

# YOUR LOHV<sup>®</sup> Letter



A publication of the LEAGUE OF HUMANE VOTERS<sup>®</sup>NY Holiday issue

Winter Holiday 2019

## BREAKING NEWS!

### PCRM'S HOSPITAL BILL JUST SIGNED INTO LAW

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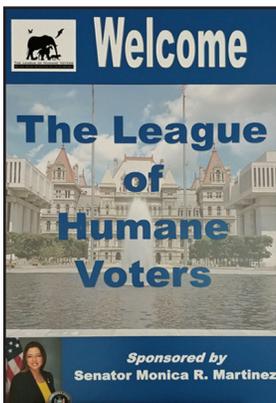
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Romino pretending to be a Christmas tree ornament

Photo credit: Ivan Vinogradov



## JOIN LOHV<sup>®</sup>NY AT THE NYS LEGISLATURE IN ALBANY ON MARCH 17.



Meet with legislators who want to improve the lives of animals. Let them know that you strongly support LOHV's bills. Educate them about the suffering of animals that each bill serves to relieve, and encourage them to sponsor or co-sponsor each one.

**JOIN LOHV<sup>®</sup>s 2020 LEGISLATIVE BREAKFAST IN ALBANY**

**Contact: [jenhonickman@lohv-ny.org](mailto:jenhonickman@lohv-ny.org)**

## Holidays Are a Great Time to Promote a Plant-Based Diet!

### LOHV®NY initiated A1624/S1472, which requires nutritionally complete plant-based options to be offered in NYS public schools!

The Bill is now in the Education Committee of both houses. The chairs are **Senator Shelley Mayer** and **Assembly Member Michael Benedetto**. Their contact information is below.

They will want to hear from you, especially if you are in their district. Even if you aren't, let them know that you support these bills and are watching closely. Remind them that healthy children learn better! **See pages 3 and 4 for speaking points.**

#### Assembly Member Michael R. Benedetto



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#### Senator Shelley Mayer



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**THE ONLY VOICE THE ANIMALS HAVE  
IS YOURS!**

**LOBBY WITH LOHV®!!!**

**Your involvement is needed to get animal protection  
bills passed into law! So please join here:**

**[www.lohv.org/contact.htm](http://www.lohv.org/contact.htm)**

#### Mission Statement

The Mission of the League of Humane Voters® (LOHV®) is to create, unite, and strengthen local political action committees, which work to enact animal-friendly legislation and elect candidates for public office who will use their votes and influence for animal protection.



COALITION  
for HEALTHY  
SCHOOL FOOD

POB 737, Mamaroneck, NY 10543 \* [www.healthyschoolfood.org](http://www.healthyschoolfood.org)

## MEMORANDUM OF SUPPORT FOR A1624/S1472

### **A bill to amend the education law by requiring public schools to offer plant-based food options**

The Coalition for Healthy School Food enthusiastically supports A1624/S1472, which requests plant-based options as an alternative to every meal or snack offered from the school food service operation when requested by a student or person in parental relation to the student.

According to the Academy of Nutrition and Dietetics, the leading professional association of registered dietitians, a plant-based diet is appropriate for all stages of the life cycle and results in lower rates of the lifestyle related diseases: cardiovascular disease, type 2 diabetes, certain cancers, obesity and others. According to the Friends of the Earth, a non-profit organization, the greenhouse gas reduction as a result in offering more plant-based options was shown to accomplish greenhouse gas reductions at \$0 cost which would cost millions of dollars to achieve through technological means such as the use of solar panels. In addition, the school district studied actually saved \$21,000/year as a result of the reduction of animal products and increased plant options. Therefore it should go without saying that requiring schools to provide an option for students who wish to consume a healthy plant-based meal or snack should be an easy decision.

A plant-based meat-alternate option available in schools can meet all the standards for calories, protein, and other required nutrition standards, while essentially eliminating the undesirable nutrients such as saturated fat, and increasing fiber, which is deficient in the diets of most Americans. The Coalition for Healthy School Food meat alternate (plant-based/vegan) recipes have been distributed to 25,000 schools nationwide, including all schools in California, through the non-profit Alliance for a Healthier Generation and the California State Department of Education. These recipes are kid tested and meet all USDA requirements.

