



Evaluation of Commissary Food Products – Jail #8, San Francisco Sheriff's Department

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Introduction

In October 2005 Nextcourse, with the assistance of the Prisoner Legal Services Division of the San Francisco Sheriff's Department, launched a project to evaluate the nutritional and sustainability characteristics of commissary food available to inmates housed at Jail #8. The project's primary purpose was to allow students at the jail who had participated in Nextcourse programming to demonstrate their understanding of basic concepts of sustainable food systems and healthy eating. It was the more long-term vision of Nextcourse that the findings from the students' commissary investigation and their resulting recommendations could serve as the foundation for transforming the commissary food system into one that would be more sustainable and nutritious for its consumers.

Nextcourse is a community-based organization dedicated to supporting methods of purchasing, preparing and consuming food that promotes environmental sustainability and social justice. In order to make concepts of food sustainability relevant to the lives of most people, Nextcourse demonstrates in its classes how eating fresh, locally grown or produced, minimally processed, chemical free foods, is more consistent with good nutrition and wellbeing. We also demonstrate how eating a diet of fresh foods can be simple, and more affordable than a diet of highly processed "convenience" foods. Through tasting and cost comparisons, basic cooking techniques, and fundamental

nutrition lessons, students come away with practical ways to eat in a more nutritious, economical and sustainable manner.

This investigation into jail and prison food is an important issue whose time has come. While there is very little literature on prison and jail commissaries, there are some irrefutable facts: correctional commissaries are a growing profit center for national food resellers, and correctional departments are coming to rely on commissions from these contracts to supplement their budgets. National food resellers such as Aramark, Keefe, and Canteen continue to profit from the abundance of cheaply produced unhealthy processed food that has become so pervasive in American society.

These resellers do have the capability to sell more nutritious food, and do so to the growing number of organizations and institutions that demand it. However, it has become all too easy for them to capitalize on the sale of poor quality food to the correctional commissary food systems because they are markets hidden from public view and scrutiny. Correctional facilities are secure environments that serve as repositories for people who find themselves on the fringes of, or unable to cope with mainstream society—the poor, the mentally ill, the substance-addicted. There are more than 2 million people incarcerated in the U.S., and correctional spending for local and state governments drains precious resources for education and healthcare, yet the broader public is not privy to what goes on inside these facilities.

Since many correctional facilities spend their resources on rehabilitation programming, they cannot ignore the growing body of research on how food impacts mood, behavior, and cognitive functioning – all of which can either enhance, or detract from an inmate's ability to benefit from these resources. Studies have demonstrated that healthy changes in diet can lead to lower incidences of behavior problems and an increased ability of populations to stay on task and focused. An Oxford study showed that inmates at a maximum security prison in England, who received supplements of vitamins, minerals and essential fatty acids, had 40% fewer disciplinary infractions. An alternative school in Wisconsin found, after changing the school's meal plan to one that included more fresh foods and fewer processed and high fat and sugar-laden foods that their students were more cognitively focused, had fewer health complaints, and experienced fewer disciplinary referrals.

The issue of rising healthcare costs in prisons and jails has become a growing concern with an aging inmate population, compounded by an underlying population that typically enter custody suffering from the effects of unhealthy lifestyles. The link between health care costs and diet in the general population is one that has long been the focus of USDA studies, which estimate that healthier diets could save at least \$71 billion per year in medical and related costs. Prison and jail administrators could take heed of the USDA's findings.

Background

Jail #8 is one of six jail facilities under the jurisdiction of the San Francisco Sheriff's Department and houses an average daily inmate population of 400. The inmates at Jail #8 are women involved in an intensive educational and rehabilitation program called SISTERS (Sisters in Sober Treatment Empowered in Recovery). Nextcourse operates under the umbrella of SISTERS, and provides continuous 5-week courses that teach students about cooking, nutrition, and their local food system, and outlines how simple changes can make a more nutritious diet affordable and convenient. The program's ultimate goal is to empower the women to create new patterns of eating and self-nurturing that will continue to benefit them and their families, when they are released from the jail system.

The women incarcerated in this jail have been either recently arrested and are awaiting trial or sentencing, or are completing a local jail sentence. Coming from stressful situations to start with, the women have a new set of stresses to deal with in jail. Most are separated from children and families, and many experience substance withdrawal in their first few weeks in custody. There is limited opportunity for exercise, their diets can change drastically, and they are often dealing with illnesses related to poor nutrition. Access to a nutrient rich diet that promotes, rather than detracts from good health, can help the women better cope with these physical and emotional challenges and enable them to fully benefit from the academic and rehabilitation services provided to them.

