II. NUTRITIONAL HEALTH EVALUATION

**Juvenile Halls, Special Purpose Juvenile Halls and Camps**

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| FACILITY NAME: | COUNTY:  |
| FACILITY ADDRESS (STREET, CITY, ZIP CODE, TELEPHONE): |
| CHECK THE FACILITY TYPE AS DEFINED IN TITLE 15, SECTION 1302:  | JUVENILE HALL[ ]  | CAMP[ ]  |
| **JUVENILE FACILITY NUTRITIONAL HEALTH REVIEW AND EVALUATION** | DATE EVALUATED: DEFICIENCIES OR NON COMPLIANCE ISSUES NOTED:YES [ ]  NO [ ]  |
| NUTRITIONAL EVALUATOR(S) (NAME, TITLE, TELEPHONE): |
| FACILITY STAFF INTERVIEWED (NAME, TITLE, TELEPHONE): |

**Purpose**

Pursuant to Title 15, California Code of Regulations, Article 2, Section 1313, Subsection (c) “On an annual basis, or as otherwise required by law, each juvenile facility administrator shall obtain a documented inspection and evaluation from the local health officer, inspection in accordance with Health and Safety Code Section 101045.”

Per California Health and Safety Code 101045, the county health officer shall annually investigate health and sanitary conditions in every operated detention facility in the county. He or she may make additional investigations of any county jail or other detention facility of the county as he or she determines necessary. He or she shall submit a report to the Board of State and Community Corrections (BSCC), to the person in charge of the detention facility and to the County Board of Supervisors.

**Instructions**

To complete the evaluation, assess each element listed and document the findings on the checklist. Columns in the checklist identify compliance as "Yes," "No" or "N/A" (not applicable). If the evaluator assessing the Nutritional Health of the facility "checks" a column to indicate that a facility is either out of compliance with all or part of a regulation or indicates that all or part of a regulation is not applicable, a brief explanation is required in the comments section. This explanation is critical. It assists both the BSCC and facility staff in understanding the rationale for the decision and highlights what needs correction.

Evaluators may elect to assess areas that are not covered by the inspection checklists. If this is done, the additional issues must be clearly delineated on a separate sheet to maintain their distinction from the BSCC Title 15 checklist. For information purposes, this additional sheet should be attached and distributed with the checklist.

Checklists and regulations are available on the BSCC website (<http://www.bscc.ca.gov/s_fsoresources>). Please contact the BSCC Field Representative assigned to your county at the number below or through e-mail access on the web site.

Board of State and Community Corrections; **Attn: Compliance Monitor Analyst**

2590 Venture Oaks Way, Suite 200, Sacramento, CA 95833

Phone: 916-445-5073; Email: analyst@bscc.ca.gov

**NUTRITIONAL HEALTH EVALUATION**

| **ARTICLE/SECTION** | **YES** | **NO** | **N/A** | **COMMENTS** |
| --- | --- | --- | --- | --- |
| **Article 9. Food** |
| 1460 Frequency of ServingMeals 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. |  |  |  |  |
| **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. |  |  |  |  |
| 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 fish2 medium eggs1 cup cooked dry beans, peas, or lentils4 Tbsp. peanut butter 8 oz. tofu2 1/4 oz. dry, or 1 cup rehydrated, canned, or frozen TVP1/2 cup seeds2/3 cup nuts |  |  |  |  |
| 1. 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.
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| 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 cheese2 oz. processed cheese1 1/2 cups of low fat, or nonfat cottage cheese1 1/2 cups of ice milk, or ice cream1/3 cup nonfat dry milk1/2 cup nonfat, or low-fat evaporated milk1 cup nonfat, or low fat plain yogurt1 cup pudding |  |  |  |  |
| 1. 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.
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| 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.
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| 1. One serving of a Vitamin C source containing 30 mg. or more. One serving equals, but is not limited to the foods described in the regulation.
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| 1. 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 foods described in the regulation.
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| 1. 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 the foods described in the regulation.
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| 1. 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.
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| 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.
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| 1. 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.
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| **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. |  |  |  |  |
| **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. |  |  |  |  |
| 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. |  |  |  |  |
| **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: |  |  |  |  |
| 1. menu planning;
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| 1. purchasing;
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| 1. storage and inventory control;
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| 1. food preparation;
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| 1. food serving;
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| 1. transporting food;
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| 1. orientation and on-going training;
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| 1. personnel supervision;
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| 1. budgets and food costs accounting;
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| 1. documentation and record keeping;
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| 1. emergency feeding plan;
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| 1. waste management; and,
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| 1. maintenance and repair.
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| 1. hazard analysis critical control point plan; and,
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| 1. provision for maintaining three days of meals for testing in the event of food-borne illness.
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| 1465 Food Handlers Education and MonitoringThe 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. |  |  |
| **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: |  |  |
| 1. Health and Safety Code Sections 114130-114141;
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| 1. 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;
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| 1. 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;
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| 1. Health and Safety Code Sections 114268-114269; and,
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| 1. Health and Safety Code Sections 114279-114282.
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| **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. |  |  |

Summary of nutritional evaluation: