

Title 15 Minimum Standards for Juvenile Facilities

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Article 9. Food

§ 1460. Frequency of Serving.

Meals shall be served at least three times in any 24-hour period. At least one of these meals shall include hot food. Food shall be offered to youth at the time of initial intake, shall be served to youth if more than 14 hours pass between meals, and shall be served to youth on medical diets as prescribed by the attending physician. A snack shall be provided to all youth between 2 to 4 hours after the dinner meal is served.

A minimum of twenty minutes shall be allowed for the actual consumption of each meal except for those youth on medical diets where the responsible physician has prescribed additional time.

Provisions shall be made for youth who may miss a regularly scheduled facility meal. They shall be provided with a substitute meal and beverage, and youth on medical diets shall be provided with their prescribed meal.

NOTE: Authority cited: Sections 210 and 885, Welfare and Institutions Code; ~~and Assembly Bill 1397, Chapter 12, Statutes of 1996~~. Reference: ~~1995-96 Budget Act, Chapter 303, Item Number 5430-001-001, Statutes of 1995; Assembly Bill 904, Chapter 304, Statutes of 1995; and Assembly Bill 1397, Chapter 12, Statutes of 1996~~ [Section 209, Welfare and Institutions Code](#).

SYTF SUBCOMMITTEE RECOMMENDATIONS

- Consider renaming section from “Frequency of Serving” to “Mealtime.”
- Provide food on-demand.

PUBLIC COMMENT

- Increase the minimum number of hot meals, e.g., from one to two or three.
- Reduce the maximum number of hours between meals.
- Increase the minimum number of minutes for consumption of each meal, e.g., from 20 to 30 minutes.
 - o American Academy of Pediatrics (AAP) and Centers for Disease Control and Prevention (CDC) recommend 20 minutes of time to eat (AAP, 2005; CDC, 2018.)
 - o The Journal of Child Nutrition and Management (Vol. 42, Issue 2, Fall 2018) published an article, [Time to Eat School Lunch Affects Elementary Students' Nutrient Consumption](#), in which a study was conducted at schools to determine whether time to eat affected student consumption of under-consumed nutrients (i.e., vitamins A and C, fiber, and calcium). The study supports advocacy groups, AAP's, and CDC's recommendation for 20 minutes of time to eat.

- Require snacks be available more often, i.e., between meals, at night and upon youth request.
- Availability of snacks should not be used as discipline.

References:

- Attachment A – Pgs. 13-15
- Attachment B – Pg. 17
- Attachment E.1 – Pg. 93
- Attachment F – Pg. 4
- Attachment F.1 – Pg. 80
- Attachment H – Pg. 1-2
- Attachment M – Pgs. 3-4 and 16

IMPACT AND JUSTIFICATION

(1) (a) What existing problem is being addressed by this revision?

(b) How will this revision address/fix the problem? What is the rationale?

(2) What is the operational impact that will result from this revision; how will it change operations?

(3) (a) What is the fiscal impact that will result from this revision?

(b) How can it be justified?

(4) How will BSCC measure compliance with this revision?

(5) What national best practices were considered when reviewing this regulation?

(6) Summary of Workgroup Discussion and Intent:

§ 1461. Minimum Diet.

Facility meals are based on nutritional standards which may include the Federal Child Nutrition Meal Program. The minimum diet provided shall be based upon the nutritional and caloric requirements found in the 2011 Dietary Reference Intakes (DRI) of the Food and Nutrition Board, Institute of Medicine of the National Academies; the 2008 California Food Guide, and the 2015-2020 Dietary Guidelines for Americans. Facilities shall have a written process for how vegetarian or vegan diets may be requested and granted or denied. Religious diets, and when provided, vegetarian or vegan diets, must conform to these nutrition standards.

The nutritional requirements for the minimum diet are specified in the following subsections. Snacks may be included as part of the minimum diet. A wide variety of foods should be served.

