



Dietitian's Corner

The "LOAF" with a Bit of History

By Barbara Wakeen, MA, RD, LD



Barbara Wakeen and Joseph Montgomery volunteering in the ACFSA booth at the ADA Conference.

Most of us practice the standard that food is not used as leverage for disciplinary measures. That is, food cannot be held back or taken away as a means of disciplinary action for inmates whose behavior warrants punishment. So, just how do facilities handle inmates who throw food, trays and beverages?

Early in my corrections career, I was in a detention facility where a "food loaf" was made for unruly inmates who threw their food trays at the corrections officers. It was a combination of the day's meal with some oats added, and it was baked and served in a loaf. The thought of chocolate cake in a blender with spaghetti and spinach is enough to make me reconsider throwing my food! There has been mention of this practice with slight alterations that even achieved media attention.

Since the last *INSIDER* magazine, I have received inquiries for the "Nutri-Loaf" or "Behavioral Loaf." One of the inquiries was for a healthier recipe than the one originally presented, which included 5 ½ oz lean ground beef, an egg and two ounces lard or shortening as part of the ingredients. One half of the loaf was considered a serving.

One of the most popular recipes that has been around for many years was developed by **Bill Bowers** and others from the Florida DOC. The recipe is for the "Special Management Meal" that when prepared, was divided into three loaves with one served at each meal. This served as a complete day's intake and provided adequate nutrients for the day. It existed in two varieties: a vegan recipe and a regular recipe (both listed below). According to the Florida DOC procedure, it was to be served with water at breakfast and lunch and a nutrient drink at dinner. It is served with no utensils.

Special Management Meal [One Day - Three Loaves]

<i>INGREDIENTS</i>	<i>AMOUNTS</i>
Bread, whole wheat	6 slices
Cheese, Imitation	1 1/4 cup
Raisins, seedless	1/2 cup
Oil, vegetable	1/4 cup
Milk, instant Nonfat Dry	3/4 cup
Carrots, raw grated	3/4 cup
Spinach, can, drained	3/4 cup
Beans, Great Northern, cooked	3 cup
Tomato paste canned, w/salt	1 cup
Potatoes, dehydrated, flakes	1/2 cup

INSTRUCTIONS

1. Combine all the ingredients, except the dry milk and potato flakes, together in a large stainless steel mixing bowl. Make sure that wet items have been drained.
2. Mix together, adding the dry milk and potato gradually. Mixture should be stiff and just wet enough to spread.
3. Use all vegetable oil to grease three foil pans, 1 1/2 pound size.
4. Divide the mixture evenly among the pans.

5. Place on sheet pan with a small amount of water in it, and bake in a 325° F oven for about 40 minutes until each loaf reaches an internal temperature of 155° F. The loaves start to pull away from the pan sides when cooking is completed.

6. Remove loaves from foil pans when done, cool, wrap in foil, tag batch and put in cooler.

7. If making loaves more than two days ahead of time, wrap in foil, tag batch and freeze.

8. When ready to use, reheat at 325° F until internal temperature reaches 165°F.

9. When serving, remove from foil and serve with no eating utensils.

This recipe makes a one-day supply of food for one inmate (three loaves). Each recipe should be prepared separately. An inmate should receive all three loaves from the same batch; therefore, the loaves should be labeled and issued one for each meal of the day.

In 2001, the Florida DOC has modified their recipe to accommodate both the vegan and regular diet with one recipe. This Special Management Meal (below) is currently used by the Florida DOC and is taken directly from their Master Menu Manual.

Single Recipe for Regular and Vegan [One Day - Three Loaves]

INGREDIENTS:

Carrots [Cooked / Drained or Raw/Grated]	½ cup
Spinach [Cooked / Drained]	½ cup
Black-eyed Peas [Cooked / Drained]	2 cups
Great Northern or Navy Beans [Cooked / Drained]	2 cups
Vegetable Oil	4 tbs
Tomato Paste, Canned	1½ cups
Water	1 cup
Dry Grits	1½ cups
Rolled Oats, Dry	1½ cups

INSTRUCTIONS:

Mix the first seven ingredients together in a 12-quart or larger container. Drain all canned items. Knead ingredients together with hands (wearing plastic gloves) or mix with a spoon. Gradually mix in the grits and the rolled oats. The mixture should be stiff and just moist enough to spread. Use all-vegetable shortening to grease 3 one-and-one-half-pound foil loaf pans. Divide the mixture evenly among the three greased pans. Bake at 325° F for approximately 40 minutes until each loaf reaches an internal temperature of 155° F. The loaves will start to pull away from the pan sides when cooking is completed. It is recommended that the loaf pans be placed in the oven on a sheet pan containing water, which will help keep the bottom of the loaves from burning. This recipe will make a one-day supply for one inmate. A separate loaf should be sent to the inmate for each meal. The foil pan must be removed before the loaf is sent to confinement.

Loaves not being used at the time they are made should be wrapped and refrigerated. If the loaves will not be used for a day or more, they should be frozen. Before reheating a frozen loaf, let it thaw in a refrigerator. The loaf should be reheated at 325° F for approximately 30 minutes until the loaf reaches an internal temperature of 165° F. If the loaves come out too dry, a small amount of water may need to be sprinkled on them before reheating. Loaves may not be kept frozen for more than thirty [30] days from the date of preparation. Frozen loaves will be kept in a locked container in the freezer.

The loaves may be reheated in a microwave oven (where available) to an internal temperature of 165° F. The cooking time will vary from microwave to microwave. Make sure to remove loaves from the aluminum pans before placing them into the microwave oven. Rotate each loaf during the reheating process to promote even heat distribution. Measure the internal temperature at several different locations in each loaf to make sure that there are no cold spots.

This recipe must be followed exactly! Make no substitutions! Any deviation from this recipe may change the nutritional value of the meals. Each recipe (three loaves) should be prepared separately. An inmate should receive all three loaves from the same batch; therefore, the loaves need to be labeled. In order to have the capability of producing the loaves when needed, at least one case of canned great northern or navy beans and one case of black-eyed peas should be kept in stock at all times.

The management loaves are to be served with the fortified tea at the lunch meal and the fortified beverage at the evening meal. Only water should be served with the loaf at breakfast. The loaf is served with no eating utensils.

These management loaves are a sound alternative to the meal-of-the-day food loaves. Of course, the use of these measures is always at the discretion of your governing agency, warden or jail administrator. Keep in mind the mandates of your agency to ensure all food guidelines are met. It may be necessary to have a written procedure to imple-

ment the use of this loaf or a facility policy defining the terms of its use.

Meetings and Announcements

The Joint Work Group of NCCHC and the American Diabetes Association met on January 12-13, 2003 and is in the process of standardizing the Diabetes Care of Inmates. The consensus of views from many of our dietician members was presented at the meeting. I will keep you apprised as the protocol progresses. Look forward to an upcoming article on the outcome of this project.

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