The commissary food system is considered by the department's administration to be merely a supplemental food source, as the inmate population is provided three daily meals through a contract with a private food service provider. The regular food service is guided by applicable state and federal laws that specify calorie counts and food groups that must be included in inmates' diets. In contrast, the commissary food service is governed informally according to the

practices and preferences of the facility and its staff. Jail #8 has a commissary oversight committee of jail employees who periodically review and update the product offerings. Most correctional commissaries, whether managed in-house or through a private vendor, remit "commissions" back to correctional budgets. In the case at Jail #8, these revenues are used to benefit the inmate population by supporting salaries for program personnel.

While the commissary food system is considered inherently to be a secondary food source, inmates report that they rely heavily on these foods as meal replacements. The inmates on our investigation team reported that regular meals provided by the jail lack flavor, often do not resemble or taste like the foods that they are represented to be, make them feel physically bad, or consist of too much starch in the form of bread and potatoes and not enough fresh foods. Inmates report increased symptoms such as nausea, bloating, gas, acid reflux, constipation, lethargy, depression, difficulty concentrating, muscle atrophy, irritability and weight gain, while in the jail system. For these reasons, inmates say they eat far more snack foods from the commissary than they consumed prior to their incarceration. Only one inmate on our investigation team reported not purchasing food from the commissary, explaining that she did not presently have the financial resources to do so. Those on our team who do purchase from the commissary reported they spend on average \$20-\$80 per week for food items.

Inmates can submit orders to the commissary once per week. In addition to food, inmates can also purchase phone cards, hygiene and other personal items through the commissary. Orders are transmitted to a private vendor's warehouse where the orders are filled and then delivered to the jail in individual paper sacks. Inmates reported that the orders are often incomplete, with one woman reporting that she had attempted to order the chicken breast (one of the only protein rich "whole" foods offered on the list) for several consecutive weeks without success. They also explained that the items are more costly than the same or similar items found in community stores, and that the items are off-brands of questionable quality.

Methods

In addition to Nextcourse staff Megan Hanson, Rania Long, and Susie White, 8 women from the inmate population were included on the investigation team. Criteria for participant selection included successful current or past participation in the Nextcourse program, and

the ability and commitment to attend all necessary project meetings within the month of December, 2005. The first meeting consisted of an orientation of the project including work plan, review of nutritional and food sustainability concepts, selection of food items, and testing of the survey form. The team convened at a subsequent meeting to conduct the analysis the food items, and then a final session to review the raw data and discuss findings and recommendations.

Since food items for investigation would need to be ordered and delivered to Jail #8 by the commissary provider, Canteen, Inc., and many items had multiple varieties (for example the Ramen Brick which had six different flavors) it was decided that the team would review a representative sample of the 129 food offerings. Using a Sales Analysis/Item Report provided by Canteen for the month of September 2005, the team identified 34 items appearing to be the most popular among the inmates at Jail #8. These items were ordered through Prisoner Legal Services and delivered later for analysis. All 34 items ordered were delivered. Three items, however, did not have nutritional labeling and could not be included in the study; therefore, only 31 items were surveyed. (See Attachment 1)

In setting the broader parameters for this investigation, Nextcourse initially sought guidance from the USDA. A key recommendation in the new USDA 2005 Food Guidelines states that adults should:

"Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol."

A nutrient dense food is just what it sounds like – a food that is dense with nutrients. It will offer a higher percentage of healthful ingredients and healthy calories, and a lower percentage of potentially harmful ingredients or "empty" calories.

One of the major factors behind obesity and diet related diseases is the over-consumption of foods that are high in calories but low in the critical nutrients our bodies need to function. The American diet has changed drastically in the past 20 years; as the consumption of less nutrient rich processed foods and portion sizes have grown, so have levels of diet-related diseases.

While there is no national standard or guideline for healthy snack foods, Nextcourse obtained guidance from California State Legislation

SB 19: The Pupil, Nutrition, Health and Achievement Act, the San Francisco Unified School District nutrition standards for vending machines, and Integrated Healthcare Association Healthy Alternatives Food Policy, which have based their food policies on guidelines from the USDA, FDA, American Heart Association, and American Cancer Society, among others.

