

DOC Food Service Program

MICHAEL CLINE, FOOD SERVICE ADMINISTRATOR



Food Service Facts

- Meal requirements: 3 meals per day (2 of them hot)
- Number of meals served: approximately 39,000 a day (14,000,000 meals a year)
- Special Events: prepare food for Religious, Cultural and Family Friendly events
- Many fresh made items in the local kitchens are:
 - Breakfast cereals (oatmeal, cream of wheat, grits), ...Mac & Cheese, Rice, Bean and Potato items, Fresh Salads (broccoli, tomato, cucumber carrot, potato and macaroni salad and coleslaw).

United States Department of Agriculture (USDA) Dietary Guidelines for Americans (DGA's) DOC Policy and Executive Order 13-06 (Healthy Nutrition Guidelines)

- Half the plate are fruits and vegetables
- At least half of the grains are whole grains
- Using non-fat and low-fat (1%) milk
- Serving more beans, which are a natural source of fiber and protein
- Reduction of sugary desserts



DOC Policy 240.100 Food Services Program

GUIDELINES FOR MAINLINE MEALS

Mainline menus will be for the population majority.

Description: Pork free, moderate spice, and target matrix below

	Recommended Adult Female	Recommended Adult Male
Calories	1,800 – 2,100 calories	2,600 – 2,900 calories
Protein (grams)	10% - 20%	10% - 20%
Carbohydrate (grams)	50% - 60%	50% - 60%
Dietary Fiber (grams)	28g	38g
Sugar (grams)	< 10% of daily calories	< 10% of daily calories
Fat (grams)	25-35% of calories	25-35% of calories
Saturated Fat (grams)	<10% of calories	<10% of calories
Calcium (mg)	1,000 mg	1,000 mg
Iron (mg)	18 mg	8 mg
Sodium (mg)	2300 mg	2300 mg
Vitamin D (IU)	800 IU	800 IU
Potassium (mg)	4700 mg	4700 mg

- The Department will provide food service programs that monitor costs and provide cost effective, healthy, and quality meals to incarcerated individuals.
- The dietary allowances will be reviewed annually and approved by the Food Services Administrator and a Registered Dietician to ensure they meet the Washington State Healthy Nutrition Guidelines.
- Some of the ways we meet the guidance of this Policy is through collaboration with stakeholders like the State Dietitian, Religious Programs Office and input from Food Service Staff and the Incarcerated population.



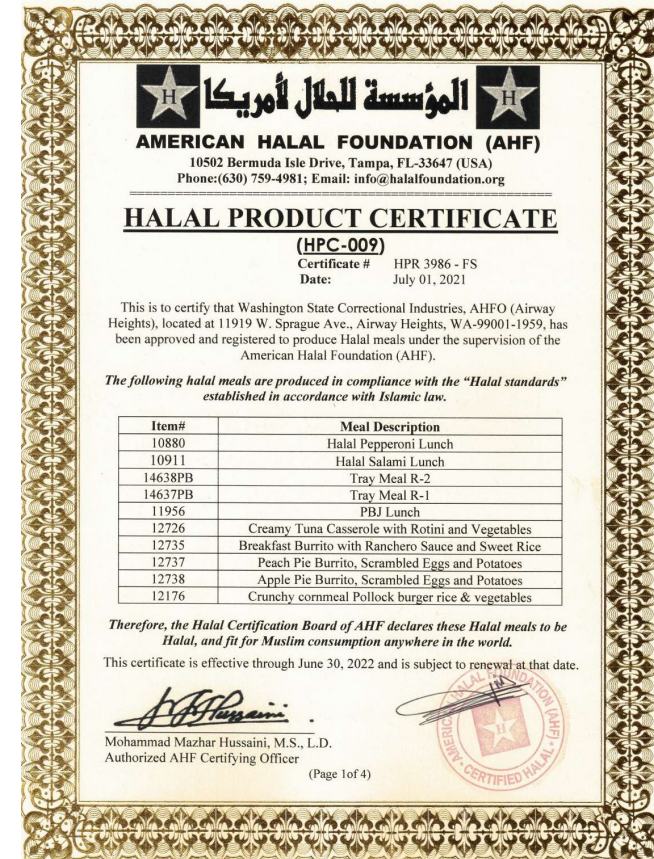
DOC Policy 610.240 Therapeutic Diets

- **Specific diets prescribed for medical needs**
- **Prescribed Diets in the Therapeutic Diet Manual**
 - Full liquids
 - Puree
 - Mechanical soft
 - Low fiber
 - Renal
 - No Gluten
 - Other allergy diets: no tomato, fish, or peanut
 - Mainline alternative (vegan)
 - Lighter fare
 - Diabetic diet



