

## INMATE NUTRITION

May 1, 2013

### SUMMARY

The Grand Jury (GJ) received a complaint and reviewed several letters to the editor in the “Ukiah Daily Journal” (UDJ) complaining of food served at the jail and at Juvenile Hall (JH). During a visit to the County jail and JH, the GJ found both kitchens prepared meals that met the state guidelines and served quality meals at a low cost per meal.

Baking bread at the jail has reduced costs and is providing good training for inmates. The GJ observed that only male inmates work in the garden and recommends that female inmates have the same opportunity. The County contracted dietitian supervises several jail kitchens in other counties. The dietitian praised both the jail and JH kitchens for the quality of the meals prepared with a minimum amount of equipment. It was explained that condiments are not served at the jail to save money and to lower the amount of salt and sugar in the diet. Preparing low fat, low salt diets are the stated goals for increasing inmate health. The GJ recommends providing a computer for the JH kitchen staff.

The GJ determined the food complaints were unwarranted. If inmates ate all the food served at the jail, their diet may be healthier than what would be consumed at home.

### GLOSSARY

**Average Daily Nutritional Requirements:** Varies with age and activity. Average men’s needs for sedentary occupation is 2400-2500, women 1900-2000 calories add 500-800 for moderate activity 700-1100 for hard physical work.

**Calories:** The energy stored in food is measured in terms of calories.

**Disciplinary meatloaf:** Also known as *Nutraloaf*, prison loaf, disciplinary loaf, food loaf, confinement loaf, or special management meal, is a food served in United States prisons to inmates who have demonstrated significant behavioral issues. It is similar to meatloaf in texture, but has a wider variety of ingredients. Prisoners may be served *nutraloaf* if they have assaulted prison guards or fellow prisoners. *Nutraloaf* is usually bland, perhaps even unpleasant, but prison wardens argue that *nutraloaf* provides enough nutrition to keep prisoners healthy without requiring utensils be issued.

**Title XV: Department of Corrections and Rehabilitation Code Article Section 4, 3050(a):** Details the requirement for meals served in jails and prisons in California.

### BACKGROUND

The GJ received a complaint from a family member of a jail inmate claiming he was being “starved”. Concurrently there was a sequence of letters to the editor of the UDJ

suggesting possible problems with the nutrition services provided at the jail and at JH. During the GJ visits to the jail and JH, the food service was observed and reviewed.

## **APPROACH**

During the GJ's visit to the jail, the GJ toured the kitchen facilities and ate the same lunch as the inmates. The GJ also had lunch with the youth at JH. In addition, the GJ interviewed the County contracted dietitian, head nurse of the medical services provider to the jail, cooks, and staff of both facilities. The GJ reviewed the menus, California's nutritional guidelines and reviewed provisions of Title XV.

## **DISCUSSION**

Initially the GJ found the times of meal service at the jail unusual: 5:30 am breakfast, 11:30 am lunch, and 4:30 pm dinner. Staff explained the meal schedule is based on staffing and court scheduling requirements. State regulations require no inmate exceed fourteen hours between meals. Food must be consumed when received and cannot be saved for later. The food budget for prisons in California has recently been raised from \$2.30 per day to \$2.45 per day. The dietitian stated the average budgeted food cost in the County jail is \$1.00 per meal. Condiments such as margarine, jam, catsup and mustard have been discontinued to save costs and reduce the amount of salt and sugar consumed by inmates. The dietitian stated "every effort is being made to provide a heart healthy diet to incarcerated people. However, snacks purchased at the commissary, rich in fat and sugar, wreck a healthy diet."

The jail kitchen provides approximately 250 meals three times each day using bare bones kitchen equipment. The kitchen equipment at the jail is basic, no steam kettles or food processors. The dietitian praised the cooks at both facilities for the quality of meals they produce.

The new bread making equipment at the jail is providing professional training to inmate workers and saving the jail and JH substantial amounts of money. The current cost is \$.30 a loaf. Inmates working in the kitchen receive sufficient training to receive food handling certification preparing them for future employment.