A second, and no less important consideration of this investigation, is the sustainability of the food represented in the commissary. Generally, a product is considered sustainable if its production enables the resources from which it was made to continue for future generations. A sustainable product can thus be created repeatedly without generating negative environmental effects, without causing waste products to accumulate as pollution, and without compromising the wellbeing of workers and communities, or the health of food consumers. The most sustainable foods are whole or minimally processed, have no additives, and are produced and consumed within the same geographic region. Defining sustainability parameters for this investigation represented some challenges, given the highly processed nature of the commissary foods and the restrictive environment. The investigation team looked at twelve nutritional and food sustainability characteristics using a survey form (See attachment 2) that included the following:

- ***Presence of Trans Fats*** - A trans fat is an unsaturated fat that has been manufactured through the process of hydrogenation. This process rearranges the fat molecules so that the unsaturated fat becomes more stable and less likely to spoil. When you saturate an unsaturated fat molecule, it no longer provides its original health benefits. Trans fats may help a food product stay more stable, but once that altered fat gets into your body, it does more harm than good. Trans fats interfere with various cellular functions, potentially leading to the development of cancer, diabetes, immune deficiencies, heart disease, infertility and growth issues, and obesity.
- ***More than 10% Saturated Fat*** - Having too much of ANY fat in your diet altogether, can cause health problems. However, it is a mistake to think we don't need fat in our diets. We do need fat, but we need to be selective about the kind of fats we eat. Natural fats are divided into two main groups, unsaturated which are considered "good" fats, and saturated, which, in high amounts are considered "bad" fats; these come from animal products (meat, lard and butter), and some plant products (coconut and palm oil). It is fine to have

some saturated fats in our diet. However, if we are ONLY getting these fats, and NOT the more healthy fatty acids from monounsaturated, or polyunsaturated fats, like olive, flaxseed, and fish oils, our bodies will be more prone to developing illness related to "good" fat deficiencies, i.e. allergies, asthma, inflammation, poor cognitive functioning, and skin diseases.

- **More than 35% of Calories from Fat (except seeds, nuts and whole cheese products)** - We do need fat in our diet, but when our diet is made up of mostly processed foods, we end up getting too much of "bad" (trans fat or saturated fats) in our bodies, and not enough of the "good", or unsaturated fats, which provide the healthy fatty acids our bodies and brains need to function properly.
- **More than 35% Weight from Sugar** - Sugar is tricky because often we don't even realize we are eating it. Sugar comes in many forms, and is the number one food additive. One form of sugar, Glucose is the form our body uses for immediate fuel, so we do need it, but how much, and what form we consume it in, can have a HUGE influence on our physical and mental health.

The best way to get sugar fuel our bodies is to get the sugars found in the carbohydrates of whole foods, such as whole grains, brown rice, and sweet potatoes, which break down more slowly in our bodies, releasing a longer and steadier stream of energy. Sugars found in refined carbohydrates, such as white bread, pasta, muffins, and crackers break down quickly in the body, offering only short bursts of energy before our sugar levels crash again. This high fluctuation of sugar levels can cause sugar addiction and mood swings, and will require our pancreas to work harder to produce insulin (diabetes is directly related to this process.)

If we only got our sugar found naturally in whole foods, we might not have problems with sugar intake. However sugar today, in all its various natural and man-made forms (sucrose, maltose, fructose, etc), is being snuck into most of the processed foods and beverages we tend to consume most, including soda, baby food, cereals, sauces, dairy products, etc. The USDA recommends a maximum of 10 teaspoons of added sugar per day, but the average American consumes FOUR TIMES that much.

Sugar is also high in calories, but low in nutrients, so it adds weight to your body without providing much nutrition.

- **Presence of High Fructose Corn Syrup (HFCS):** The larger percentage of sweeteners used in processed food comes not from sugar cane, but from corn. Corn syrup is the most commonly used corn sweetener, and is made by splitting cornstarch with an acid. It is used in the food industry to add flavor and sweetness to beverages, baked goods, candy, ice cream, processed meats, catsup, dressings, etc. It is cheap to produce and bulks up food items, so food producers often use it to increase the apparent bulk of a product, lower its price, and make bigger profits. Today, most Americans consume more HFCS than regular sugar. This is a problem because the body processes the fructose in high fructose corn syrup differently than it does sugar from old-fashioned cane or beet sugar. This process has a negative affect on metabolism, and actually puts more fat into the bloodstream. Our bodies become tricked into wanting to eat more while at the same time, we store more fat. Many people believe that consumption of HFCS is among the major contributing factors to the alarming rise of obesity in the America.
- **Contains at least 10% RDA of Fiber** – Fiber is present in all plants that are eaten for food, including fruits, vegetables, whole grains, and legumes. Soluble fiber slows down digestion in the stomach and small intestine, which helps slow the conversion of other carbohydrates into glucose, and stabilize blood sugar levels. When the digestive process is slowed like this, food spends more time in the digestive zone, allowing a more complete uptake of a food's nutrients into the body.

