
HOUSE RESOLUTION

REQUESTING THE BOARD OF EDUCATION TO DEVELOP A POLICY TO OFFER
VEGETARIAN MEALS ON A REGULAR BASIS 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

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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

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

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31 WHEREAS, students who identify themselves as vegetarian, or
32 come from vegetarian families, desire access to vegetarian meals
33 in the public schools; and are at a disadvantage if no
34 vegetarian options are offered; and



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2 WHEREAS, some public schools are able to provide vegetarian
3 meals; now, therefore,
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5 BE IT RESOLVED by the House of Representatives of the
6 Twenty-fifth Legislature of the State of Hawaii, Regular Session
7 of 2009, that the Board of Education is requested to develop a
8 policy to offer vegetarian meals on a regular basis in all
9 school menu plans; and
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11 BE IT FURTHER RESOLVED that the Department of Education is
12 requested to post on its website a list of schools that have
13 vegetarian menu options; and
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15 BE IT FURTHER RESOLVED that certified copies of this
16 Resolution be transmitted to the Chairperson of the Board of
17 Education and the Superintendent of Education.
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