

Immediate Recommendations for DOC, CI, and DOH

- Families recommend that DOC **update DOC policies 240.100 and 200.210** to reflect the applicability of Executive Order 13-06 and DOH's Healthy Nutrition Guidelines to **custodial populations** before the **December 2016 deadline** listed in the executive order.
- Families recommend that CI **expand upon the recent improvement of** a few new **vegetable and raw nut products** on the October 2016 commissary list (thank you for those!). Healthy items for this year's **holiday package** would be wonderful!
 - Storage capacity should be allocated at CI warehouses for a large quantity of items that are **nutritionally compliant** with the Healthy Nutrition Guidelines
 - These must be in a **similar price range** to items that are currently offered
 - **Please do not eliminate existing items** from commissary and quarterly package order forms, as this might be upsetting to many people. We just want healthy items added for those who do wish to make healthy eating choices.
 - Items must be **appropriately priced** so that the large quantity of **low income families** of incarcerated people can afford them.
- Families recommend that **DOH provide CI with** a Recommended and Not Recommended (see next page) **chart of non-perishable foods** for commissary and quarterly package product selection
- Families recommend that DOC provide a public **action plan** describing steps the department will take in early 2017 to come into compliance with Exec. Order 13-06

2017 Recommendations for DOC and CI

- Families recommend that DOC and its vendors **collaborate with DOH** to improve the nutrition of mainline menus, commissary & quarterly package products, canteen items, and visiting room vending machine products by adding foods from the recommended list in the Healthy Nutrition Guidelines (see next page)
- **We suggest that DOC partner with** the following professionals and organizations to connect local farms/businesses, nutrition experts, and non-profits to DOC and CI in order to fully implement the Healthy Nutrition Guidelines:
 - **Sustainability in Prisons Project**
 - Already a DOC partner
 - Contact Kelli Bush at Evergreen College: bushk@evergreen.edu
 - **Seattle Tilth** (currently wants to do a horticultural restorative justice project)
 - Contact Kristen Roewer and Rae Rome (kristenroewer@seattletilth.org, raerome@seattletilth.org)
 - Similar organizations and professionals in cities near all Washington prisons
 - **UW, Bastyr U, and Evergreen College's** nutrition/public health programs
 - Their grad students could help DOC design and carry out nutrition education workshops for incarcerated people. (No workshop names like **Slender Offender**, please! Please give **dignity** to incarcerated people.)
 - Legislators and DOH staff working on issues of access to healthy foods for underserved populations

HNG Recommendations for Healthy Foods (DOC needs non-perishable version)

Beverages	Recommended	Not Recommended
Coffee	Served with non-fat (skim) or low-fat (1%) milk	Served with half and half
Juice drinks	100% fruit or vegetable juice	Fruit or vegetable drinks (including full-sodium tomato juice) and “ades”
Milk	Non-fat or low-fat (1%) milk, enriched low-fat soy	Reduced-fat (2%) or whole milk
Soft drinks	Diet soft drinks or reduced calorie sports drinks	Full calorie soda, sports drinks
Tea	Unsweetened iced tea with lemon slices or hot tea	Sweetened iced tea
Water	Provide as an option at every meal	Flavored waters with more than 5g of sugar per serving
Foods	Recommended	Not Recommended
Bagel	2 ½” – 3 ½” size or cut in half; whole wheat, whole grain, rye or pumpernickel	Greater than 3 ½”; “salt” bagels
Baked goods	Small slices of quick bread (pumpkin, oatmeal, banana); lower fat, lower sugar granola bars or small muffins; whole grain pancakes less than 4” made from scratch; no trans-fats or partially hydrogenated oils	Doughnuts, sweet rolls, pastries, large muffins
Bread	Whole wheat, good source of fiber, whole grain, rye or pumpernickel; 200mg or less of sodium per slice	White, “wheat”
Cereal	Whole grain, good source of fiber, lightly sweetened or unsweetened cereal (low-fat granola, oatmeal), non-instant oatmeal; less than 200mg sodium per serving	Highly sweetened, low fiber, instant oatmeal
Cheese	Low- or reduced-fat cheeses (part skim mozzarella, skim ricotta, reduced calorie Cheddar); low-sodium cheeses (American, Colby, Cheddar, Swiss, other products labeled “low-sodium”)	Large slices or cubes, processed cheese unless labeled “low-sodium,” higher sodium cheeses such as bleu, Roquefort, Edam, feta, Gorgonzola, Romano, Parmesan, Provolone
Chips	Baked chips, pretzels, whole grain chips	Full-fat chips
Condiments	Ketchup, mustard or low-fat mayonnaise, low-sodium soy sauce in 1 tsp portions, lemon juice, vinegar, homemade salsa, guacamole, no or low-sodium seasoned salts	Regular soy sauce, tartar sauce, teriyaki sauce, steak sauce, full-sodium seasoned salts, barbeque sauce
Crackers	Low- or reduced-fat, whole grain, brown rice, whole wheat; sodium below 150mg per serving	Full-fat, not labeled “whole grain;” sodium above 150mg per serving
Desserts	Lower fat, lower calorie desserts (fresh fruit, low-fat ice cream, low-fat frozen yogurt, sherbet, sorbet, yogurt parfait with fruit and low-fat granola); small slices (2”) low-fat cake (angel food cake with fruit and light whipped cream)	High-fat, high-calorie desserts (ice cream, cheese cake, pie, cream puffs, large slices of cake)
Dips	Salsa, low-fat cottage cheese, hummus, reduced- or low-fat salad dressing, dips from low-fat mayonnaise, low-fat sour cream, reduced-fat cream cheese	Dips made from mayonnaise, full-fat sour cream, cream cheese, cream sauce
English muffin	Whole wheat English muffin	White English muffin
Fruit	Fresh, dried, canned in juice, frozen	Sweetened, canned in syrup