

CHAPTER 7

RELIGIOUS DIET PROGRAMS

References: Title 15, 3054; DOM, 54080.14.

CDCR offers three options for religious dietary needs:

- § Kosher Diet Program (KDP) provides pre-packaged frozen meals with certified kosher food.
- § Religious Meat Alternate Program (RMA) provides a vegetarian meal at breakfast and lunch and a certified Halal meat at dinner.
- § Vegetarian meals contain milk products and eggs (lacto-ovo) providing “alternate entrees” (AE) in place of meat items.

KOSHER DIET PROGRAM

The CDCR Kosher Diet Program (KDP) consists of purchasing pre-packaged frozen meals from a state contractor. A state-standardized 3 week cycle menu is used.

The frozen meals are supplemented with fresh fruits, vegetables, tossed salad, dressing and PIA milk, all supplied by the CDCR institution. Fresh fruits and vegetables do not have to be certified as kosher and can be the same as are served to the general population inmates. Fruit and vegetables can be served whole if it is the appropriate portion size (e.g., apple, tomato, carrot). The produce must be cut with a designated kosher knife that is only used for kosher produce items. The cutting board used must also be designated as kosher. Fresh vegetables that may be used include carrots, celery, bell peppers, lettuce, onion or tomato. If bagged salad is used, it must also be certified kosher along with the dressing.

- Frozen kosher items need only to be heated. No cooking is necessary.
- The standardized kosher menu must be followed.
- There are no substitutions with foods outside the KDP.
- Dairy products and meat are never to be served at the same meal.

Kosher Work Station and Procedures

1. The kosher work station (KWS) should be contiguous and dedicated solely to the preparation of kosher foods.
2. The KWS is a designated, secured work area (minimally 9'x10') with electricity for the microwave ovens, and dry storage space. A water source with a floor drain is preferable, but not mandatory. Fresh fruit may be washed in a dedicated produce sink elsewhere in the kitchen.
3. All work with kosher foods and equipment must be done in the KWS area only.
4. Whole fruits and vegetables are to be washed to remove any insects or insect damage
5. All food wrappings must be kept intact.
6. Heating of the meals: Because the meals are double-wrapped, the kosher meals may be heated in either in a microwave oven or a conventional oven.
7. All equipment and utensils used in the program must be clearly identifiable (e.g., by color, labeling or engraving).
8. All packaged kosher food items must be served with seals intact.
9. Meal samplers are to be maintained daily using the same procedure as for general population samplers.
10. Thermometers must be designated for kosher use only. They must be labeled "meat," "dairy" or "parve." Disposable thermometers are acceptable for use.
 - Food temperatures will be taken and recorded in accordance with the institution Hazardous Analysis Critical Control Point plan.

Minimum Equipment and Utensils List

Large Appliances / Equipment

1. The current kosher vendor provides meals doubled-wrapped in plastic which allows the meals to be heated in either a microwave oven or a conventional oven. These ovens may be used for both kosher and non-kosher food items.
2. Dedicated space for kosher foods is required in a walk-in refrigerator and must not be beside or under dairy products.
3. Dedicated space for kosher foods is required freezer and must not be beside or near dairy products.
4. One kosher-dedicated stainless steel preparation table is required.

Religious Diets

Small Utensils

All utensils used in the kosher meal program must be clearly identifiable and designated for kosher use only (e.g., by color, labeling, engraving). The following are required:

1. Three (3) food thermometers which must be labeled for their use (i.e., meats, dairy, or parve). More thermometers may be needed based on the number participating in the program.
2. Knives must be designated for kosher use only. Only one knife is needed to be designated for fresh fruits and vegetables.
3. A vegetable brush for the kosher program is needed to clean fruits.

Transport Equipment (as determined by each institution). Any of the following may be used:

1. One (1) dry goods storage cabinet or cart
2. One (1) cold cart
3. One (1) heated cart, AND/OR insulated transport containers, OR insulated transport bags depending on the size and needs of the institution program
4. One (1) secured tool cart or storage cabinet

All other equipment and utensils shall be disposable.

Sanitation and Safety Guidelines

Meal Delivery

1. All meals will be served using disposable trays, plates, bowls, cups and eating utensils or in the original packaging from the manufacturer.
2. Early feeding for the program participants is encouraged.