Cost is not an issue. For example in Ithaca, NY, hummus is on the menu daily and two additional vegan options are on the menu each week. In New York City, four schools offer vegetarian menus which include vegan options. All New York City schools offer hummus daily. These school districts would not be able to offer vegan options if

they did not fit within the allotted food budget. For example, in Ithaca, NY, Ms. Patel's Rajma costs \$.35 per serving. This is not surprising given that what this bill essentially accomplishes is replacing meat and cheese, the primary component of the main dish of a school lunch, with beans, lentils, or manufactured products which meet the meat-alternate requirements, such as American Bean Products Falafel, when requested. Beans and lentils are very inexpensive and nutritious, in addition, because schools must serve legumes once per week as a vegetable, many schools already stock legumes and also receive canned legumes (beans) from the USDA Foods (formerly called Commodity Foods) program.

Another reason that we support this bill is that the Coalition for Healthy School Food also supports the 30% New York State Initiative. Chapter 56 of the Laws of 2018 provides schools with increased state reimbursement for the purchase of New York State food products for school lunch programs. New York State dry beans (which can be purchased canned) count towards this initiative and therefore help schools get additional funding. Dry beans and other legumes should be the primary ingredient in meat alternate recipes and help our New York State farmers and at the same time help schools to receive additional reimbursements.

Most public school do not currently offer plant-based options beyond peanut butter and jelly, though that is beginning to change. More are beginning to offer hummus and expand their plant-based offerings. Children who eat the diet most associated with disease prevention and good health should be able to eat healthfully while at school.

**The option for students who wish to eat a plant-based meal to be able to do so at school makes sense. The Coalition for Healthy School Food strongly supports this bill. Thank you.**

Sincerely,  
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## LOHV® LETTER ON BEHALF OF PLANT-BASED MEAL OPTIONS IN HOSPITALS

By Deametrice Eyster, LOHV®/NY

**GREAT NEWS!** A bill to provide an option of plant-based meals for hospital patients has been passed by the New York State Legislature.

Thanks to **Assembly Member Richard Gottfried** and **Senator Brad Hoylman**, this major achievement is on its way to becoming law. The next step is for Governor Andrew Cuomo to sign A4072A/S1471A. New York State would be a front-runner of this health issue.

A4072A/S1471A states that hospitals must provide optional plant-based meals and snacks with no animal products. The options must be listed in all information about food and in menus. "Plant-based" is food from plants and contains no animal ingredients.

The American Medical Association "calls on US hospitals to improve the health of patients, staff and visitors by providing a variety of healthy food, including plant-based meals." **The Physicians Committee for Responsible Medicine's Susan Levin, M.S., R.D., director of nutrition education promotes this type of diet, and lists health improvement for heart disease, diabetes, weight loss, cancer and brain health. A diet of vegetables, grains, beans and fruits help fight these illnesses.**

Cost is a factor. St. Joseph Health System in Sonoma County, CA, says that "Vegetarian entrees cost about 50 percent less than meat entrees."

There is often the question: "Where do you get your protein?"

Protein is in vegetables. The United States National Library of Medicine says that "Vegans can get enough essential amino acids by eating plant proteins, legumes, nuts and seeds." Proteins are chains made of amino acids—five that our bodies make, and four that we need to consume.

MedlinePlus, a medical encyclopedia endorsed by the US National Library of Medicine, states that protein should be 10% - 35% of total calories. Some plant-based foods that are protein rich are:

¼ c. tofu = 10.5 grams

½ c. cooked beans or lentils = 65 grams

1T peanut butter – 14 grams

A plant-based diet can allow us to get the necessary amino acids to receive the amount of protein necessary for good health.

Companies have launched plant-based burgers and one has recently come out with a new vegan jerky. It has 11 grams of protein and 80 calories.

Because these types of products are rising in sales, it can be said that more people are choosing healthy eating options.

I congratulate Assembly Member Richard Gottfried and Senator Brad Hoylman, and others who gave their support and understanding of the importance of providing the option of a plant-based diet in hospitals.

**Deametrice Eyster**  
**League of Humane**  
**Voters®/NY**  
**(LOHV®/NY)**

**The Hospital Bill is moving along and is on Gov. Cuomo's desk!**  
**Contact 518-474-8390**