The JH kitchen is small but efficient. At the time of the GJ visit, the cook was preparing 26 meals three times a day. The cook does not have a computer to utilize nutritional information and caloric value of menu items or to send required reports to proper authorities.

Special diets are available at both locations. Meals meeting religious preferences are also provided at the jail; these are pre-prepackaged and expensive. Pregnant women receive a fourth meal consisting of fruit and additional milk. Medical staff reported to the GJ that many inmates upon admission are overweight and undernourished. The dietitian stated the diet in the jail and JH for some is superior to what they consume on the outside. The

disciplinary *nutriloaf* served to inmates who show extreme behaviors meets the dietary requirements.

JH nutrition requirements are more than those for schools and include one cup of fruit at lunch and a recent increase in the amount of legumes served. Many of the young people at JH were found to be malnourished on arrival.

State dietary requirements are as follows: Juvenile hall receives 2817 calories, required 2732 calories. Inmates at the jail receive 2549 calories, required 2518-2700 calories. The menus at the jail are changed annually. The dietitian visits both facilities quarterly.

The GJ observed no women working in the jail garden. The garden is an important supplement of fresh produce and healthy outdoor work. The GJ questioned their absence and was told that a male supervisor may not have female inmates working under his supervision. The addition of a female supervisor would allow women to work in the garden.

## **FINDINGS**

- F1. The quantity of food served at the jail and JH are state mandates and monitored by a dietitian and annually by state inspectors.
- F2. The kitchen produces adequate meals at a very low cost, excluding condiments.
- F3. The Sheriff's bread-baking program is a success.
- F4. If inmates eat all food provided they would exceed guidelines for a healthy diet.
- F5. The complaints about food service were unwarranted.
- F6. Juvenile Hall kitchen staff needs a computer.
- F7. Currently only male inmates are permitted to work in the garden.

## **RECOMMENDATIONS**

- R1. Juvenile Hall administration provide a computer and train the cook to utilize nutrition program resources. (F6)
- R2. Jail administration locate a volunteer or additional resources to hire a part-time female gardener so female inmates may work in the garden. (F7)

## **REQUEST FOR RESPONSES**

Pursuant to Penal code section 933.05, the following responses are *required*:

- Tom Allman, Sheriff, Mendocino County: respond to F7 and R2 within 60 days

The governing bodies indicated above should be aware that the comment or response of the governing body must be conducted subject to the notice, agenda and open meeting requirements of the Brown Act.

The Grand Jury *requests* the following individuals to respond:

- Buck Ganter, Director, Mendocino County Juvenile Hall: respond to F6 and R1 within 60 days
- Tim Pearce, Captain, Mendocino County Jail Commander: respond to F7 and R2 within 60 days

Reports issued by the Civil Grand Jury do not identify individuals interviewed. Penal Code Section 929 requires that reports of the Grand Jury not contain the name of any person or facts leading to the identity of any person who provides information to the Civil Grand Jury.

## **APPENDIX A**

- Mendocino County Jail - sample menu
- Mendocino County Juvenile Hall – sample menu

Mendocino County Jail (sample menu)