- (a) Protein Group. Includes: beef, veal, lamb, pork, poultry, fish, eggs, cooked dry beans, peas, lentils, nuts, peanut butter, and textured vegetable protein (TVP). One serving equals 14 grams or more of protein; the daily requirements shall equal two servings (a total of 196 grams per week). In addition, there shall be a requirement to serve a third serving from the legumes three days a week, and/or three servings from another protein group. One serving equals, but is not limited to, one of the following examples:

2 to 3 oz. (without bone) lean, cooked meat, poultry or fish

2 medium eggs

1 cup cooked dry beans, peas, or lentils

4 Tbsp. peanut butter

8 oz. tofu

2 1/4 oz. dry, or 1 cup rehydrated, canned, or frozen TVP

1/2 cup seeds

2/3 cup nuts

- (b) Dairy Group. Includes milk (fluid, evaporated or dry; nonfat; 1% or 2% reduced fat, etc.); cheese (cottage, cheddar, etc.); yogurt; ice cream or ice milk, and pudding. A serving is equivalent to 8 oz. of fluid milk and provides at least 250 mg of calcium. All milk shall be pasteurized and fortified with vitamins A and D. For persons 9-18 years of age, including pregnant and lactating women, the daily requirement is four servings.

One serving equals, but is not limited to, one of the following examples:

8 oz. fluid milk (nonfat, 1% or 2% reduced fat)

1 1/2 oz. natural cheese

- 2 oz. processed cheese
- 1 1/2 cups of lowfat, or nonfat cottage cheese
- 1 1/2 cups of ice milk, or ice cream
- 1/3 cup nonfat dry milk
- 1/2 cup nonfat, or lowfat evaporated milk
- 1 cup nonfat, or lowfat plain yogurt
- 1 cup pudding

(c) Vegetable-Fruit Group. Includes: fresh, frozen, dried, and canned vegetables and fruits. One serving equals: 1/2 cup vegetable or fruit; 6 oz. of 100% juice; 1 medium apple, orange, banana, or potato; 1/2 grapefruit, or 1/4 cup dried fruit. The daily requirement shall be at least six servings; at least one serving per day, or seven (7) servings per week, shall be from each of the following three categories:

- (1) One serving of a fresh fruit or vegetable.
- (2) One serving of a Vitamin C source containing 30 mg. or more. One serving equals, but is not limited to, the following examples:

Broccoli	Orange juice
Brussels Sprouts	Potato (baked only)
Cabbage	Strawberries
Cantaloupe, or honeydew	Tangerine, large
melon	Tomato paste
Cauliflower	Tomato puree
Green and red peppers	Tomato juice
(not dehydrated)	Tomato sauce (6 oz.)
Greens collards including	Vegetable juice cocktail
kale, turnip, and mustard	
greens	
Grapefruit	
Grapefruit juice	
Orange	

- (3) One serving of a Vitamin A source fruit or vegetable containing 200 micrograms Retinol Equivalents (RE) or more. One serving equals, but is not limited to, the following examples:

Apricot nectar (6 oz.)	Peas and carrots
Apricots	Pumpkin
Cantaloupe	Red peppers
Carrots	Sweet potatoes or yams
Greens, including kale, beets, chard, mustard, turnips, or spinach	Vegetable juice cocktail (6 oz.)
Mixed vegetables with carrots	Winter squash

- (d) Grain Group. Includes: bread, rolls, pancakes, sweet rolls, ready-to-eat, or cooked cereals, corn bread, pasta, rice, tortillas, etc., and any food item containing whole or enriched grains. At least four (4) servings from this group must be made with some whole grains. The daily requirement for youth shall be a minimum of six (6) servings, or 42 servings per week. One serving equals, but is not limited to, one of the following examples:

Bread, white (including French and Italian), whole wheat, rye, pumpernickel, or raisin	1 slice
Bagel, small	1/2
English muffin, small	1/2
Plain roll, muffin or biscuit	1
Frankfurter roll	1/2
Hamburger bun	1/2
Dry bread crumbs	3 Tbsp.
Crackers:	
Arrowroot	3
Graham, 2 1/2 "	2
Matzo, 4" x 6"	1/2
Oyster	20
Pretzels, 3 1/8" long, 1/8" diameter	25
Rye wafers, 2" x 3 1/2"	3
Soda, 2 1/2" sq.	6
Ready-to-eat unsweetened cereal	3/4 cup
Cereal, cooked	1/2 cup
Barley, couscous, grits, macaroni, noodles, pastas, rice, spaghetti, etc.	1/2 cup