When fiber swells into the digestive track, it makes us feel fuller without actually adding calories. Fiber also helps lower cholesterol by binding with cholesterol in the digestive tract, preventing it from being absorbed by the body. Eating too little fiber can lead to constipation, digestive problems, and a heightened risk of heart diseases and cancers. How low is the fiber intake for the average American? A native (before processed food) diet contained almost four times more fiber than the modern, refined food diet.

- **Presence of Artificial Ingredients** - Artificial Ingredients are those not found in nature, and therefore must be synthetically produced. Though the FDA determines whether AIs are GRAS, or generally recognized as safe, these standards are heavily influenced by pressure from the food industry to create more lax safety standards. Individual artificial ingredients may be considered safe in very small quantities, but collectively, and over time, they tend to behave like toxins in the body.

At present time, labeling of ingredients can be inconsistent and often misleading. Certain ingredients that are considered or labeled “natural” might indeed be derived from “natural,” ingredients but are synthetically processed. Though there is a much broader list of actual artificial ingredients found in the items we reviewed, for this study, we chose to look for the following indisputably artificial ingredients: those marked “artificial,” and MSG.

- **Nutrient Density** – Nutrients are divided into two broad categories: macronutrients which are - fat, carbohydrates, and protein, and help provide energy to the body, - and micronutrients -the vitamins and minerals that work with the macronutrients to perform all of the necessary functions of the body. While some nutrients can be manufactured in the body must be obtained by the foods we eat.

Each nutrient has a specific role in the healthy functioning of a body including blood and tissue formation, metabolism, digestion, maintenance of cell and nerve health, regular elimination, and resistance to disease. Our bodies MUST have a wide variety of macro- and micronutrients to keep working properly.

- **Produced in California** – Foods produced and consumed locally require fewer fossil fuels to transport. Purchase of these foods supports local farmers and producers and thereby local communities, protects genetic diversity, and supports a clean environment. From a nutritional standpoint, local food usually contains more of its nutritive integrity and tastes better which supports healthier eating for consumers.
- **Made from Fewer than 5 Ingredients** - The USDA, in its 2005 updated Food Guidelines recommends the consumption of foods that are “nutrient dense” -- low in calories and high in nutrients the body needs to function properly. Generally, whole foods offer a significantly higher number of nutrients than processed foods, which are often high in calories and low in nutrients. To this end, we evaluated the extent to which each snack food was processed, by setting a somewhat arbitrary* number of ingredients (5), beyond which a food was considered more or unnecessarily processed. We believe that food items requiring less processing are more sustainable food items. **Considering that most homemade snack foods, muffins, bread, crackers, cheese, juices, dips & spreads, soups, can be made with about five ingredients or less.*

- **Organic** – In order to be labeled organic, a product, its producer, and the farmer must meet the USDA’s organic standards and must be certified by a USDA-approved certifying agency. The organic label means that the product was grown on land free of chemical pesticides and fertilizers. The food has been minimally processed, with no artificial ingredients, preservatives, or irradiation, and was not produced using GMOs. Generally, organic standards support the health of the environment.
- **No GMOs (Genetically Modified Organisms)** – Genetic engineering is the process of transferring specific traits, or genes, from one organism to a different plant or animal. The resulting organism is called transgenic or GMO. Sixty-70% of processed foods now contain genetically modified ingredients. Scientists have not done sufficient study of the long-term effects of genetic engineering on humans or the environment, however most other nations in the world reject the use of GMOs (even developing African nations whose food sources are sparse) or at least, require labeling of GMOs by law. Once released into the environment, these genetically engineered organisms cannot be cleaned up or recalled.

Results

Of the 31 products surveyed, all except 2 were found to possess unhealthy characteristics, with most products averaging 3 or more unhealthy characteristics. The majority of products appeared to be lacking in any significant nutrient density or fiber. Not surprising, almost half of commissary products had significant amounts of fat as defined by the USDA, with many of those fats being saturated fats rather than healthier monounsaturated or polyunsaturated forms. It is also important to note that over one-third of these foods contained trans fats which, as mentioned earlier, have been linked to disease and obesity and recently regulated by the USDA.

One-quarter of these products contained significant amounts of sugar, and a slightly higher number were sweetened with High Fructose Corn Syrup.

Table 1

Nutritional Characteristic	<u>Frequency</u> (31)	<u>Percent of</u> Total
Presence of Trans fats	11	35.5
More than 35% of calories from fat	15	48.4
More than 10% saturated fat	11	35.5
More than 35% of weight from sugar	8	25.8
Presence of High Fructose Corn Syrup	9	29
Presence of artificial ingredients	13	41.9
Insignificant nutrient density*	21	67.7
Less than 10% RDA** of fiber	23	74.2

*Contains less than 5% of important nutrients

**Recommended Daily Allowances

The commissary foods did not present any better from a sustainability perspective. While almost one-third of products were produced in California, only 2 products were made with fewer than 5 ingredients and none of the products used organic ingredients or was produced without GMOs. The presence of artificial ingredients, High Fructose Corn Syrup, and trans fats as noted in the earlier table also speaks to a questionable sustainability profile for these products. In fact, 22 of the 31 products (71%) possessed one or more of these “unsustainable” characteristics.

