

Queries are often cyclical, seasonal, seeking best practices, in response to grievances, or proactive to prevent potential litigation. They may be from seasoned professionals or newcomers to corrections. The number of responses varies depending on subject matter. *Thank you to those who share their practices! You offer a wealth of information that help standardize our recognize practices in corrections.*

Diet Manuals

A variety of diet manuals are used across the country, with many being state-specific written for the state's DOC. Some are liberalized and some are more detailed.

Both the American Dietetic Association's (ADA) Manual of Clinical Dietetics (2000) and Nutrition Care Manuals (NCM) are also popular. The latter is an internet-only manual with annual renewals for continued usage. This has replaced the ADA Manual of Clinical Dietetics. It is an excellent manual for an RD to use, as it is very detailed, clinical and in depth. It contains handout information that can be printed; however, it is not corrections specific. It may not be feasible for daily use by food service staff due to its sole online usage, technicality and cost. This internet-only manual can be purchased at www.nutritioncaremanual.org.

Nationally recognized corrections standards require a diet manual in the medical department as well as food service; hard copies may be best and are likely more cost effective.

The *Nutrition and Foodservice Management in Correctional Facilities*, 3rd Edition (formerly the *Correctional Foodservice and Nutrition Manual*) published by the CD-HCF Corrections Sub-unit is also used. Many of the contributors to this manual are ACFSA members. Although it is not a diet manual per se, it contains a wealth of information referencing medical and therapeutic diets to use as a guide. It does not contain instructional handouts, but it is cost effective and can be purchased through the American Dietetic Association at www.cdhcf.org/products, item #5023 or www.ncchc.org in the product catalog.

Nutritional Analysis Programs

Nutritional analysis programs are less varied in responses. For integrated systems, those that offer inventory and costing as well as nutritional analysis, Computrition, Cbord and Nutrinet are most popular. These are usually owned and used by a company or used within a network system. The most common, nutritional analysis programs that are individually licensed/owned that RDs purchase are Food Processor SQL by ESHA Research and Nutritionist Pro.

Prenatal Vitamins

The consensus is that prenatal vitamins are provided to pregnant inmates via medical. There are occasions where the dietitian assesses the inmate needs and makes recommendations to the medical department.

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Hot Topics

on the Corrections Listserv

by Barbara Wakeen, MA, RD, LD, CCFP, CCHP

This Dietitians' Corner is highlighting some of the recent discussion on the corrections listserv reaching ACFSA members worldwide. The discussion in this article is representative of responses of our North American members.

Type of Milk Served

This recent query was a very hot topic with cost control issues facing our environment daily. Skim milk and 1% milk are the most common types of milk offered. In many states, the skim and 1% milk are less costly than higher fat milk. Reconstituted skim milk and fortified milk alternates offering the same nutrients as milk are also popular; however, use of these products has varying approval in some jurisdictions. California offers milk that is specially processed for the state containing greater protein and calcium than standard nutrients in milk.

Coffee

Coffee is routinely being discontinued more and more due to costs.

Alternate Meals Due to Offender Behavior

The 'food loaf' or 'meal management loaf' is in use in some institutions using various recipes. See past Dietitians' Corner articles in the *INSIDER* on this subject and most recently many of our members contributed to an article published in *Corrections Forum*.

Other alternate meals are those served in Styrofoam containers or sacks such as 'finger foods' to prevent inmates from harming themselves or others.

Sometimes food items are just omitted, such as margarine when it is thrown up to stick on the ceiling.

Religious Diets

Religious diets are queried with frequency usually as a result of a grievance or potential litigation. More and more kosher and Halal meals are requested and served. Issues of cost and augmenting the kosher meals in a non-kosher kitchen have been the most recent discussion.

Practices vary across the country and in different jurisdictions—still ranging from pork-free menus to kosher kitchens; moving all kosher and Halal to one facility; purchasing pre-packaged kosher and/or Halal meals. The cost of these varies between approximately \$2.60 to more than \$8.00 PER MEAL. Below is some recent discussion:

- This particular response, although not corrections, but institutional, demonstrates the use of kosher practices which can be applied in corrections.

