II. NUTRITIONAL HEALTH EVALUATION

# Adult Type I, II, III and IV Facilities

| **ARTICLE/SECTION** | **YES** | **NO** | **N/A** | **COMMENTS** |
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| Article 12. Food | | | | |
| 1230 Food Handlers *(Note: Title 15, § 1230 is in Article 11, MMH, but inspected under Environmental Health due to CalCode reference.)* Policy and procedures have been developed and implemented for medical screening of (inmate) food handlers prior to working in the facility. | Do not identify compliance with this regulation here.  See comments. | | | The Environmental Health Inspector retains primary responsibility to determine compliance with Section 1230. Compliance should be assessed in consultation with the Nutrition Inspector so that the findings on the Environmental Health Evaluation reflect the observations, expertise and consensus of both parties. The text of the regulation is provided here for reference only. |
| There are procedures for education, supervision and cleanliness of food handlers in accordance with standards set forth in California Retail Food Code (CalCode). |
| 1240 Frequency of Serving Food is served three times in any 24-hour period. |  |  |  |  |
| At least one meal includes hot food. |  |  |  |  |
| If more than 14 hours passes between these meals, supplemental food is served. |  |  |  |  |
| Supplemental food is served in less than the 14-hour period for inmates on medical diets, if prescribed by the responsible physician.. |  |  |  |  |
| A minimum of fifteen minutes is allowed for the actual consumption of each meal except for those inmates on therapeutic diets where the responsible physician has prescribed additional time. |  |  |  |  |
| Inmates who miss or may miss a regularly scheduled facility meal, are provided with a beverage and a sandwich or a substitute meal. |  |  |  |  |
| Inmates on therapeutic diets who miss a regularly scheduled meal, are provided with their prescribed meal. |  |  |  |  |
| **1241 Minimum Diet**  (S*ee regulation and guidelines for equivalencies and serving requirements.)*  The minimum diet in every 24-hour period consists of the full number of servings specified from each of the food groups below. Facilities electing to provide vegetarian diets for any reason also conform to the dietary guidelines. |  |  |  |  |
| Protein Group. One serving equals 14 grams or more of protein. The daily requirement is equal to three servings (a total of 42 grams per day or 294 grams per week). |  |  |  |  |
| There is an additional, fourth serving of legumes three days per week. |  |  |  |  |
| Dairy Group. The daily requirement for milk or milk equivalents is three servings. |  |  |  |  |
| A serving is equivalent to 8 fluid ounces of milk and provides at least 250 mg. of calcium. |  |  |  |  |
| The requirement for persons who are 15-17 years of age and for pregnant and lactating women is four servings of milk or milk products. |  |  |  |  |
| All milk is fortified with Vitamin A and D. |  |  |  |  |
| One serving can be from a fortified food containing at least 250 mg. of calcium. |  |  |  |  |
| Vegetable-Fruit Group. The daily requirement is at least five servings. At least one serving is from each of the following categories. |  |  |  |  |
| One serving of a fresh fruit or vegetable per day, or seven servings per week. |  |  |  |  |
| One serving of a Vitamin C source containing 30 mg. or more per day or seven servings per week. |  |  |  |  |
| One serving of a Vitamin A source containing 200 micrograms Retinol Equivalents (RE) or more per day, or seven servings per week. |  |  |  |  |
| Grain Group. The daily requirement is at least six servings. At least three servings from this group are made with some whole grain products. |  |  |  |  |
| Additional servings from the dairy, vegetable-fruit, and grain groups are provided in amounts to assure caloric supply is at the required levels. *(See RDA for recommended caloric intakes.)* |  |  |  |  |
| Fat is added only in minimum amounts necessary to make the diet palatable. Total dietary fat does not exceed 30 percent of total calories on a weekly basis. |  |  |  |  |
| **1242 Menus** *(Applicable in Type II and III facilities and in those Type IV facilities where food is served.)*  Menus are planned at least one month in advance of their use. Menus are planned to provide a variety of foods, thus preventing repetitive meals. |  |  |  |  |
| A registered dietitian approves menus before they are used. |  |  |  |  |
| If any meal served varies from the planned menu, the change is noted in writing on the menu and/or production sheet. |  |  |  |  |
| A registered dietitian evaluates menus, as planned and including changes, at least annually. |  |  |  |  |