Cornmeal, dry	2 Tbsp.
Flour (wheat, whole wheat, carob, soybean, cornmeal, etc.)	2 1/2 Tbsp.
Wheat germ	1/4 cup
Pancakes, 5"	1
Waffle, 5"	1
Tortilla, 6" (corn/flour)	1

The following are examples of whole grains and whole grain products:

Barley	Pumpernickel bread
Bran	Rolled oats
Brown rice	Rye
Corn meal	Whole grain
tortilla	bagels, muffins, and crackers, graham
baked taco/tostada shell	hot cereal
Cracked wheat (bulgur)	pancakes and waffles
Flour	ready-to-eat cereal
carob	Whole wheat
soybean	bread
whole wheat	rolls
Oatmeal	tortilla
Popcorn	

- (e) Calories. Recommended daily caloric allowances for both females and males is a minimum of 2500 calories not to exceed 3000. Calorie increases with the exception of a medical diet may occur as collaboratively determined by the facility manager, dietitian, food service manager and physician.
- (1) Pregnant youth shall be provided with a diet as approved by a doctor in accordance with Penal Code Section 6030(e) and a supplemental snack, if medically indicated.
 - (2) In keeping with chronic disease prevention goals, total dietary saturated fat shall not exceed 10 percent of total calories on a weekly basis. Facility dietitians shall consider the recommendations and intent of the 2015-2020 Dietary Guidelines of Americans of reducing overall added sugar and sodium levels. Herbs and spices may be used to improve the taste and eye appeal of food served.

NOTE: Authority cited: Sections 210 and 885, Welfare and Institutions Code.
Reference: Section 209, Welfare and Institutions Code.

SYTF SUBCOMMITTEE RECOMMENDATIONS

- Increase food and calorie count for older youth.
- Add vegetarian and vegan meal preference options.

PUBLIC COMMENT

- Snacks should not be considered part of the minimum diet.
- Provide better quality food and more snacks, possibly develop a canteen or snack program.
- Extra snacks at every meal creates unhealthy eating habits and does not fall in line with required guidelines for proper food consumption.
- Require equal access to healthy, protein packed, vegetarian diets. Include options for dietary preferences such as vegan and remove the option to deny requests for vegan and vegetarian meals.
- Separate dairy group from protein group.
- Separate fruit group from vegetable group. 2020-2025 Dietary Guidelines for Americans has subcategories for vegetables to ensure full nutrition and vitamins is received.
- Update to reflect USDA's 2020-2025 Dietary Guidelines for Americans. According to these guidelines, older adolescents need more calories than currently required in this section. Specifically, the guidelines state on page 84: "Adolescents Ages 14 Through 18: Adolescent females require about 1,800 to 2,400 calories per day and males require about 2,000 to 3,200 calories per day." (<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>)

References:

- Attachment A – Pgs. 15-16 & 64
- Attachment B – Pg. 17
- Attachment C – Pgs. 4-5
- Attachment E.1 – Pg. 94-99
- Attachment F – Pg. 4
- Attachment F.1 – Pg. 81
- Attachment H – Pg. 1-2
- Attachment M – Pgs. 3-4 and 16

IMPACT AND JUSTIFICATION

(1) (a) What existing problem is being addressed by this revision?

(b) How will this revision address/fix the problem? What is the rationale?

(2) What is the operational impact that will result from this revision; how will it change operations?

(3) (a) What is the fiscal impact that will result from this revision?

(b) How can it be justified?

(4) How will BSCC measure compliance with this revision?

(5) What national best practices were considered when reviewing this regulation?

(6) Summary of Workgroup Discussion and Intent:

§ 1462. Medical Diets.

Only the attending physician shall prescribe a medical diet. The medical diets utilized by a facility shall be planned, prepared, and served with the consultation of a registered dietitian. The facility manager shall comply with any medical diet prescribed for a youth. Diet orders shall be maintained on file for at least one year.

