
HOUSE RESOLUTION

REQUESTING THE BOARD OF EDUCATION TO DEVELOP A POLICY TO INCLUDE
VEGETARIAN AND VEGAN MEAL OPTIONS IN ALL SCHOOL MENU PLANS.

1 WHEREAS, the American Academy of Pediatrics, American
2 Cancer Society, American Dietetic Association, American Heart
3 Association, and National Institutes of Health recommend that
4 there be greater emphasis in the American diet on fruits,
5 vegetables, and whole grains; and

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7 WHEREAS, according to the Physicians Committee for
8 Responsible Medicine, individuals following healthy plant-based
9 diets are less likely to be overweight or obese, and they have a
10 reduced risk of diabetes, heart disease, hypertension, high
11 cholesterol, and some cancers; and

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13 WHEREAS, the Physicians Committee for Responsible Medicine
14 has also found that vegetarian teens have higher intakes of
15 essential vitamins and minerals; and

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17 WHEREAS, fruits and vegetables promote good health because
18 they contain fiber and essential nutrients, including vitamins
19 and minerals, are low in fat and calories, contain
20 phytochemicals that may provide additional protection to reduce
21 the risk of cancer and heart disease, and contain no
22 cholesterol; and

23
24 WHEREAS, all students should have access to nutritionally-
25 balanced diets to ensure they become healthy adults who do not
26 suffer from the effects of obesity and malnutrition; and

27
28 WHEREAS, a significant minority of Hawaii school children
29 identify themselves as vegetarian or vegan; and

30
31 WHEREAS, students who identify themselves as vegetarian or
32 vegan, or come from vegetarian or vegan families, desire access



1 to vegetarian and vegan meals in the public schools; and are at
2 a disadvantage if no vegetarian or vegan options are offered;
3 and
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5 WHEREAS, some public schools are able to provide vegetarian
6 and vegan meals; now, therefore,
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8 BE IT RESOLVED by the House of Representatives of the
9 Twenty-fifth Legislature of the State of Hawaii, Regular Session
10 of 2009, that the Board of Education is requested to develop a
11 policy to include vegetarian and vegan meal options in all
12 school menu plans; and
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14 BE IT FURTHER RESOLVED that the Department of Education is
15 requested to post on its website a list of schools that have
16 vegetarian and vegan menu options; and
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18 BE IT FURTHER RESOLVED that certified copies of this
19 Resolution be transmitted to the Chairperson of the Board of
20 Education and the Superintendent of Education.
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OFFERED BY:

Lyla B. Berg
James W. Choy
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[Signature]
[Signature]

Mark Carrillo
[Signature] A.C. Keck-Age
[Signature]
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