| Week 1                                    |           | September 2012 Regular Menu |          |                            |                                    |
|---|-----------|-----------------------------|----------|----------------------------|------------------------------------|
|   | BREAKFAST |                             | LUNCH    |                            | DINNER                             |
| M<br>O<br>N<br>D<br>A<br>Y                | 1-each    | Hard-Cooked Egg             | 8 oz.    | Chicken Noodle Soup        | 12 oz. Chili Beans w/ Meat         |
|   | 1 cup     | Cornflakes Cereal           | 2 oz.    | Turkey Roll                | 8 oz. Carrots                      |
|   | 2 slices  | Whole Wheat Bread           | 2 slices | Whole Wheat Bread          | 8 oz. Green Salad with FF Dressing |
|   | 1-each    | Fresh Orange                | 1 oz.    | Mayo & Mustard             | 4 oz. Chocolate Pudding            |
|   | 8 oz.     | 1 % Milk                    | 8 oz.    | Peaches                    | 1-piece Corn Bread                 |
|   |           |                             | 8 oz.    | 1 % Milk                   | 8 oz. 1 % Milk                     |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
| T<br>U<br>E<br>S<br>D<br>A<br>Y           | 1 cup     | Fruit Loop Cereal           | 8 oz.    | Minestrone Soup            | 4 oz. Turkey Burger / BBQ Sauce    |
|   | 2 slices  | Whole Wheat Bread           | 2 oz.    | Peanut Butter              | 4 oz. Baked Beans                  |
|   | 1-each    | Fresh Orange                | 1 oz.    | Jelly                      | 8 oz. Corn                         |
|   | 8 oz.     | 1 % Milk                    | 2 slices | Whole Wheat Bread          | 6 oz. Macaroni Salad               |
|   |           |                             | 8 oz.    | Apricots                   | 8 oz. Fruit Salad                  |
|   |           | 8 oz.                       | 1 % Milk | 2 slices Whole Wheat Bread |                                    |
|   |           |                             |          | 8 oz. 1 % Milk             |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
| W<br>E<br>D<br>N<br>E<br>S<br>D<br>A<br>Y | 1 each    | Hard-cooked egg             | 8 oz.    | Vegetable Soup             | 12 oz. Spaghetti w / Meat Sauce    |
|   | 1 cup     | Toasted Oat Cereal          | 2 oz.    | Turkey Bologne             | 8 oz. Broccoli                     |
|   | 2 slices  | Whole Wheat Bread           | 2 slices | Whole Wheat Bread          | 8 oz. Green Salad with FF Dressing |
|   | 1-each    | Fresh Orange                | 1 oz.    | Mayo & Mustard             | 4 oz. Apple Crisp                  |
|   | 8 oz.     | 1 % Milk                    | 8 oz.    | Pears                      | 2 slices Whole Wheat Bread         |
|   |           | 8 oz.                       | 1 % Milk | 8 oz. 1 % Milk             |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
| T<br>H<br>U<br>R<br>S<br>D<br>A<br>Y      | 1 cup     | Frosted Flakes Cereal       | 8 oz.    | Split Pea Soup             | 4 oz. Pepper Jack Chicken          |
|   | 2 slices  | Whole Wheat Bread           | 2 slices | Cheese                     | 6 oz. Mashed Potatoes              |
|   | 1-each    | Fresh Orange                | 2 slices | Whole Wheat Bread          | 2 oz. Country Gravy                |
|   | 8 oz.     | 1 % Milk                    | 1 oz.    | Mayo & Mustard             | 8 oz. Peas                         |
|   |           |                             | 8 oz.    | Mandarine Oranges          | 8 oz. Cabbage Carrot Salad         |
|   |           | 8 oz.                       | 1 % Milk | 4 oz. Yellow Cake          |                                    |
|   |           |                             |          | 2 slices Whole Wheat Bread |                                    |
|   |           |                             |          | 8 oz. 1 % Milk             |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
| F<br>R<br>I<br>D<br>A<br>Y                | 1 each    | Hard-Cooked Egg             | 8 oz.    | White Bean Vegetable Soup  | 12 oz. Beef Stew                   |
|   | 1 cup     | Honey Nut O's Cereal        | 2 oz.    | Ham                        | 8 oz. Corn                         |
|   | 2 slices  | Whole Wheat Bread           | 2 slices | Whole Wheat Bread          | 8 oz. Green Salad with FF Dressing |
|   | 1-each    | Fresh Orange                | 1 oz.    | Mayo & Mustard             | 4 oz. Fruited Jello                |
|   | 8 oz.     | 1 % Milk                    | 8 oz.    | Pineapple                  | 2 slices Whole Wheat Bread         |
|   |           | 8 oz.                       | 1 % Milk | 8 oz. 1 % Milk             |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |
|   |           |                             |          |                            |                                    |