The facility manager and responsible physician shall ensure that the medical diet manual, with sample menus for medical diets, shall be available in both the medical unit and the food service office for reference and information. A registered dietitian shall review, and the responsible physician shall approve the diet manual on an annual basis.

NOTE: Authority cited: Sections 210 and 885, Welfare and Institutions Code; ~~and Assembly Bill 1397, Chapter 12, Statutes of 1996~~. Reference: ~~1995-96 Budget Act, Chapter 303, Item Number 5430-001-001, Statutes of 1995; Assembly Bill 904, Chapter 304, Statutes of 1995; and Assembly Bill 1397, Chapter 12, Statutes of 1996~~ [Section 209, Welfare and Institutions Code](#).

SYTF SUBCOMMITTEE RECOMMENDATIONS

None.

PUBLIC COMMENT

- Update to reflect International Dysphagia Diet Standardization Initiative (IDDSI) requirements on how food is rated when diets require food to be pureed, minced, soft, bite-sized, etc. This would ensure consistency of food for diets because IDDSI is a universal standard.

Reference:

- Attachment A – Pg. 17

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(4) How will BSCC measure compliance with this revision?

(5) What national best practices were considered when reviewing this regulation?

(6) Summary of Workgroup Discussion and Intent:

§ 1463. Menus.

Menus shall be planned at least one month in advance of their use. Menus shall be planned to provide a variety of foods considering the cultural and ethnic makeup of the facility, thus, preventing repetitive meals. Menus shall be approved by a registered dietitian before being used. [Youth may be included in the meal planning processes where practicable.](#)

If any meal served varies from the planned menu, the change shall be noted in writing on the menu and/or production worksheet.

Menus, as planned and including changes, shall be retained for one year and evaluated by a registered dietitian at least annually.

NOTE: Authority cited: Sections 210 and 885, Welfare and Institutions Code; ~~and Assembly Bill 1397, Chapter 12, Statutes of 1996.~~ Reference: ~~1995-96 Budget Act, Chapter 303, Item Number 5430-001-001, Statutes of 1995; Assembly Bill 904, Chapter 304, Statutes of 1995; and Assembly Bill 1397, Chapter 12, Statutes of 1996~~ [Section 209, Welfare and Institutions Code.](#)

SYTF SUBCOMMITTEE RECOMMENDATIONS

None.

PUBLIC COMMENT

- Involve youth in menu planning process and creation.

References:

- Attachment A – Pg. 17
- Attachment F – Pg. 4
- Attachment F.1 – Pg. 85

IMPACT AND JUSTIFICATION

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(3) (a) What is the fiscal impact that will result from this revision?

(b) How can it be justified?

(4) How will BSCC measure compliance with this revision?

(5) What national best practices were considered when reviewing this regulation?

(6) Summary of Workgroup Discussion and Intent:

§ 1464. Food Service Plan.

Facilities shall have a written site specific food service plan that shall comply with the applicable California Retail Food Code (CalCode). In facilities with an average daily population of 50 or more, there shall be employed or available, a trained and experienced food services manager or designee to complete a written food service plan. In facilities of less than an average daily population of 50, that do not employ or have a food services manager available, the facility manager shall complete a written food service plan. The plan shall include, but not be limited to the following policies and procedures:

- (a) menu planning;
- (b) purchasing;
- (c) storage and inventory control;
- (d) food preparation;
- (e) food serving;
- (f) transporting food;
- (g) orientation and on-going training;
- (h) personnel supervision;
- (i) budgets and food costs accounting;
- (j) documentation and record keeping;
- (k) emergency feeding plan;
- (l) waste management;
- (m) maintenance and repair;
- (n) hazard analysis critical control point plan; and,
- (o) provision for maintaining three days of meals for testing in the event of food-borne illness.

NOTE: Authority cited: Sections 210 and 885, Welfare and Institutions Code. Reference: Section 209, Welfare and Institutions Code.

SYTF SUBCOMMITTEE RECOMMENDATIONS

None.

PUBLIC COMMENT

- Allow family members to come in and participate in having a meal with a young person or young people within a unit.

