, 2013 6:24:00 PM

SR27

Submitted on: 3/21/2013

Testimony for EDU/HTH on Mar 22, 2013 13:45PM in Conference Room Auditorium

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

Comments: i support urgent passage of bill to promote healthy school alternatives

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Hello, my name is Aubree Kim. I am 14 years old and attend Mililani High School. Thank you for the opportunity to testify on Senate Resolution 27 today.

Everyday for lunch at school my friend and I, along with many others fill our plates with fresh veggies from our school's full salad bar. We are lucky enough to have this option everyday and even on Thursday's we can get Somen salad! I am in full support of Senate Resolution 27 because I believe every school should take the step in offering vegetarian meals to their students, it just so happens I am lucky enough to attend one that already does.

According to a survey done by the Vegetarian Resource Group in 2005 of kids in the United States ages 8-18, 6% of them don't eat meat, 6% never eat poultry, and 3% are full vegetarian. Now that was in 2005 and since then I'm sure the number has definitely increased. If schools don't offer vegetarian options, for those children it's very difficult to find a sufficient meal at school. Not all of them can bring home lunch everyday so it most likely ends up in them skipping lunch or eating the very few sides they can. This will leave them hungry for the rest of the school day and probably affecting their performance in class. Who can really pay attention while your stomach's growling at them? I do not eat meat myself and remember in middle school I would never eat lunch. They barely offered anything I could eat, but still I wouldn't bring home lunch everyday.

Many people would and often do ask me I love meat, why don't you eat it? What probably first comes to mind when you ask that question is she must love animals so much. Honestly, I do have a love for animals, but that isn't the only or main reason why. Growing up I ate a lot of meat; it wasn't until middle school when I started not to. I became educated with facts that most people don't know. After watching the video "Food inc." horrible truths were revealed to me and I believe everybody should be aware by watching this video. The average American eats over 200 pounds of meat in one year. But did you know that the average food product travels about 1,500 miles to get to your grocery store? And that transporting food accounts for 30,800 tons of greenhouse gas emissions every year? The amount of energy and supplies to raise and transport especially meat is insane. The new thing today is promoting saving our environment in ways like rail transit and hybrid cars but people don't see how much an effect eating meat has on our environment and how much eating even just one vegetarian meal a week could help. If school's can commit to the change it can lead to something really big. Why not start promoting a vegetarian lifestyle with America's future. It's them who will be more affected by our depleting earth and it can be them to make the changes.

Lastly, in schools today and in the community another thing you always hear about is obesity. In 2010, more than one third of children and adolescents were overweight or obese. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease. We all know that child obesity is a big problem here. I can't think of a better way to take a step towards a healthier lifestyle for all kids than to promote it in school lunches. If all

schools start serving vegetarian lunches it could have a big impact on many kids. They could realize eating vegetables or other options are yummy and carry it on through every meal they eat. It can cut back a lot of fat they consume in their diet. I'm sure vegetarian meals could even be cheaper! The way that my school serves Somen salad once a week is really good example. On those days lines are extra long because it tastes really good. I'm sure more than half the people that eat salad and Somen salad aren't even vegetarian. All kids go to school so starting healthy habits in school can help all kids have healthier habits in their lifestyle.

I can only see positives in Senate Resolution 27 and I think it could be the beginning to one change that can make a huge impact. Thank you for your time and the opportunity to share my support in Senate Resolution 27.