"For our kosher residents in non-Kosher facilities we order the frozen meals from Sysco. There are also other packaged meals that are quite acceptable. And yes, they're more costly as a real kosher meal requires Rabbi approval of kitchens as well as their supervision, and the foods are produced to meet their strict requirements. In our Kosher style facility (can't call it Kosher as we do not have a Rabbi on the premises) we do purchase all Kosher approved (stamped) foods, and have 2 separate kitchens and sets of everything. Our ppd cost there is at least \$1.75 to \$2.50 higher than in our non-Kosher facilities. We use non-dairy products to enhance calories or stick w the commercially prepared non-dairy supplements.

For integrated systems, those that offer inventory and costing as well as nutritional analysis, Computrition, Cbord and Nutrinet are most popular.

For dishes in non-Kosher facilities we either serve in the original tray (for frozen), paper, or glass. We always let the resident chose serving method as some are stricter than others."

- Florida DOC is serving a pork-free main population menu and is using only a vegan menu for all religious diets.
- The New York City DOC offers a pork-free menu in addition to a "religious meal program (Halal and Kosher), that

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has been in effect prior to 1994. They prepare and serve approximately 19,500 Halal and 3,000 kosher meals per day. The food service operation is designed to prepare, hold transport and serve Halal and kosher meals to maintain the integrity of the meals. Kosher dinners served for the lunch and dinner meals are prepackaged dinners.

- The Broward County Sheriff's Office houses 5000 – 5500 inmates and serves 260 - 300 inmates on kosher diets and currently pay \$3.41 per meal vs. \$1.25 for a house menu of 2700 cal.
- The Arizona DOC settled a lawsuit after eight (8) years of litigation where the inmate agreed to accept a kosher diet as an acceptable alternative to Halal meats . This system serves four (4) hot kosher entrees per week at dinner. The remaining meals are is cold. This system now is required to offer Halal to any practicing Muslim who asks. Requests are minimal from the more than 1000 inmates eligible to receive Kosher for Halal meals.
- Los Angeles County serves shelf-stable, microwavable meals, prices ranging from \$2.82 to \$3.20 each, for lunch and dinner for the kosher diet. For breakfast cold cereal, fruit, milk, orange juice, bread and peanut butter & jelly, etc are served.
- Another California county system shared that the number of inmates on Halal & kosher diets has more than doubled the past three (3) years:
- Average approximately 32 inmates per day who are on Halal & about 3 inmates per day on kosher meals.
- It was noted they are spending more for one of the kosher or Halal meal than entire day for the main population menu.
- The Washington DOC offers a Halal diet that has been reviewed by an Islamic authority. The Halal diet consists of

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mainline meals with substitutions for beef products which are Halal. (Poultry slaughtered in the US is considered to be Halal and does not need to be replaced.) Compliance with this program is monitored via documentation records. Noncompliance is cause for removal of the diet by the chaplain if the offender is found guilty of an infraction.

- Hennepin County Adult Detention Center offers a pork-free menu. Anyone requesting Halal is offered a either a kosher menu (using frozen TV dinner type meals) or a vegetarian menu only after the chaplain has judged there "sincerity".

Celiac Diets

This diet order arises periodically and requires the assistance of the RD and Food Service Director to assess food items containing gluten (one of the proteins in wheat) which is contained in so many of the products served in our facilities. Responses included handouts from some RD's. There is also inconsistency as to the use of oats in this diet.

Meetings and Announcements

NCCHC

National Conference on Correctional Health Care

October 17-21, 2009

Orlando, Florida

For more information visit www.ncchc.org

FNCE

ADA's Food & Nutrition Conference & Expo

October 17-20, 2009

Denver, Colorado

For more information visit www.eatright.org

Membership Information

If you would like to be added to the Dietitians in Corrections networking EML, please email me directly at bwakeen@neo.rr.com. This is an

informal discussion group and your name/email address will be listed in each email sent to the group. You do not have to be a dietitian to be on the list.

If you are interested in joining the CD-HCF Corrections Sub-unit or if you are already a member and want to subscribe the Corrections EML or be listed in the directory, visit the CD-HCF web site at www.cdchcf.org.

Note: As of April 1, 2009 the Corrections Sub-unit EML has been discontinued d/t economics. It now operates through the CD-HCF Forum EML (listserv). Those who belong to the Corrections Sub-Unit EML, must resubscribe to the CDHCF Forum(if you weren't already part of this forum) at www.cdchcf.org. All corrections discussion must be labeled "CORRECTIONS" in the Subject line.