

Hot Topics, Legislation and Standards Updates

By Barbara Wakeen, MA, RDN, LD, CCFP, CCHP

As most of you know, I field queries for practice standards, diets and nutrition within Corrections. Periodically, I get a follow-up email from someone wondering what happens with this information. A couple of things happen - I always forward the answers back to the person who sent the query, and I often include the information in the Dietitians' Corner for the Insider. In addition to querying within ACFSAs, I post on DHCC's EML (and vice versa) to reach a larger audience. I do keep the responses in archives as well.

Some of the queries are familiar topics to all and there were a couple that most were relatively unfamiliar with:

- Gluten Free – most are serving corn tortillas, gluten free bread and rice cakes. With cross contamination as a consideration, shelf stable meals are also in use.
- Ramadan practices - practices vary from added sack meals provided with the evening meal to replace the missed meals to offering shelf stable entrees. Some offer extra-large servings of breakfast and evening meals. Some serve dates with meals as well.
- PKU Diet – foods with phenylalanine are omitted and protein is restricted.
- Number of cold meals offered – most serve two hot meals and some serve three hot meals. Very few serve only one hot meal. Most vary with governing agency, accreditation standards and contractual requirements.
- Religious Diet conflict with Medical Diets – Medical Diets supersede the religious diets
- G6PD Deficiency – Avoid fava beans, legumes, artificial blue dye and sulfites as main foods/ingredients.

Other recent queries included Wiccan Feast Meals and Nutrigenetics which resulted in no specific practices, and the National School Lunch Program and Residential Child Care Institutions discussed below.

Notable News

There has been a lot of discussion about the USDA Child Nutrition Program and meeting the requirements within Corrections and Residential Child Care Institutions (RCCI). For those feeding youth and participating in the CN program, I am sure you can relate. I would like to update you on some activities that may be helpful in the near future to all of us feeding youth.

Laura Donnelly, RD, LD, CD of Trinity Services attended the Academy of Nutrition and Dietetics' Public Policy Workshop with the President of the Academy. She got us an 'ear' with the Academy's Washington DC office which resulted in a conference call with representatives of USDA's Child Nutrition Program. Laura, Marlene Tutt and I expressed the concerns of the calorie limitations and portions at the breakfast (600 calorie max) and lunch (850 calorie max) meals and the large amount of food and calories needed to make up the overall nutrition for youth at the snack and evening meal. We did not have any conclusive results with USDA, except that any changes would involve an act of Congress, but we at least got to express our concerns.

Administrators from the School Nutrition Association (SNA) have also expressed their concerns with the new regulation. Hopefully, together we can leverage our positions to impact the current laws regarding NSLP/SBP.

Some of our concerns:

- Limited food at breakfast and lunch meals
- Excess quantities to be served at the evening meal
- Added snacks
- Large portions of fruits and vegetables (For the oldest population group 1 c fruit at breakfast and 1 c each at breakfast and lunch.)
- 100% Whole grains requirements
- Availability of palatable foods
- Impact of facility disciplines

While much of this went into effect in 2012 – 2013 school year, each year the regulations transition to more stringent restrictions. Issues resulting are hungry youth, impacted performance and behavior during school, wasted food due to taste and unfamiliarity, large portions of food and those not typically popular with youth and food manufacturers' inability to meet palatable product needs. We are still in communication with the Academy's Washington DC office for continued support in amending some of the regulation.

Look forward to updates on this issue at Laura's presentation at ACFSA's International Conference in St. Louis.

NCCHC Standards

This past year the NCCHC Adult Standards for Jails and Prisons were revised. Some of the *Standards* related to diet and nutrition have been modified. RD/RDNs will continue to review menus and diets semi-annually. Much of what was nutrition-related reference information in the Appendix has been removed from the manual and is now accessible online. Juvenile Standards are undergoing revision with an expected date of 2015.



Meetings and Conferences

(NCCHC and FNCE are the same dates this year)

NCCHC

October 18 - 22, 2014

Las Vegas, NV

www.ncchc.org

Academy of Nutrition and Dietetics FNCE

October 18 - 22, 2014

Atlanta, GA

www.eatright.org

ACFSA Membership Information

If you would like to be added to the Dietitians in Corrections networking listserv, 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.

DHCC EML

Dietetics in Health Care Communities (DHCC) has an EML for the Corrections Sub-Unit. To participate, one must be a DHCC member, which means being a member of the Academy of Nutrition and Dietetics as well. Emails communicated through this group are sent through a private email address for DHCC members only. To join, visit www.DHCCdpg.org or contact Marlene Tutt at <lenetutt@yahoo.com>. There are many member benefits including, networking, publications and continuing education credits.