

FOOD SERVICE NEWSLETTER

Excerpt from the WA State Department of Health 2019 Train-the-Trainer and Resource Toolkit for EO 13-06 and the DGA's. (Dietary Guidelines for Americans)

Based on the Dietary Guidelines for Americans and the Executive Order, the Department of Corrections has been making changes to the meals being served at all state correctional facilities. These changes are based on the Dietary Guidelines and are meant to help the Department of Corrections better follow the Executive Order. They are also meant to serve healthy food and beverages to the people who are eating mainline meals at the facilities. The main menu changes being made are:

- *Bigger portion sizes of vegetables. For example, at dinner, ½ cup of carrots might be changed to 1 cup of carrots, which equals two servings of vegetables instead of one. Broccoli, tomatoes and sweet potatoes have been added to the menus to increase vegetable diversity.*
- *More fruit is being served.*



FEATURED ITEM

Instant Oatmeal Variety Pack

Commissary Item # 5340



Nutrition Facts

Serving Size: 1 Packet
Servings per Container 10

Amount Per Serving

Calories 160

% DV*

Total Fat 2g 3%

Saturated Fat 0g 0%

Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carb. 32g 11%

Dietary Fiber 3g 12%

Total Sugars 0g

Incl 0g Added Sugar 0%

Protein 4g

*Vit D 20%

% Daily values based on a
2000 calorie per day diet

Food Group CITS (Correctional Industries Technical Services)

Providing quality food which supports overall health is a primary goal of the Food Manufacturing Group. The link between diet and physical health has been widely discussed among dietitians and health professionals around the world. Somewhat new to the conversation is the impact of nutrition on mental health. A well balanced diet can help with clarity of thought, improved concentration and attention span. The Correctional Industries Food Manufacturing Group utilizes a continuous improvement model when considering the design of the food products we produce. Focusing on minimizing the aspects of processed foods the food design group works closely with the state dietitian who establishes nutritional guidelines to support good health. Our group produces Fresh/Frozen whole foods while always working toward providing a product that contributes to the overall good health of our customers.

Continuous improvement means our job is never done! The Food Manufacturing Group will continue to serve by collaborating with stakeholders to provide food that is good for the mind and body.

Religious Meal Participation:

A reminder of the next cutoff date to sign up for a religious diet option is April 15th. Those diets would take effect on May 1st.



Fun Food Facts & Food Humor



1. One of my kitchen utensils seems to be playing classical music. I think it's the Chopin board.
2. That was a whisk I was willing to take.
3. I fell asleep beside the kitchen sink. I feel completely drained now.
4. I would put my slices of meat on the fridge's top shelf, but the steaks were too high.
5. A friend of mine used to install kitchen work surfaces, but they arrested him for counter fitting.
6. I had to give up on my plan to set up a business making work surfaces for kitchens. It was counterproductive.
7. Bake in my day, things were much different.

