

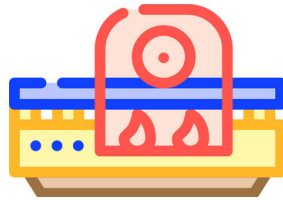
## The **BENEFITS** of the Food You are Served

Food services has been instrumental in delivering consistent, safe, and nutritious foods and beverages to the population around the state. Food manufacturing plays an important role in providing quality nutritious food by way of enhancements in preservation, nutrient content, safety, and large-scale production of food to meet the needs of over 12,000 individuals on a regular basis.

### Some of the specific benefits include:

**Fortification:** Food services uses the fortification of commonly consumed foods and beverages, these foods supply essential micronutrients such as iron, folic acid, and vitamins to help prevent deficiencies and associated health problems in certain populations.

**Food Safety:** Heat treatments are an essential step to eliminate harmful pathogens in food products provided by Correctional Industries (CI).



### Shelf Life and Stability

**Convenience and Variety:** Multiple processing techniques like pre-cooking, seasoning, freezing, and packaging are used to deliver nutritious foods that are ready to eat or require limited preparation.



**Formulation and Innovation:** CI food manufacturing has formulated and innovated products, reducing salt, sugar, and fats (eliminating industrially produced trans-fat). By developing quality portion control products so you can enjoy your food while supporting a varied diet.

## FEATURED ITEM

### Buddig Lunchmeat

In an ongoing effort to provide variety and increased quality we are introducing the Buddig line of lunchmeat into our offerings. You should see these items available in the coming months.



### Nutrition Facts

Serving Size: 1 pk (2 oz) *Pastrami*

Amount per serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat 7g</b>	11%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 45mg</b>	15%
<b>Sodium 600mg</b>	25%
<b>Total Carbohydrate 1g</b>	0%
Dietary Fiber 0g	
Total Sugars 1g	
<b>Protein 9g</b>	18%
Vitamin A 0%	Calcium 0%
Vitamin C 0%	Iron 6%
% Daily values based on a 2,000 calorie per day diet	

## MENU UPDATES



In collaboration with the food manufacturing group we are working on a revision to the menu which we are targeting to be put in place in July. A couple of the featured items we are hoping to add are clam chowder and beef tamale pie, and possibly chili dogs!



## DID YOU KNOW?

The Food and Drug Administration (FDA) is phasing out polyfluoroalkyl (PFAS) in certain food packaging materials.

Certain PFAS substances will no longer be sold in the U.S. PFAS are a group of chemicals used to make fluoropolymer coatings and products that resist heat, oil, stains, grease, and water.

In 2020, FDA obtained a commitment from manufacturers to voluntarily phase out this food packaging substance. The food packaging involved is food wrappers, microwave plastic bags, and paperboard containers. Studies show that PFAS added to food contact polymers can transfer from food packaging as an impurity or contaminant in tiny amounts, and while they are extremely small negligible amounts, they can still migrate to food.

You may be happy to know that the CI food group implemented this practice more than a year ago!

## FRESH PRODUCE

Where does the produce for facilities come from?

Charlie's has fresh, quality produce. They are passionate about produce, proud of their people, and with decades of experience and outstanding industry leadership, they always deliver exactly what they promise.

Charlie's Produce has been committed to buying local since 1978. They've always been keenly aware of the close link between us and the Northwest region's local farms. To Charlie's Produce, working with local growers and supplying locally grown products to its customers is not only a priority, but also a cause they are steadfastly committed to. Their focus is to continually support local growers, helping get local growers' products to market and promoting local agriculture in a responsible and sustainable manner. Charlie's Produce believes buying local is, quite simply, the right thing to do.



## KITCHEN WORD SEARCH

C O U N T E R R E P P I D Y E N O H E I  
 Y L D J I V U R E T A E B G G E E T G E  
 N E K D R A O B G N I P P O H C R E D J  
 I R O N S K I L L E T C W V A L M K D O  
 H F P R E S S U R E C O O K E R I S Q O  
 C I I J R L W O B T I U R F I U X A E K  
 S R N S G Q Q X N M O U A K S X I B N X  
 K M F O N D U E S E T A Z C I W N D I E  
 N E L T R N A P E C U A S C Z N G A H M  
 E A T Q Y T Y R A Z C O E T A J B E C A  
 N C P T Y A Q W Q A A C I P E T O R A R  
 I R N N L Z M X S W R N G F A R W B M I  
 K U I Q I E H S Q E C N I O S F L O O N  
 E O X X V F E L A M I M B H G T Z B S A  
 M H U K K R F M X Y V Y E L C H F H S T  
 A X B Z O Z S U R F V T R Z P T T E E E  
 R U L L K C Z F M A I P S L M L L D R N  
 R M E P O K V F R E K O O C E C I R P H  
 K O F O R H G G J I G T E N I B A C S Z  
 F T P N B R O L L I N G P I N K E B E K

### WORD LIST

BREAD BASKET	ESPRESSO MACHINE	ICE CREAM SCOOP	PRESSURE COOKER
CABINET	FONDUE SET	IRON SKILLET	RAMEKIN
CASSEROLE	FRUIT BOWL	KETTLE	RICE COOKER
CHINA	FRYING PAN	MARINATE	ROLLING PIN
CHOPPING BOARD	GRAVY BOAT	MIXING BOWL	SAUCEPAN
COUNTER	HONEY DIPPER	MUFFIN PAN	TOASTER
EGG BEATER			