Table 2

Sustainability Characteristic	<u>Frequency</u> (31)	<u>Percent of</u> Total
Produced in California	10	32.3
Made with 5 or fewer ingredients	2	6.5
Organic	0	0
No GMOs	0	0

(A complete list of all commissary products reviewed for this study and their nutritional and sustainability characteristics is presented in Attachment 3)

Conclusions and Recommendations

The nutritional quality of a snack food, given its intended purpose as a mere supplement to an otherwise healthful daily diet, can be challenging to judge. Traditionally, pre-packaged snack foods, such as those available currently in the commissary, are highly processed, and contain high levels of sugar, salt, saturated and trans fats, and

artificial ingredients, while offering few beneficial nutrients. Such a snack might be incorporated into a healthful diet in small quantities, but inmates routinely consume these foods to supplement regular meals, or to replace less desirable meals served by the jail. Considering that a snack food might actually be used as a meal replacement, parameters must be established to determine whether each individual snack, on its own merit, can be considered nutritious - no matter how it is incorporated into an overall diet.

Ideally, it would be expected that snacks could give us nutrition to support our daily diets, but they certainly should not detract from good nutrition. Understandably, many food items would be prohibited from the jail due to contraband and safety issues; however, there exists a wide range of healthy and sustainable foods, from fresh local produce, dried and canned soups, yogurt and cheese, and more nutrient rich, minimally processed grain-based snack foods that could support a healthier lifestyle. Some comparisons of commissary foods and healthier alternatives are provided here.

Table 3

Commissary		Comparison	
Product	Price	Product	Price*
Kellogg's Frosted Strawberry Pop Tarts <i>Profile: trans fats, high fat, high sugar</i>	2 pk, 3.6oz/ \$.95	Natures Path Organic Strawberry Toaster Pastries <i>Profile: no trans fats, no artificial ingredients, low sugar</i>	6 pk, 11oz/\$2.99
Kellogg's Frosted Flakes <i>Profile: high sugar, HFCS</i>	1oz/ \$.70	Nature's Path Maple Hot Oatmeal <i>Profile: no artificial ingredients, low sugar</i>	8 packets, 400 grams (14.108 oz)/\$3.39

Nature Valley Oats & Honey Granola Bar <i>Profile: high sugar, low nutrients, low fiber</i>	1.5oz/ \$.70	Cliff Luna Bars <i>Profile: low sugar, no artificial ingredients, high nutrients, high fiber</i>	1.68oz/\$.99
Checkers Oatmeal Cookies <i>Profile: trans fats</i>	2.75oz/ \$.65	Barbara's Bakery Oatmeal Crisps <i>Profile: no trans fats</i>	8oz/\$2.99

*average pricing in Bay Area grocery retailers

Recommendation 1

Establish selection parameters for the commissary food system that include nutritional and sustainability characteristics, and assign a higher priority for products that have nutritional benefits and support a sustainable environment, with an emphasis on using local products and vendors.

Recommendation 2

Include inmate representatives and/or ex-offenders in the commissary product selection process. Inmates, who are permitted to participate in the process and have an opportunity to learn about and sample the foods under consideration, will likely serve as marketers to the rest of the population, thereby improving the odds that healthier foods will be purchased and consumed.

Recommendation 3

Investigate alternative commissary distribution methods that would provide greater access to nutrient rich fresh, refrigerated, and whole foods. The jail's designation as a "model facility" provides an opportunity to create a model commissary system that could serve as a leader in innovative methods that improve the health and wellbeing of inmate populations. (See appendices for a list of suppliers who offer alternative, healthy snacking items, and an overview of recommended food policy guidelines)

Recommendation 4

Create a culture for change by providing nutritional education materials and programs for BOTH inmates and jail staff. Inmates who have participated in Nextcourse, as well as jail staff who visit classes, frequently comment that our class made them more interested in finding healthy food, and that they were convinced healthy food can be delicious. Consistently, inmates tell us that once they realize how certain foods might be having an adverse affect on their physical and mental health, and how easy it is to make changes to eat better foods, they were eager to begin doing so. This message could be reinforced by providing similar educational programs to staff who could model healthier eating.

