

JAN 16 2014

A BILL FOR AN ACT

RELATING TO SCHOOL MEALS.

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

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

5 The Hawaii Medical Journal reports that one-third of
6 Hawaii's school children are now either overweight or at risk of
7 becoming overweight. Many children consume too much saturated
8 fat and sodium and do not get enough fiber, whole grains,
9 fruits, or vegetables. As a result, children are increasingly
10 affected by obesity and related conditions, such as type 2
11 diabetes, hypertension, and heart disease, which were previously
12 considered adult diseases.

13 Plant-based foods are cholesterol-free, generally low in
14 fat, lower in calories, and higher in fiber. Plant-based school
15 meals are not just healthier than conventional school meals,
16 they are some of the healthiest options schools can provide and
17 have the potential to make the biggest impact on improving
18 children's health. Many children get more than half their daily



1 calories at school, and with each low-fat, plant-based, and
2 high-fiber entree that a child chooses, that child is more
3 likely to lower the risk of becoming overweight and developing
4 diabetes, heart disease, and certain cancers.

5 In addition, offering low-fat, plant-based, and high-fiber
6 meal options allows all children - those who are lactose-
7 intolerant, or avoid animal products for religious, ethical, or
8 health reasons - to find healthful lunch options at school.

9 Across the country, schools that offer healthy low-fat,
10 plant-based, and high-fiber school meals have found these meals
11 to be well accepted by their students.

12 In addition, while many schools have found it difficult to
13 meet the nutritional requirements set forth by the United States
14 Department of Agriculture, offering low-fat, plant-based, and
15 high-fiber school meals will make it easier for schools to meet
16 and even exceed these requirements.

17 The purpose of this Act is to require the department of
18 education, in collaboration with the department of health, to
19 develop nutritionally sound public school menu plans that give
20 students the option of low-fat, plant-based, and high-fiber,
21 entrees as part of a school lunch meal.



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1 SECTION 2. The department of education shall work with the
 2 department of health to develop nutritionally sound public
 3 school menu plans that give students the option of low-fat,
 4 plant-based, and high-fiber entrees as part of a school lunch
 5 meal.

6 SECTION 3. The department of education, in cooperation
 7 with the department of health, shall submit to the legislature
 8 no later than twenty days prior to the convening of the regular
 9 session of 2015, a report on the nutritionally sound public
 10 school menu plans that have been developed and implemented to
 11 give students the option of low-fat, plant-based, and high-fiber
 12 entrees as part of a school lunch meal.

13 SECTION 4. This Act shall take effect upon its approval.
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INTRODUCED BY:

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S.B. NO. 2190

Report Title:

Department of Education; Department of Health; Public School Meal Plans; Low-fat, Plant-based, and High-fiber Meals

Description:

Requires the department of education, in collaboration with the department of health, to develop nutritionally sound public school menu plans that give students the option of low-fat, plant-based, and high-fiber entrees as part of a school lunch meal.

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