DOC Policy 560.200 Religious Programs

- **Recognized religious diets**
 - Mainline alternative (vegan)
 - Milk Mainline alternative
 - Kosher
 - Halal
- **If a therapeutic diet is recommended, it will take precedence over the religious diet**
- **Incarcerated individuals can refuse the recommended therapeutic diet at the time of the medical encounter**



General Questions Regarding Food Services

- **How often is the master menu written and changed for variation? Is palatability considered?**
- Menus are fully updated (revised) once a year, with adjustments made as needed for availability or acceptance throughout the year.
- Monthly feedback from Incarcerated Individuals, and staff help guide menu changes.
- Our focus is a holistic approach that balances nutrition, cost, and personal preference, that is why palatability is always a consideration; our goal is providing meals that are healthy and widely accepted.
- Example: based on feedback showing that about 50% of individuals do not eat nor prefer seafood, we are reducing seafood by half and replacing it with proteins like beef and chicken, while still meeting nutritional standards.

Does product availability get considered in menu planning and how is that information shared?

- Yes, product availability and cost are important factors in menu planning.
- Menus are adjusted when items are not available and/or due to significant cost changes.
- Food Service Administration, the Dietitian, Food Service Managers, and DES contract staff work together to address availability issues.
- Information is shared through menu updates and regular communication with Food Service Managers.
- Food Services publishes a Newsletter, sharing improvements of menu items to include product availability challenges.

Does each facility have the option to deviate from the master menu?

- Facilities follow the master menu to ensure consistency and nutritional standards are met. Incarcerated kitchen workers prepare many of the meals but are not authorized to alter the menu.
- Limited substitutions are allowed if an item is unavailable, using comparable foods.
- Facility-grown produce is welcomed and incorporated into service.

General Questions Regarding Food Services

Is fresh produce served before canned items are used?

- Fresh produce is served daily at every meal; for example, fruit at breakfast (like apples, banana, and oranges) and salads or fresh sliced produce at lunch and dinner.
- Kitchens also use frozen vegetables to maintain quality and variety year-round.
- Canned products used are typically beans, applesauce and tomato products.

General Questions Regarding Food Services

To prevent waste, does the department allow for leftovers?

- Our priority is always health and safety, while also working to reduce waste.
- Food Services attempts to practice progressive cooking to reduce excessive leftovers.
- We do not encourage the reuse of animal protein items due to food safety considerations.
- Items like pasta and rice, which cool quickly and are used often, may be repurposed safely into upcoming meals.

General Questions Regarding Food Services

Who looks at the quality of items purchased?

- Food Service staff, the Statewide Dietitian and Facility Managers, regularly evaluate product quality.
- Semi-annual meetings are held with all Food Service Managers and DES contract staff to review vendor performance and ensure contract quality expectations are being met.
- Concerns about quality are reported and addressed through these reviews.
- Resolutions from Incarcerated Individuals are considered and help inform quality decisions.
- **One example of this is the transition to a different tortilla (3 times) until we found one with acceptable quality.**

Some sources we order from

Entrees, Bakery,
and Religious
Meals

- CI Food Manufacturing (about 30% of all foods used)
- United States Bakery (Franz)
- US Foods, URM

Fresh Produce

- Charlies Produce
- Spokane Produce

Dairy

- Medosweet Farms
- Springbrook Farms
- Dairy Fresh Farms
- Terry's Dairy

Facility Gardens

- DOC Gardens are managed by the Sustainability Office.
- Facility maintenance crews are involved in managing the gardens.
- Many facilities have seed agreements with nonprofit organizations and are required to share the yield of the gardens.
- Garden produce received by DOC Food Service is incorporated to enhance the menu.



Thank you & Questions?

