

# FOOD SERVICE NEWSLETTER



## FEATURED ITEM

### Peach Pie Burrito

#### Nutrition Facts

Serv. Size: 1 each 5.75 oz. (163g)

Servings per case: 60

Amount Per Serving

**Calories 310** Fat Cal. 70

% DV\*

**Total Fat 8g** 12%

Sat. Fat 2g 10%

TransFat 0g

**Cholest. 0mg** 0%

**Sodium 220mg** 9%

**Total Carb. 54g** 18%

Fiber 5g 20%

Sugars 20g

**Protein 5g**

Vitamin A 0% \* Vitamin C 30%

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

## Salt, Sugar and Fat—Foods to eat moderately in a healthy diet

### (Part One—Salt)

Diets are important for health. What we eat is directly connected to how we feel, how well we perform physically, whether or not we get sick and how long we live. For that reason, the Department of Corrections has started to serve new menus that follow the nutrition guidelines of the 2015-2020 Dietary Guidelines for Americans. These guidelines are updated every 5 years by the U.S. government based on the most recent science about nutrition, and are used for all federal nutrition programs.



### Salt (or Sodium)

A diet high in sodium can increase the risk of high blood pressure. High blood pressure can damage our kidneys and may lead to heart attacks and strokes. Most of the salt in a typical diet comes from packaged and highly-processed foods, and not necessarily from the salt shaker. The Dietary Guidelines for Americans recommend limiting sodium to less than 2300 mg per day, or about 1 teaspoon. Foods commonly high in salt include snack bags (such as chips or pretzels) dehydrated soup mixes like ramen noodles, condiments such as ketchup or mustard, and pickles.

Look for Part 2 of this article on sugar and fat in the December Food Service Newsletter!

*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?** In these uncertain times with the Corona virus affecting nearly all aspects of our lives, menu changes will be kept to a minimum. When it becomes feasible to do so, more menu changes to add variety will once again be possible. In the meantime thank you for your patience and understanding.

**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



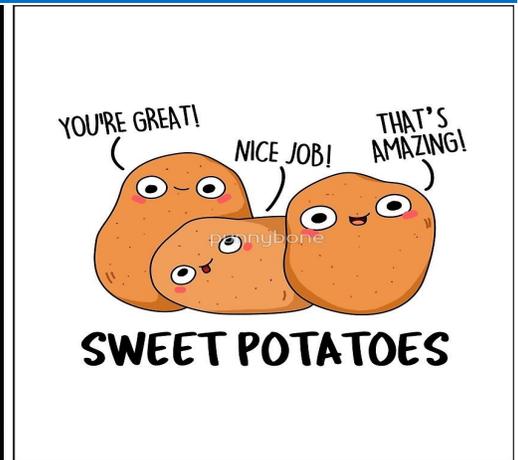
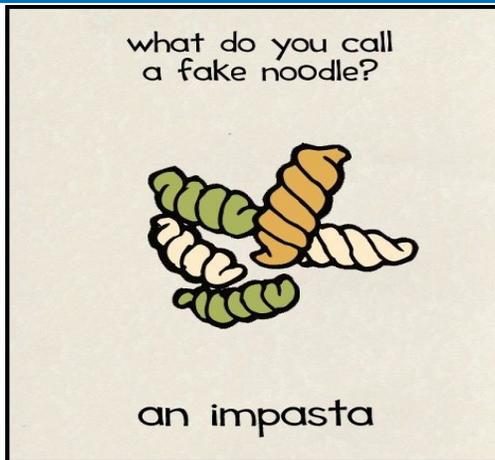
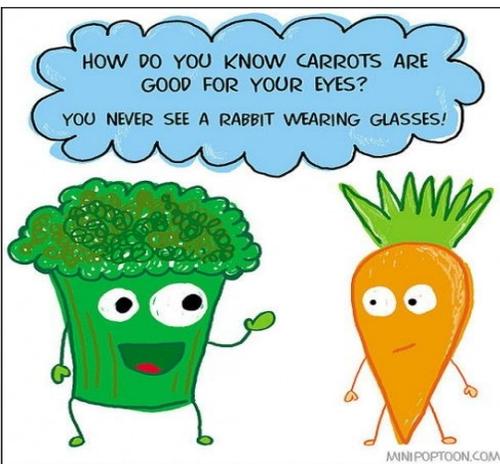
### Eskimos use refrigerators to stop their food from freezing.

You wouldn't think you'd need anything to keep your food cold in the arctic, but it's exactly the opposite! In order to prevent food from freezing, eskimo's need refrigerators to keep it from getting too cold.



### It's impossible to cook an egg on a sidewalk.

The highest temperature ever recorded was 131 Fahrenheit. In order to cook an egg on a sidewalk, it would need to be 158 degrees. Even with the reflection of heat, concrete is not a good heat conductor so you wouldn't be able to cook an egg!



## 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.