Mendocino County Juvenile Hall – (sample menu)

|   | BREAKFAST<br>Week #1  | LUNCH<br>Minimum 2000 CALORIES   | DINNER   | SNACK  |
|---|---|--|--|--------|
| M<br>O<br>N<br>D<br>A<br>Y                | 1 C Oatmeal<br>2 Ea. WW Toast<br>2 Tbs. Peanut Butter w/Jelly<br>6 oz. Orange Juice<br>16 oz. 1% Milk       | Pizza w/ 20z. Cheese<br>1 C Garden Salad w/Dressing<br>1/2 C 3-Bean Salad<br>1 Fresh Apple<br>8 oz. 1% Milk  | 4 oz. Baked Chicken<br>1/2 C Mashed Potatoes w/Gravy<br>1/2 C Broccoli<br>1 C Green Salad w/Dressing<br>2 WW Bread w/Marg.<br>Juice Bar<br>8 oz. 1% Milk             | Banana |
| T<br>U<br>E<br>S<br>D<br>A<br>Y           | 3 Ea/ 5" Hotcakes<br>w/Marg. & Syrup<br>4 oz. Mixed Fruit<br>6 oz. Apple Juice<br>16 oz. 1% Milk            | 1 C Chicken Noodle Soup<br>1 Ea. Turkey Sandwich on<br>WW Bread<br>1/4 C Onion<br>1/2 C Lettuce/Tomato<br>6 oz. Finger Veggies<br>1 Fresh Orange<br>8 oz. 1 % Milk | 3 oz. Bake Fish w/Tarter Sauce<br>1/2 C Potatoes<br>1/2 C Mixed Vegetables<br>1 C Green Salad w/Dressing<br>2 Ea. WW Bread w/Marg.<br>2 Ea. Cookies<br>8 oz. 1% Milk | Orange |
| W<br>E<br>D<br>N<br>E<br>S<br>D<br>A<br>Y | 2 Eggs (Scrambled)<br>1/2 C Hashbrowns<br>2 WW Toast w/Jelly<br>6 oz. Orange Juice<br>16 oz. 1% Milk        | 1 Ea. Hot Turkey Sandwich<br>2 oz. Turkey<br>1 oz. Gravy<br>2 oz. Dressing<br>1/2 Fruit Cup<br>8 oz. 1 % Milk  | 1 C Macaroni and Cheese<br>1/2 C Peas<br>1 C Garden Salad w/Dressing<br>2 Ea. WW Bread w/Marg.<br>1/2 C Fruit Crisp<br>8 oz. 1% Milk                                 | Apple  |
| T<br>H<br>U<br>R<br>S<br>D<br>A<br>Y      | 1 C Cream of Wheat<br>2 Ea. WW Toast<br>2 Tbsp Peanut Butter w/Jelly<br>6 oz. Grape Juice<br>16 oz. 1% Milk | 1 C Navy Bean Soup<br>1 Ea. Grilled Cheese (2 oz) Sandwich<br>on WW Bread<br>6 oz. Finger Veggies<br>1 Ea. Fresh Orange<br>8 oz. 1% Milk                           | 4 oz. Meatloaf w/Tomato Sauce<br>1 Ea. Baked Potato<br>1/2 C Green Beans<br>1 C Green Salad w/Dressing<br>2 Ea. WW Bread w/Marg.<br>1/2 C Sherbet<br>8 oz. 1% Milk   | Banana |
| F<br>R<br>I<br>D<br>A<br>Y                | 1 C Raisin Bran<br>1 Ea. Banana<br>1 Ea. English Muffin<br>2 Tbsp Peanut Butter w/Jelly<br>16 oz. 1% Milk   | 2 oz. Baked Chicken Nuggets<br>1 C Green Salad w/Dressing<br>1/2 C 3-Bean Salad<br>2 Ea. WW Bread w/Marg.<br>1 Ea. Fresh Apple<br>8 oz. 1% Milk                    | 4 oz. Ham w/Pineapple<br>1/2 C Au Gratin Potatoes<br>1/2 C Carrots<br>1 C Garden Salad w/Dressing<br>1 Ea. Cornbread w/Marg.<br>1/2 C Ice Cream<br>8 oz. 1% Milk     | Orange |