Washing

1. Disposable towels shall be used for cleaning.
2. Dishwashing soaps and sanitizers must be kosher-certified.

Special Meals

Sabbath Meals – All Sabbath food items are to be served cold. Sabbath is on Saturday.

High Holy Days - Inmates participating in the KDP will have the option to fast on a recognized Jewish fasting day for the period required by that day. The Chaplains will provide Food Services with a list of those participating in the fast at least three days ahead of the intended fast. A kosher inmate who chooses to fast will not be provided any regular kosher meals for the recognized fasting day. The fasting inmate will instead be provided with 2 kosher lunches to be eaten at the end of the fasting period. Under no circumstances may the inmate give away, trade or sell a sack meal. Doing so

Religious Diets

may result in a compliance violation of the Religious Diet Program Agreement.

Passover Meals – Passover is observed for eight days beginning at sundown preceding the first day, and concluding on the eighth day at sunset. The Passover menu is coordinated between the Departmental Food Administrator, Department of General Services and the vendor.

Passover

Passover Meals

1. The statewide Passover menu shall be used in all kosher programs.
2. Fruits and vegetables shall be fresh, and served whole.
3. Matzo is to be substituted for all breads, biscuits, crackers and cakes.
4. All entrees must be clearly labeled “Kosher for Passover.”
5. Kosher for Passover meals may be distributed after Passover is completed to finish any excess stock.

Passover Food Restrictions

1. Grains (wheat, barley, oats, spelt, rye and millet) are prohibited unless specifically certified as “Kosher for Passover.”
2. Legumes are prohibited during Passover.
3. Leavening agents and leavened foods (all breads, biscuits, cereals, crackers, muffins and cakes) are prohibited, unless specifically certified as “Kosher for Passover.”

Kosher for Passover Work Station Preparation

The following Passover preparation tasks must be completed 12 hours prior to the start of the festival:

1. The KWS and all places where food for Passover is stored are kashered by thoroughly sweeping, cleaning, and when possible and practical, pouring boiling water over them.
2. In order to kasher microwave ovens, thoroughly clean 24 hours in advance of the start of Passover by placing a cup of water in the oven, and turning on the oven and letting it operate until all the water has been evaporated from the cup.
3. Conventional ovens in the institutions cannot normally be kashered, so kosher foods may only be heated in a conventional oven if they are double wrapped in new foil and placed on a “kashered for Passover” pan.
4. “Kashered for Passover” procedures (pans and utensils):
 - a. Water should be brought to a rolling boil and added to pan. More boiling water is added, as needed, so that the water overruns the rim of the pan.
 - b. Utensils should be dropped into the overflowing pot of water. After all utensils have been submerged into the overflowing pot, the utensils can be rinsed in cold water.

Religious Diets

5. Thermometers to be kashered must be thoroughly cleaned 24 hours before they are boiled as the final step in koshering (follow the same procedure as in 4 above).
6. Transport equipment and utensils to be kashered must be thoroughly cleaned 24 hours before the final step of sanitizing with boiling water.

KOSHER DIET PROGRAM GLOSSARY

Certification Symbols

OU, OK, star K- Signifies kosher-certified (but not necessarily kosher for Passover). These products contain neither dairy nor meat, nor any dairy or meat derivatives, and thus can be eaten with any meal.

The letter "D" following any approved certification symbol - signifies that the food item contains dairy products.

The letter "M" following one of these symbols - signifies that the food item contains meat products.

The letter "P" following the symbol - signifies that the food item is Parve.

The letter "P" - may mean that the food items is kosher for Passover, but not necessarily Parve.

When questions arise, the supervising rabbi or Jewish Chaplain should be consulted.

Glatt (smooth): Designating or relating to meat and or meat by-products from kosher animals whose internal organs have been inspected for blemishes and found to be kosher.

Parve (neutral): Designating or relating to foods that are made without meat, milk, or derived products, and therefore may be eaten with meat or dairy dishes.

Sabbath (Saturday): The seventh day of the week, observed as a day of rest and worship; begins at 18 minutes before sundown on Friday and ends at nightfall on Saturday when three stars can be seen in the sky (a period of 25 hours).

