

# FOOD SERVICE NEWSLETTER



## FEATURED ITEM

### FRENCH TOAST

#### Nutrition Facts

Serv. Size: 2 each 3.0 oz. (85g)

Servings per case: 72

Amount Per Serving

**Calories 199** Fat Cal. 45

% DV\*

**Total Fat 3g** 6%

Sat. Fat 1g 5%

TransFat 0g

**Cholest. 90mg** 30%

**Sodium 452mg** 30%

**Total Carb. 35g** 19%

Fiber 1g 7%

Sugars 8g

**Protein 7g**

Vitamin A 0% \* Vitamin C 0%

Calcium 4% \* Iron 10%

\* 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 9 \* Carbohydrate 4 \* Protein 4

## Tips for Picking Healthy Items from the Commissary

A healthy diet is the result of many small healthy choices over time. Those small choices add up over the years and hopefully, give us better health.



Many diets label food items as “good” or “bad.” We often crave the “bad” foods, particularly if we forbid ourselves from ever eating those foods. Most people find it difficult to avoid the forbidden foods forever.

Once people decide to eat the “bad” foods, they often overeat them. All foods can be part of a healthy diet, no foods are good or bad. Rather than thinking of food as “good” or “bad”, it may be helpful to think of food as healthy, healthier and healthiest. Less healthy food can be included in a well-balanced diet. The goal of a healthy diet is to make the healthier or healthiest choice most of the time.

To support you in picking out the healthiest items from the commissary, there is a symbol on the commissary list that puts the food into groups. The symbol shows the least healthy choice (the limited category), the moderately healthy choice (the better category), and the healthiest options (the best category). Ideally, you would pick snacks from the best and better choice categories most of the time. These snacks are the most likely to help you stay healthy. Snacks from the limited category should be viewed as treats and comfort foods. Ideally, treats and comfort foods are eaten moderately.

The symbols for the healthy and healthiest choices on the commissary list are:



Better



Best

Some examples from the best (healthiest) category include raw almonds and other nuts, brown rice, peanut butter, dehydrated vegetables, canned salmon, and some granola bars. Examples from the better (second healthiest) category include dehydrated black beans, low sodium ramen, pickles and trail mix.

*Contributed by the Washington State Department of Health and based on the United States Department of Agriculture's 2015-2020 Dietary Guidelines for Americans.*

## Q & A

### What's new on the menu?

Feedback is an important part of the process for future menu development. Thanks to suggestions made to food services through tier rep meetings and kites, there are a few changes that were made to the menu scheduled to begin on May 24th. Included in those changes was reducing the servings of sweet potatoes and replacing with more servings of the tomato salad. Some new items include adding French toast, chocolate milk, and the addition of a cheese calzone served with marinara sauce. Also, there will be a phasing out of the Pollock burger meal with a replacement of a different fish item to be determined. So, keep the feedback coming, it is appreciated!

### Feature: Fun Food Facts:

Potatoes can absorb and reflect Wi-Fi signals



A typical ear of corn usually has 16 rows



Bananas are actually classed as berries



### "Scrambled" Food

Unscramble the following food items found on the menu.

- |            |              |              |             |
|------------|--------------|--------------|-------------|
| 1. RIBTOUR | 3. THESTPIGA | 5. RUGRAMHEB | 7. TAMEOLA  |
| 2. ZANOCLE | 4. DANCEHAIL | 6. EFFSLAW   | 8. CRAMINOA |

How did you do? Answers are below

1. Burrito 2. Calzone 3. Spaghetti 4. Enchilada 5. Hamburger 6. Waffles 7. Oatmeal 8. Macaroni

### Menu Product Development and Item Selection

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

Due to the impact that COVID 19 has had on everyone, much of the work that usually goes on with product development has been suspended. Conversations are still taking place about new concept items as well as re-introducing previous menu items to increase variety. Our goal is to continue moving forward, so as things settle, the focus on this goal will return.