Recommendation 5

Enhance inmate well-being by providing legally mandated access to exercise. While consuming high quality, healthy food is a significant part of a healthy lifestyle, regular exercise is also important, particularly for adults who are recovering from substance abuse. During the process of this investigation, women repeatedly expressed frustration with the lack of access to exercise.

Recommendation 6

Take steps to investigate and understand the jail's larger food system and how the main food service, and other processes such as waste disposal, recycling and supply purchasing might support a more sustainable and healthy environment while still remaining profitable. Other institutions are beginning to recognize the significant footprint they make on the environment and related systems. Many institutions, whether they are schools, hospitals, or correctional centers, operate as small cities and the decisions they make about the resources they expend should be pursued in a thoughtful and responsible manner.

Attachment 1

<u>Product Name</u>	<u>Category</u>
Otis Spunkmeyer Blueberry Muffin	Snacks and Pastries
Mrs Freshleys Grand Honey Bun	Snacks and Pastries
Checkers Oatmeal Cookies	Cookies
Hometown Refried Beans w/ Jalapenos	Soups
Don Antonio Tortillas	Snacks and Pastries
Old Fashioned Foods Squeeze Cheese Jalapeno	Snacks and Pastries
Bumble Bee Light Tuna	Snacks and Pastries
Kellogg's Frosted Flakes	Snacks and Pastries
Old Fashioned Foods Hot Pepper Cheese Stik	Chips
Reese Kit Kat Extra Crispy	Candy
Checkers Raspberry Shortbread Cookies	Cookies
Armour Beef Stew	Soups
El Sabroso Blazin Hot Nacho Chips	Chips
Keebler Club Crackers	Snacks and Pastries
Nissis Top Ramen Picante Beef	Soups
Snak-King BBQ Chips	Chips
El Sabroso Salsitas	Chips
Van Holtens Kosher Pickle	Snacks and Pastries
Hometown Fruit Punch Beverage	Beverages
Nature Valley Oats and Honey Granola Bar	Candy
Tillamook Country Smoked Beef Stick	Snacks and Pastries
Bostons Best Cappuccino Beverage	Beverages
El Sabroso Pork Cracklings with Sauce	Chips
Kellogg's Strawberry Frosted Pop Tarts	Snacks and Pastries
Jolly Rancher Candy	Candy
Red Wing Mayonnaise	Snacks and Pastries
Mr Nature Energy Mix	Snacks and Pastries
Peak Cook Quick Spanish Rice w/ Cheese	Soups
Farleys Fruit Snacks	Snacks and Pastries
El Sabroso Guacachip	Chips
Hometown Iced Tea Drink Mix	Beverages
Instant Oatmeal Strawberries and Cream	Snacks and Pastries
Cool Off Lemonade Drink Mix	Beverages
Bostons Best Coffee	Beverages

Attachment 2

Jail #8 Commissary Evaluation

Product Name: _____

Product Category: _____

Mark with "1" if product has any of the following:

- 1 Presence of Trans Fats* _____
- 2 More than 35% of calories from fat
(with the exception of seeds, nuts
and whole cheese products) _____
- 3 More than 10% saturated fat _____
- 4 More than 35% weight from sugar _____
- 5 Presence of High Fructose Corn Syrup _____
- 6 Presence of any ingredient listed as "artificial" _____
- 7 Nutrient Density:
Less than 5% of at least 2 of:
Vitamin A
Vitamin C
Thiamin
Riboflavin
Niacin _____
- 8 Contains at least 10% RDA fiber _____
- 9 Item is produced in California _____
- 10 Made of less than 5 ingredients _____
- 11 Item is Organic _____
- 12 Item is marked "No GMO" _____