Passover: The Jewish festival commemorating the Exodus from Egypt, traditionally celebrated for eight days in the spring beginning on the 15th day of the Jewish month of Nissan.

Kasher: The process of making something proper for use in accordance with Jewish dietary laws.

Religious Diets

Kosher For Passover: Conforming to or prepared in accordance with Jewish dietary laws pertaining to Passover which preclude the use, consumption, and/or ownership of any leavening and food product containing leavening.

Fast: Abstention from food as a sign of mourning or in expiation of sin. A major fast includes abstention from eating, drinking, working, bathing, anointing with oil, and the donning of leather footwear, and is observed from 18 minutes before sundown on Friday and ends at nightfall on Saturday when three stars can be seen in the sky (a period of 25 hours). A short fast lasts from daybreak until nightfall. The following is a list of Jewish fasts:

Fast of Esther - A short fast commemorating the day of prayer and fasting held by Jews of ancient Persia before their victory over Haman. Observed in early spring on the 13th day of the Jewish month of Adar.

Fast of the 17th of Tammuz - A short fast commemorating the breaching of the walls of Jerusalem by Nebuchadnezzar in 583 B.C.E. and by Titus in 70 C.E.. Observed in early summer on the 17th day of the Jewish month of Tammuz.

Fast of Tisha B'Av - A major fast that commemorates the many disasters that befell the Jewish people throughout history on this day. Observed in the late summer of the 9th day of the Jewish month of Av.

Fast of Gedaliah - A short fast commemorating the assassination of Gedaliah ben Ahikam who was appointed governor of Judea by Nebuchadnezzar after the destruction of the First Temple. Observed in early fall on the 3rd day of the Jewish month of Tishrei.

Fast of the 10th of Tevet - A short fast commemorating the commencement of the siege of Jerusalem by Nebuchadnezzar. Observed in winter on the 10th day of the Jewish month of Tevet.

Yom Kippur (Day of Atonement) - A major fast day and is the most solemn occasion of the Jewish calendar. Observed in early fall on the 10th day of the Jewish month of Tishrei.

Sources: *Webster's II New College Dictionary*
The Encyclopedia of the Jewish Religion

RELIGIOUS MEAT ALTERNATE PROGRAM

A Religious Meat Alternate program (RMA), offering meat that has been certified as halal, shall be available at all institutions. Muslim and other inmates requesting to be placed on the program may be approved by the Religious Review Committee, appropriate chaplain or Community Resources Manager.

The RMA is only offered at the diner meal. Inmates will receive a chicken or beef patty or two hot dogs in place of the entrée containing meat on the standardized menu. If there is a vegetarian or fish entrée offered, there will be no Halal replacement. Inmate participants in the RMA shall receive the vegetarian option at breakfast and lunch. An inmate participant must show their religious diet card in order to receive the RMA or vegetarian option. An inmate shall use his card at every meal.

All institutions shall offer standardized departmental RMA items and will adhere to approved procedures for procuring and serving the RMA. There is currently a state contract which is mandatory for purchasing Halal meat items. It is not permissible to substitute other Halal meat items in place of the chicken or beef patty or the hot dogs.

Per DOM, 54080.14 Institution Religious Diet Program, each institution shall arrange for appropriate training for all inmate workers, custody and food service employees involved in the supervising, ordering, and serving. A designee Chaplain shall oversee the program and determine inmate compliance violations. They are to review the institution's RMA annually and provide results of the review to the CFM.

Ramadan

Ramadan is a Muslim holiday which lasts 30 days. Ramadan consists of a planned fast during daylight hours so eating and drinking is forbidden between sunrise and sunset.

Typically, the Food Service department prepares a shelf stable sack breakfast and lunch that can be delivered to the inmates before dawn or the night before.

This pre-dawn meal is called suhoor.

Sample menus:

Average calories for breakfast	884 cal
Average calories for lunch	<u>698 cal</u>
Total	1582 cal

Religious Diets

The following are sample menus:

Breakfast/Lunch sack meal provided at night for the next morning.

Total calories: 1628.

