II. NUTRITIONAL HEALTH EVALUATION[[1]](#footnote-1)

**Adult Type I, II, III and IV Facilities**

| **ARTICLE/SECTION** | **YES** | **NO** | **N/A** | **COMMENTS** |
| --- | --- | --- | --- | --- |
| **ARTICLE 11. MEDICAL/MENTAL HEALTH SERVICES** | | | | |
| 1230 Food Handlers *(Note: Title 15, § 1230 is in Article 11, MMH, but inspected under Environmental Health due to CalCode reference.)* The responsible physician, in cooperation with the food services manager and the facility administrator, shall develop written procedures for medical screening of incarcerated food service workers prior to working in the facility kitchen. There shall be written procedures for education and ongoing monitoring and cleanliness of these workers in accordance with standards set forth in Health and Safety Code, California Retail Food Code. | 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.* |
| Article 12. Food | | | | |
| 1240 Frequency of Serving In Temporary Holding, Type I, II, and III facilities, and those Type IV facilities where food is served, food shall be served three times in any 24-hour period. |  |  |  |  |
| At least one of these meals shall include hot food. |  |  |  |  |
| Supplemental food must be served to incarcerated persons if more than 14 hours pass between evening and morning meals. |  |  |  |  |
| Supplemental food must be served to people on medical diets in less than the time period outlined above, if prescribed by the responsible physician. |  |  |  |  |
| A minimum of fifteen minutes shall be allowed for the actual consumption of each meal except for those on medical diets where the responsible physician has prescribed additional time. |  |  |  |  |
| Provisions shall be made for incarcerated persons who may miss a regularly scheduled facility meal. They shall be provided with a substitute meal and beverage, and [persons] on medical diets shall be provided with their prescribed meal. |  |  |  |  |
| **1241** **Minimum Diet**  The minimum diet provided shall be based upon the nutritional and caloric requirements found in the 2019 Dietary Reference Intakes (DRI) of the Food and Nutrition Board, Institute of Medicine of the National Academies, and the 2020-2025 Dietary Guidelines for Americans, which are hereby incorporated by reference. Facilities providing religious, vegetarian or medical diets, shall also conform to these nutrition standards.  The nutritional requirements for the minimum diet are specified in the following subsections. A daily or weekly average of the food group's requirement is acceptable. A wide variety of food 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 be equal to three servings (a total of 42 grams per day or 294 grams per week). In addition, there shall be a requirement to serve a fourth serving from the legumes three days a week. |  |  |  |  |
| (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. The daily requirement is three servings. One serving can be from a fortified food containing at least 150 mg. of calcium. For persons 15-17 years of age, or pregnant and lactating people, the requirement is four servings of milk or milk products. |  |  |  |  |
| (c) Vegetable-Fruit Group. Includes fresh, frozen, dried and canned vegetables and fruits. One serving equals: 1/2 cup vegetable or fruit; 6 ounces of 100% juice; 1 medium apple, orange, banana, or potato; 1/2 grapefruit; or 1/4 cup dried fruit. The daily requirement of fruits and vegetables shall be five servings. At least one serving shall be from each of the following three categories: |  |  |  |  |
| (1) One serving of a fresh fruit or vegetable per day, or seven (7) servings per week. |  |  |  |  |
| (2) One serving of a Vitamin C source containing 30 mg. or more per day or seven (7) servings per week. |  |  |  |  |
| (3) One serving of a Vitamin A source, fruit or vegetable, containing 200 micrograms Retinol Equivalents (RE) or more per day, or seven servings per week. |  |  |  |  |
| (d) Grain Group. Includes bread, rolls, pancakes, sweet rolls, ready-to-eat cereals, cooked cereals, corn bread, pasta, rice, tortillas, etc. and any food item containing whole or enriched grains. At least three servings from this group must be made with whole grains. The daily requirements shall be a minimum of six servings. |  |  |  |  |
| Providing only the minimum servings outlined in this regulation is not sufficient to meet an incarcerated person’s caloric requirements. Additional servings from the dairy, vegetable-fruit, and bread-cereal groups must be provided in amounts to meet daily caloric requirements. Saturated dietary fat should not exceed 10 percent of total calories on a weekly basis. Fat shall be added only in minimum amounts necessary to make the diet palatable. Facility diets shall consider the recommendations and intentions of the 2020-2025 Dietary Guidelines of Americans of reducing overall sugar and sodium levels |  |  |  |  |