Reference:

IMPACT AND JUSTIFICATION

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(3) (a) What is the fiscal impact that will result from this revision?

(b) How can it be justified?

(4) How will BSCC measure compliance with this revision?

(5) What national best practices were considered when reviewing this regulation?

(6) Summary of Workgroup Discussion and Intent:

§ 1465. Food Handlers Education and Monitoring.

The facility manager, in cooperation with the food services manager, shall develop and implement written policies and procedures to ensure that supervisory staff and food handlers receive ongoing training in safe food handling techniques, including personal hygiene, in accordance with Section 113947 of the Health and Safety Code, California Retail Food Code (CalCode). The procedures shall include provisions for monitoring compliance that ensure appropriate food handling and personal hygiene requirements.

NOTE: Authority cited: Sections 210 and 885, Welfare and Institutions Code. Reference: Section 209, Welfare and Institutions Code.

SYTF SUBCOMMITTEE RECOMMENDATIONS

None.

PUBLIC COMMENT

- Add a specific minimum number of training/continuing education hours for food handlers to ensure food handlers continue to serve food according to the latest guidelines and standards. The school nutrition programs require a minimum number of hours, so it seems natural to align the requirements of title 15 for juveniles with the school nutrition program.

Reference:

- Attachment A – Pg. 17

IMPACT AND JUSTIFICATION

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(b) How can it be justified?

(4) How will BSCC measure compliance with this revision?

(5) What national best practices were considered when reviewing this regulation?

(6) Summary of Workgroup Discussion and Intent:

§ 1466. Kitchen Facilities, Sanitation, and Food Storage.

Kitchen facilities, sanitation, and food preparation, service, and storage shall comply with standards set forth in Health and Safety Code, Division 104, Part 7, Chapters 1-13, Sections 113700 et seq. California Retail Food Code (CalCode).

In facilities where youth prepare meals for self-consumption or where frozen meals or pre-prepared food from other permitted food facilities (see Health and Safety Code Section 114381) are (re)heated and served, the following applicable CalCode standards may be waived by the local health officer:

- (a) Health and Safety Code Sections 114130-114141;
- (b) Health and Safety Code Sections 114099.6, 114095-114099.5, 114101-114109, 114123, and 114125. If a domestic or commercial dishwasher, capable of providing heat to the surface of the utensils of a temperature of at least 165 degrees Fahrenheit, is used for the purpose of cleaning and sanitizing multi-service kitchen utensils and multi-service consumer utensils;
- (c) Health and Safety Code Sections 114149-114149.3 except that, regardless of such a waiver, the facility shall provide mechanical ventilation sufficient to remove gases, odors, steam, heat, grease, vapors and smoke from the kitchen;
- (d) Health and Safety Code Sections 114268-114269; and,
- (e) Health and Safety Code Sections 114279-114282.

NOTE: Authority cited: Sections 210 and 885, Welfare and Institutions Code. Reference: Section 209, Welfare and Institutions Code.

SYTF SUBCOMMITTEE RECOMMENDATIONS

- Access to microwaves and kitchen/ettes.

PUBLIC COMMENT

None.

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(b) How can it be justified?

(4) How will BSCC measure compliance with this revision?

(5) What national best practices were considered when reviewing this regulation?

(6) Summary of Workgroup Discussion and Intent:

§ 1467. Food Serving and Supervision.

Policies and site-specific procedures shall be developed and implemented to ensure that appropriate work assignments are made and food handlers are adequately supervised. Food shall be prepared and/or served only under the immediate supervision of a staff member.

NOTE: Authority cited: Sections 210 and 885, Welfare and Institutions Code. Reference: Section 209, Welfare and Institutions Code.

SYTF SUBCOMMITTEE RECOMMENDATIONS

None.

PUBLIC COMMENT

- Requiring food to be prepared and/or served under immediate supervision of a staff member is not consistent with creating a home-like environment, so indicate that this requirement should not impede on creating a home-like environment.
- Add “and have culinary certification for handling of food” to the end of the first sentence.

References:

- Attachment A – Pg. 17
- Attachment E.1 – Pg. 102

IMPACT AND JUSTIFICATION

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