*Includes all hydrogenated/partially hydrogenated

Attachment 3a – Nutrition	Transfats	>35% Fat	>10% Sat Fat	>35% Sugar	HFCS	Artificial	Nutrient Density	<10% Fiber		Subtotal
Otis Spunkmeyer Blueberry Muffin		1	1			1		1		4
Mrs Freshleys Grand Honey Bun		1	1			1		1		4
Checkers Oatmeal Cookies	1	1					1	1		4
Hometown Refried Beans w/ Jalapenos	1									1
Don Antonio Tortillas	1						1	1		3
Old Fashioned Foods Squeeze Cheese	1	1	1					1		4
Bumble Bee Light Tuna										0
Kellogg's Frosted Flakes				1	1			1		3
Old Fashioned Foods Hot Pepper Cheese			1							1
Reese Kit Kat Extra Crispy		1	1	1		1	1	1		6
Checkers Raspberry Shortbread Cookies	1	1				1	1	1		5
Armour Beef Stew										0
El Sabroso Blazin Hot Nacho Chips	1	1				1	1	1		5
Keebler Club Crackers	1	1			1		1	1		5
Nissis Top Ramen Picante Beef		1	1				1	1		4
Snak-King BBQ Chips		1	1				1	1		4
El Sabroso Salsitas		1	1		1	1	1			5
Van Holtens Kosher Pickle							1			1
Hometown Fruit Punch Beverage				1		1	1	1		4
Nature Valley Oats & Honey Granola Bar					1		1	1		3
Tillamook Country Smoked Beef Stick		1	1		1		1	1		5
Bostons Best Cappuccino Beverage	1			1	1	1	1	1		6
El Sabroso Pork Cracklings with Sauce		1					1			2
Kellogg's Strawberry Frosted Pop Tarts	1		1	1	1			1		5
Jolly Rancher Candy				1	1	1	1	1		5
Red Wing Mayonnaise		1					1			2
Mr Nature Energy Mix			1				1	1		3
Peak Cook Quick Spanish Rice w/chs	1					1		1		3
Farleys Fruit Snacks	1			1	1	1	1	1		6
El Sabroso Guacachip		1				1	1	1		4
Hometown Iced Tea Drink Mix				1		1	1	1		4
	11	15	11	8	9	13	21	23		111
	35.48%	48.39%	35.48%	25.81%	29.03%	41.94%	67.74%	74.19%	Avg	3.58

Attachment 3b

Product	CA	<5 Ingrid	Organic	No GMO
Otis Spunkmeyer Blueberry Muffin				
Mrs Freshleys Grand Honey Bun				
Checkers Oatmeal Cookies	1			
Hometown Refried Beans w/ Jalapenos				
Don Antonio Tortillas	1			
Old Fashioned Foods Squeeze Cheese Jalapeno		1		
Bumble Bee Light Tuna				
Kellogg's Frosted Flakes				
Old Fashioned Foods Hot Pepper Cheese Stik				
Reese Kit Kat Extra Crispy				
Checkers Raspberry Shortbread Cookies	1			
Armour Beef Stew				
El Sabroso Blazin Hot Nacho Chips	1			
Keebler Club Crackers				
Nissis Top Ramen Picante Beef	1			
Snak-King BBQ Chips	1			
El Sabroso Salsitas	1			
Van Holtens Kosher Pickle				
Hometown Fruit Punch Beverage				
Nature Valley Oats and Honey Granola Bar				
Tillamook Country Smoked Beef Stick				
Bostons Best Cappuccino Beverage				
El Sabroso Pork Cracklings with Sauce	1			
Kellogg's Strawberry Frosted Pop Tarts				
Jolly Rancher Candy				
Red Wing Mayonnaise				
Mr Nature Energy Mix	1	1		
Peak Cook Quick Spanish Rice w/ Cheese				
Farleys Fruit Snacks				
El Sabroso Guacachip	1			
Hometown Iced Tea Drink Mix				
	10	2	0	0
	32.26%	6.45%	0.00%	0.00%

Sources

Over 2 Million people are incarcerated in US;
Bureau of Justice Statistics:
<http://www.ojp.usdoj.gov/bjs/abstract/pjim04.htm>

Gesch/Oxford Prison research, dietary supplements' affects on behavior:
<http://www.physiol.ox.ac.uk/natural.justice/Resources/GeschetalBJP.pdf>

Appleton, Wisconsin High School Food System changes affects on behavior:
<http://www.advancedhealthplan.com/miracleschool.html>

USDA studies estimate that healthier diets could save at least \$71 billion per year in medical and related costs:
Integrated Healthcare Association
<http://www.iha.org/havmp.htm>

FDA 2005 Dietary Guidelines:
<http://health.gov/dietaryguidelines/dga2005/document>

Integrated Healthcare Association Healthy Alternatives Food Policy: <http://www.iha.org/havmp.htm>

The USDA recommends a maximum of 10 teaspoons of added sugar per day, but the average American consumes FOUR TIMES that much.

USDA Agricultural Fact Book, 2001-2002:
<http://www.usda.gov/factbook/chapter2.htm>

California SB 19, The Pupil, Nutrition, Health and Achievement Act of 2001:
http://www.publichealthadvocacy.org/legislation/legislation_pdfs/SB_19_Summary.pdf

San Francisco Unified School District Nutrition Standards:
<http://portal.sfusd.edu/template/default.cfm?page=ops.nutrition.policy1>

Appendices

1. Example of Food Policy Guidelines

Policy Guidelines and Vendor List

Healthy Alternatives Food Policy - Approved Product Policy Guidelines for Vending Machines Choices

I HA encourages member organizations to adopt and implement a policy to offer healthy alternatives in their facility vending machines. The IHA board approved policy calls for members to voluntarily offer at least 50% healthy alternative choices as defined below. These recommendations are based on well-established nutritional guidelines developed by experts for state legislation (SB19 and SB74) and modified by the Contra Costa Health Department (and approved by the County Board of Supervisors), to include sodium and trans fat restrictions. They are based on guidelines from the USDA, HHS and FDA and are supported by health and nutrition groups in California including the American Heart Association and American Cancer Society.