| **1243 Food Service Plan**  There is a food services plan that complies with applicable CalCode. Facilities with an average daily population of 100 or more have a trained and experienced food service manager to prepare and implement a food services plan that includes: |  |  |  | The Nutrition Health Inspector retains primary responsibility to determine compliance with Section 1243. Compliance should be assessed in consultation with the Environmental Health Inspector so that the findings on the Nutritional Health Evaluation reflect the observations, expertise and consensus of both parties. |
| Planning menus; |  |  |  |  |
| Purchasing food; |  |  |  |  |
| Storage and inventory control; |  |  |  |  |
| Food preparation; |  |  |  |  |
| Food serving; |  |  |  |  |
| Transporting food; |  |  |  |  |
| Orientation and ongoing training; |  |  |  |  |
| Personnel supervision; |  |  |  |  |
| Budgets and food cost accounting; |  |  |  |  |
| Documentation and record keeping; |  |  |  |  |
| Emergency feeding plan; |  |  |  |  |
| Waste management; and, |  |  |  |  |
| Maintenance and repair. |  |  |  |  |
| In facilities of less than 100 average daily population that do not employ or have access to a food services manager, the facility administrator has prepared a food services plan that addresses the applicable elements listed above. |  |  |  |  |
| **1245 Kitchen Facilities, Sanitation and Food Service**  Kitchen facilities, sanitation, and food preparation, service and storage comply with standards set forth in CalCode. | Do not identify compliance with this regulation here.  See comments. | | | The Environmental Health Inspector retains primary responsibility to determine compliance with Section 1245. Compliance should be assessed in consultation with the Nutrition Inspector so that the findings on the Environmental Health Evaluation reflect the observations, expertise and consensus of both parties. The text of the regulation is provided here for reference only. |
| In facilities where inmates prepare meals for self-consumption, or where frozen meals or prepared food from other facilities permitted pursuant to CalCode is (re)heated and served, the following CalCode standards may be waived by the local health officer*. (Note: while the regulation uses the word “waived,” the intent is that the inspector exercises professional latitude to approve alternative methods that that provide for food safety and sanitation in these situations.)* |
| CalCode requirements for new or replacement equipment. |
| CalCode requirements for cleaning and sanitizing consumer utensils. |
| CalCode§ 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. |
| CalCode requirements for floors. |
| CalCode requirements forstorage area(s) for cleaning equipment and supplies. |
| **1246 Food Serving and Supervision**  Policies and procedures ensure that work assignments are appropriate and food handlers are adequately supervised. Food is prepared and served only under the immediate supervision of a staff member. | Do not identify compliance with this regulation here.  See comments. | | | The Environmental Health Inspector retains primary responsibility to determine compliance with Section 1230. Compliance should be assessed in consultation with the Nutrition Inspector so that the findings on the Environmental Health Evaluation reflect the observations, expertise and consensus of both parties. The text of the regulation is provided here for reference only. |
| **1247 Disciplinary Isolation Diet**  No inmate receiving a prescribed medical diet is placed on a disciplinary isolation diet without review by the responsible physician or pursuant to a plan approved by the physician. |  |  |  |  |
| The disciplinary isolation diet is an exception to the three-meal-a-day standard and is served twice in each 24-hour period.  Each serving consists of one-half of the loaf (or a minimum of 19 ounces cooked loaf) described in the regulation or, if approved by the Corrections Standards Authority, another equally nutritious diet. Additionally the inmate receives two slices of whole wheat bread and at least one quart of drinking water, if the cell does not have a water supply. |  |  |  |  |
| 1248 Medical Diets Policies identify who is authorized to prescribe medical diets. |  |  |  |  |
| Therapeutic diets utilized by a facility are planned, prepared and served with consultation from a registered dietitian. |  |  |  |  |
| The facility manager complies with providing any medical diet prescribed for an inmate. |  |  |  |  |
| There is a medical diet manual that includes sample menus. It is available to in-facility medical personnel and food service staff for reference and information. |  |  |  |  |
| A registered dietitian reviews, and the responsible physician approves, the diet manual on an annual basis. |  |  |  |  |
| Pregnant women are provided a balanced, nutritious diet approved by a doctor. |  |  |  |  |

Summary of nutritional evaluation: