

FOOD SERVICE NEWSLETTER



FEATURED ITEM

Chicken & Beef Sausage Patty

Nutrition Facts

Serv. Size: 2 oz (57g)

Servings per case:

Amount Per Serving	2 ounce	% DV*
Calories	110	Fat Cal. 80
Total Fat	9g	14%
Sat. Fat	2g	10%
TransFat	0g	
Cholest.	50mg	17%
Sodium	220mg	9%
Total Carb.	2g	1%
Fiber	1g	4%
Sugars	1g	
Protein	7g	

Vitamin A % * Vitamin C %

Calcium 6% * Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		2,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat * Carbohydrate * Protein

Fish—Good for You and Good for the Planet

Fish is a terrific source of lean protein. Fish is also an important source of a type of fat called omega 3 fatty acids. The other common type of fatty acid is called omega 6 fatty acid. Omega 6 fatty acids are found in vegetable oils, such as sunflower and canola oils. Omega 3 and omega 6 fatty acids are both important for staying healthy, but most people do not consume enough omega 3 fatty acids. Eating two servings of fish per week is an easy way to increase the omega 3 fatty acid in your diet.



Omega 3 fatty acids have a lot of great research showing they prevent heart disease and obesity. There is also some interesting research suggesting that omega 3 fatty acids help prevent brain diseases and support brain functions, like learning and cognition⁷. Some fish can be high in a brain toxin called mercury. It's important to eat fish that is high in omega 3 fatty acids and low in mercury.

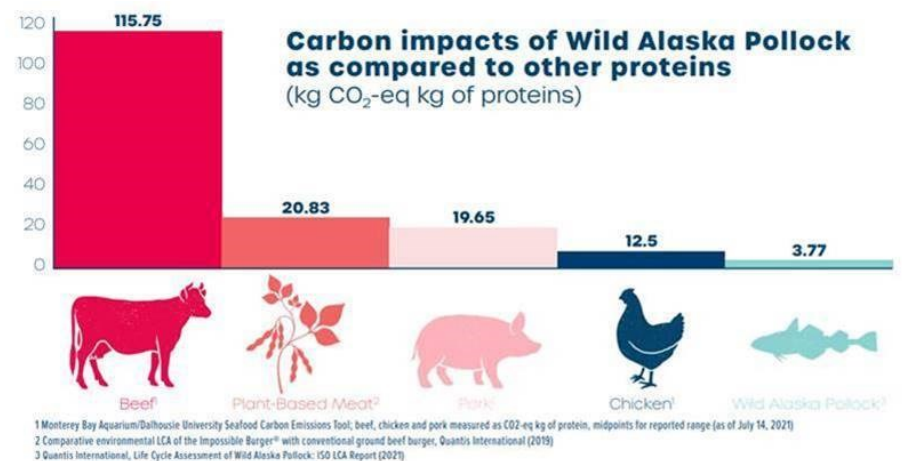
Best fish choices include fish that is high in omega 3 fatty acids but also low in mercury: Salmon, trout, tilapia, catfish, pollock, mackerel, herring, and sardines.

Contributed by the Washington State Department of Health & based on the USDA's 2015-2020 Dietary Guidelines for Americans.



We are super excited to share with you that The Association of Genuine Alaska Pollock Producers (GAPP) proudly announced that Wild Alaska Pollock is one of the most climate-friendly proteins in the world following the completion of a comprehensive Life Cycle Assessment (LCA).

As part of the LCA process, Wild Alaska Pollock was analyzed based on several key impact categories such as global warming potential, energy use, use of land and water resources and waste outputs. Wild Alaska Pollock fillet is 3.77 kg CO₂-eq per kg of protein, significantly lower than comparative statistics reported for other protein sources.



Contributed by Trident Seafoods, Anacortes, Washington July 2021
(www.tridentseafoods.com)

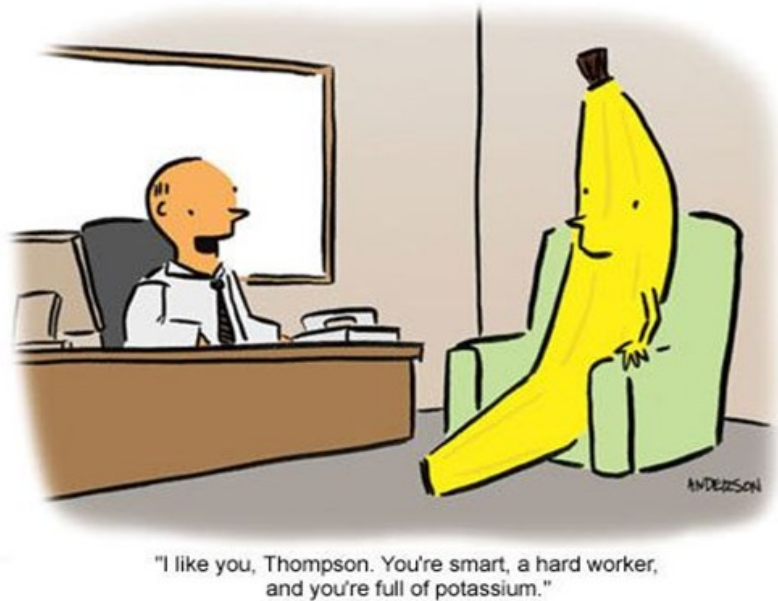
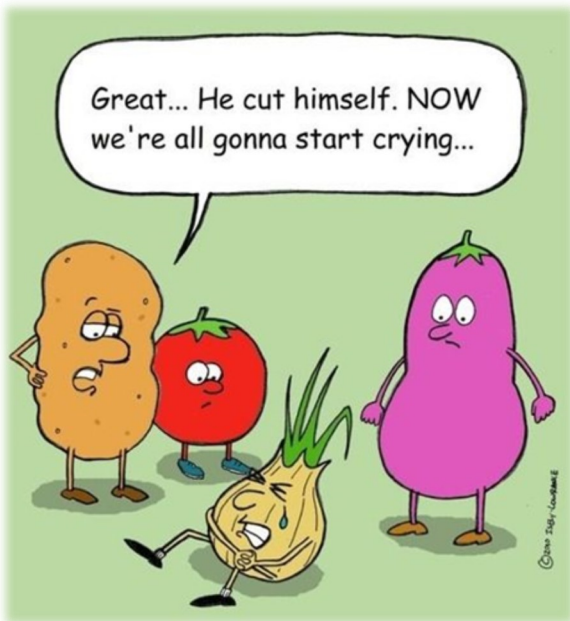
New On The Menu

CI is adding several new items to the seasonal menu release in September. Items include: Meatball Sandwich, Chicken & Beef Sausage Patty, and a Sausage and Egg Breakfast Sandwich. Returning to the menu you will see the Apple Pie Burrito and Turkey Ala King. See the Turkey Sausage Patty as the Featured item on page 1 of this newsletter.

Religious Diet Sign Ups: As a reminder, the next opportunity to receive a religious diet begins on November 1st. Any new sign-ups need to be submitted to the religious coordinators no later than October 15th.



Fun Food Facts & Food Humor



Menu Product Development and Item Selection

Correctional Industries Technical Services- CITS Food Product Research & Development Lab:

After a long pause in 2020 the product development department is fully functional again.

Due to all the vendor shortages and substitutions we have had to modify some of the mainline recipes. We are working to insure product acceptability and specified nutritional values have been met.

CITS continues with our quality review process. What we have improved is the way we score and report any deficiencies found.

With the merging of Coyote Ridge products to Airway Heights food operation we have streamlined production and increased productivity.

Product development started on additional Halal and Vegan menu offerings as well as some upcoming mainline items.