Nutritional Standards for Vending Machine Beverages and Snacks:

1. **Beverages:** 50% of beverages offered in each vending machine shall be one or a combination of:
 - a) Water
 - b) Coffee or tea
 - c) Reduced fat milk (including soy or cow's milk, chocolate or other flavored milk not containing more than 15 grams of added sugar per 250 gram serving or 3 tsp sugar per 1 cup milk)
 - d) 100% fruit/vegetable juice
 - e) Fruit based drinks containing at least 50% juice and no added calorie sweeteners
 - f) All other non-caloric beverages, including diet sodas
2. **Snacks/Foods:** 50% of snacks/foods offered in each vending machine shall meet the following criteria:
 - a) Not more than 35% calories from fat with the exception of

- nuts and seeds; snack mixes and other foods of which nuts are a part must meet the 35% standard
- b) Not more than 10% of calories from saturated fat
 - c) Does not contain trans fat added during processing (hydrogenated oils and partially hydrogenated oils)
 - d) Not more than 35% total weight from sugar and calorie sweeteners with the exception of fruits and vegetables that have not been processed with added sweeteners or fats
 - e) At least one item meeting the snack criteria in each vending machine shall also meet the FDA criteria of "low sodium" (<140mg per serving).

Guidelines for implementation see: <http://www.iha.org/havmp.htm>

2. Companies offering healthier options for snack foods

AmportFoods

Family owned company dedicated to providing quality dried fruit and snack products for over 50 years. Sunflower seeds, soybeans, trail mixes, soy nuts, banana chips, and more.

www.amportfoods.com; (612) 331-7000

Canteen

Balanced Choices vending program. Snack machine product line includes power bars, granola bars, hot and cold cereals, low fat, low sodium chips, dried fruit and nuts, low fat, low sodium popcorn, pretzels, low fat, low sodium beef jerky.

Randy Morris

1-800-357-0012 ext. 3286065

*This is the current commissary provider to Jail #8

GoodHealthNatural Foods

Key products include savory snacks such as Veggie Stix, Olive Oil Potato Chips, Peanut Butter Pretzels, apple chips, popcorn, candy, and crackers.

www.naturalfoods.com, contact JB at (631) 261-2147

The Hain Celestial Group

Hain Celestial is a leading natural and organic beverage, snack, specialty food and personal care products company in North America and Europe.

<http://www.hain-celestial.com>

Healthy Options Vending

Offers a variety of healthy snacks including: Barbara's Cookies and Chips, Garden of Good Eatin' Chips, Newman's Own products, among others.

1.888.HOV.ONLINE

Season's Snacks

Season's has a commitment to using organic, all-natural ingredients whenever possible, providing an exceptional product at an affordable price.

<http://seasonssnacks.com>

Snack-Healthy.com

Our mission is to provide consumers with a healthier alternative to candy bars, chips and beverages that lack nutritional value and are not part of a sensible diet. All of the products offered by Snack-Healthy Foods vending machines are natural and/or organic.

<http://snack-healthy.com>

Snyder's of Hanover's EatSmart All-Natural Snacks

EatSmart snacks are made with all-natural and USDA Certified Organic ingredients. Lightly prepared in canola oil or organic safflower and sunflower oils with ingredients like organic corn, aged white cheddar cheese, and garden fresh vegetables so you never have to sacrifice taste.

<http://eatsmartsnacks.com>

Stonyfield Farm

We've created the country's first organic and all-natural healthy vending machine program for schools, in partnership with nutrition educators, school administrators, parents, students, and other food companies. The snack items in the machine include not only Stonyfield Farm low-fat yogurt Smoothies, but also Organic Valley milk and string cheese, Stacy's pita chips and other healthful snacks.

<http://www.stonyfield.com/MenuForChange/HealthyVendingProgram/MFCHealthyVendingMachines.cfm>

GoodHealthNatural Foods

Key products include savory snacks such as Veggie Stix, Olive Oil Potato Chips, Peanut Butter Pretzels, apple chips, popcorn, candy, and crackers.

www.naturalfoods.com, contact JB at (631) 261-2147