1 box cold cereal (74 cal)	2 pieces American Cheese (208 cal)
2 oz powdered milk (109 cal)	1 packet mayonnaise (58 cal)
1 coffee packet (0 cal)	1 bag chips (104 cal)
2 pieces fresh fruit (120 cal)	2 packs graham crackers (118 cal)
6 slices bread (390 cal)	2 beverage packets (10 cal)
1 packet peanut butter (347 cal)	
1 oz jelly (90 cal)	

Breakfast/Lunch sack meal provided early morning to be consumed before sunrise.

Total calories: 1592.

1 box cold cereal (74 cal)	2 hard boiled eggs (156 cal)
1 carton milk (100 cal)	1 piece American Cheese (104 cal)
1 coffee packet (0 cal)	1 packet almonds (97 cal)
2 pieces fresh fruit (120 cal)	1 bag chips (104 cal)
6 slices bread (390 cal)	2 beverage packets (10 cal)
1 packet peanut butter (347 cal)	
1 oz jelly (90 cal)	

Sufficient calories to replace a breakfast and lunch meal are required. Variations of food items may be used; however, the calorie count must be comparable.

Dinner is eaten after sunset. Each institution must have procedures in place to facilitate the necessary meal schedule changes for Ramadan. If necessary, dinner meals may be served in clamshell containers at the regular dinner time and may be held for up to 4 hours awaiting sunset.

Title 15, Article 4, Section 3050(2) Regular Meals states that variations may be allowed for the two hot meals per day requirement in order to accommodate religious observances. The appropriate chaplain or designee shall submit to the Correctional Food Manager a list of inmates' names to receive the Ramadan meals. Participation in the RMA is not a requirement to participate in Ramadan.

The start of Ramadan varies from year to year, normally moving forward by about 11 days a year. The determination of the specific start time is determined within hours of it actually starting. However, because of the inflexibility of an institutional setting, the fast will start at the earliest start time and end at the latest end time.

The end of the 30-day holiday finishes with an Eid-al-Fitr feast of breaking of the fast.

Religious Diets

The fast is also traditionally broken with eating dates or a sweet tasting food

VEGETARIAN DIETS

Alternate Entrees

The Vegetarian Diet substitutes an Alternate Entrée (AE) when meat or poultry is on the menu. An AE is a non-meat protein substitution offered to inmates who present a Religious Diet Card as they go through the line in place of the meat, poultry, or fish on the menu.

Inmates must have been verified through the Religious Diet Card Program and carry their card verifying their approved participation. The inmate may be approved for either religious or personal reasons.

The AE is a lacto-ovo vegetarian diet which includes eggs, nuts and dairy products. At breakfast, sausage or any other meat is normally replaced with an egg or peanut butter.

At lunch, lunchmeat is replaced with peanut butter or cheese.

At dinner, the meat is replaced with beans, cheese or macaroni and cheese.

Alternate Entrée Guidelines

- The AE replaces the meat entrée.
- The full amount of the AE printed on the menus should be served.
- When using cheese as an AE, real cheese must be used. No imitation cheese contains sufficient protein to be used.
- When an AE substitute is needed, the appropriate substitution should be shown on the menu.

Vegan Meals (no meat, fish, poultry, dairy products, or eggs)

- Per Title 15 and the DOM, CDCR does not offer vegan meals.
- An inmate must have a court order to receive vegan meals.
- To provide a court-ordered vegan diet, a Registered Dietitian should be consulted for an adequate menu.
- The inmate should receive a multiple vitamin/mineral supplement from medical, including an appropriate dose of vitamin B12.

RELIGIOUS DIET CARD PROGRAM

To participate in the religious diet program, an inmate must be approved via CDCR Form 3030 "Religious Diet Request." He/she must request either a vegetarian, RMA or kosher diet.

Religious diet cards can be transferred from one CDCR institution to another. Diet cards from county jails or federal institutions are not honored. The inmate can re-apply through the state system.

Medical diets take precedence over a religious diet. Religious diets are not to be modified in any way to accommodate medical reasons.

Inmates must show their religious diet card at ALL meals. Inmates cannot share or trade religious foods.

Each institution shall provide ongoing religious training for staff working in the kitchen including custody and inmate workers.