| **1242** **Menus**  Menus in Type II and III facilities, and those Type IV facilities where food is served, shall be planned at least one month in advance of their use. Menus shall be planned to provide a variety of foods, thus preventing repetitive meals. |  |  |  |  |
| Menus shall be approved by a registered dietitian before being used. The dietitian shall ensure that the meals meet the nutritional and hot food requirements set forth in Sections 1240 and 1241. |  |  |  |  |
| If any meal served varies from the planned menu, the change shall be noted in writing on the menu and/or production sheet. Variations in the menu shall meet the caloric requirements set forth in Section 1241. |  |  |  |  |
| Menus, as planned, including changes, shall be evaluated by a registered dietitian at least annually. |  |  |  |  |
| **1243** **Food Service Plan**  Facilities shall have a written food service plan that shall comply with the applicable California Retail Food Code. In facilities with an average daily population of 100 or more, there shall be employed or available, a trained experienced food services manager to prepare and implement a food service plan. In facilities of less than an average daily population of 100 that do not employ or have a food services manager available, the facility administrator shall prepare a food service plan. The plan shall include, but not limited to, the following policies and procedures: |  |  |  |  |
| (a) menu planning; |  |  |  |  |
| (b) purchasing; |  |  |  |  |
| (c) storage and inventory control; |  |  |  |  |
| (d) food preparation and handling, including provisions for food that is found to be contaminated, expired, showing obvious signs of spoilage, or otherwise not fit for human consumption; |  |  |  |  |
| (e) food serving; |  |  |  |  |
| (f) transporting food; |  |  |  |  |
| (g) orientation and ongoing training; |  |  |  |  |
| (h) personnel supervision; |  |  |  |  |
| (i) budgets and food cost accounting; |  |  |  |  |
| (j) documentation and record keeping; |  |  |  |  |
| (k) emergency feeding plan; |  |  |  |  |
| (l) waste management; |  |  |  |  |
| (m) maintenance and repair; and, |  |  |  |  |
| (n) three-day mainline sample tray. |  |  |  |  |
| **1245** **Kitchen Facilities, Sanitation and Food Service**  (a) 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. |  |  |  |  |
| (b) In facilities where incarcerated people 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 California Retail Food Code standards may be waived by the local health officer:  (1) H & S Sections 114130-114141; |  |  |  |  |
| (2) H & S 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 utensils and multi-service consumer utensils; |  |  |  |  |
| (3) H & S 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; |  |  |  |  |
| (4) H & S Sections 114268-114269; and, |  |  |  |  |
| (5) H & S Sections 114279-114282. |  |  |  |  |
| **1246** **Food Serving and Supervision**  Policies and 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 served only under the immediate supervision of a staff member. |  |  |  |  |
| 1248 Medical Diets The responsible physician, in consultation with the facility administrator, shall develop written policies and procedures that identify the individual(s) who are authorized to prescribe a medical diet. |  |  |  |  |
| The medical diets utilized by a facility shall be planned, prepared and served with consultation from a registered dietitian. |  |  |  |  |
| The facility manager shall comply with any medical diet prescribed for an incarcerated person. |  |  |  |  |
| The facility manager and responsible physician shall ensure that the medical diet manual, which includes sample menus of 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. |  |  |  |  |
| Pregnant and lactating people shall be provided a balanced, nutritious diet approved by a doctor. |  |  |  |  |

Summary of nutritional evaluation:

1. This document is intended for use as a tool during the inspection process; this worksheet may not contain each Title 15 regulation that is required. Additionally, many regulations on this worksheet are SUMMARIES of the regulation; the text on this worksheet may not contain the entire text of the actual regulation. Please refer to the complete California Code of Regulations, Title 15, Minimum Standards for Local Facilities, Division 1, Chapter 1, Subchapter 4 for the complete list and text of regulations. [↑](#footnote-ref-1)