

JAN 19 2018

A BILL FOR AN ACT

RELATING TO SCHOOL LUNCHTIME HOURS.

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

1 SECTION 1. The legislature finds that having a sufficient
2 amount of time to eat lunch is critical to students' health and
3 academic performance. According to the American Academy of
4 Pediatrics, students should have at least twenty minutes to eat
5 lunch, starting from when they sit down to eat and not from when
6 they enter the cafeteria to get their food. Sufficient time to
7 eat lunch is linked to a better nutritional status; healthy
8 foods tend to take more time for students to consume. In turn,
9 better nutritional status directly affects academic achievement,
10 conduct, and overall school performance. Sufficient time to eat
11 lunch also allows students to socialize with friends, which is
12 an important aspect of healthy eating at school. Moreover, high
13 food waste is associated with not having enough time to eat.

14 The legislature further finds that lunchtime eating habits
15 are affected by the time of day students eat lunch. The
16 American Academy of Pediatrics notes that "[s]cheduling lunch at
17 mid-day, instead of morning hours, reduces waste because



1 students are most likely to be hungry. This also prevents
2 transient hunger at other times of the day that can hinder
3 attention and learning." The United States Department of
4 Agriculture also notes the benefits of having recess before the
5 lunch period, as opposed to afterwards: when recess is scheduled
6 before lunch, students burn off energy and have an opportunity
7 to socialize, better preparing students to eat during lunch.

8 The purpose of this Act is to ensure students have
9 sufficient time to eat lunch, and to ensure that lunch is
10 scheduled at an appropriate time.

11 SECTION 2. Chapter 302A, Hawaii Revised Statutes, is
12 amended by adding a new section to be appropriately designated
13 and to read as follows:

14 "§302A- School lunchtime period. Notwithstanding any
15 law to the contrary, schools shall provide students with a
16 lunchtime period that is no less than thirty minutes long. The
17 lunchtime period shall begin no earlier than 11:20 A.M. and end
18 no later than 1:40 P.M."

19 SECTION 3. New statutory material is underscored.
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S.B. NO. 2465

1 SECTION 4. This Act shall take effect on July 1, 2019.

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INTRODUCED BY:

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S.B. NO. 2465

Report Title:

School Schedule; Lunchtime Period

Description:

Requires schools to provide a lunchtime period of at least thirty minutes in length. Requires that the lunchtime period fall between 11:20 A.M. and 1:40 P.M. Effective 7/1/2019.

The summary description of legislation appearing on this page is for informational purposes only and is not legislation or evidence of legislative intent.

