

Cold, Rotting & Moldy Meals

Food Oppression in the Orange County Jails



500 SOUTH MAIN STREET, ORANGE, CA 92868

AUDITOR-CONTROLLER'S OFFICE
1770 NORTH BROADWAY, SANTA ANA, CA 92706

UNCHAIN
ORANGE COUNTY

**JUSTICE
INSIDE!**

NO MORE
JAIL DEATH

YOU CANT GET
WELL IN A
CELL!

PEOPLE
NO
JAIL



A REPORT BY THE STOP THE MUSICK COALITION

ACKNOWLEDGEMENTS

We are indebted to our community members who are living or have lived in Orange County jails for sharing their experiences and casting light on the realities of living inside. Quotes and information about the conditions inside were gathered from incarcerated and recently released members and friends of Transforming Justice Orange County and the Stop the Musick Coalition, who offered their experiences with the hope that we would fight to change these conditions for our neighbors and fight for all peoples' right to be free. The names of the people who shared their experiences are redacted and replaced with initials to protect them from retaliation.

Art and editorial assistance: S., J., C., K., N., S., M., & A.

Learn more about the role of food in the carceral system and in abolition through the Maryland Food & Abolition Project report, *Food, Violence, and the Maryland Prison Food System* (Sept. 9, 2021), <https://foodandabolition.org/report>.

Want to get involved? Visit stothemusick.com for actions you can take. Write to us at TJOC PO Box 2108, Santa Ana, CA 92707

METHODOLOGY

This report combines testimonies from people who were incarcerated in the Orange County jails during the pandemic with public records. Nutrition facts, menu items, and budget information gathered from the Orange County Sheriff's Department through Public Records Act request.

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“Sometimes the bread comes moldy or soggy; we are pretty much starving [...] The milk sometimes comes sour, it expired, and yet they pass it out like that. Honestly it seems that they don't care because at the end of the day they go home and eat fresh cooked meals [...] we stay here.”

- K.

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“You can watch people becoming sicker. I've heard of people who are becoming hypoglycemic or were told that they are in danger of thyroid disease because of weight gain. The food is so salty that my hands and feet feel swollen after eating.”

- S.

INTRODUCTION

For almost two years, people incarcerated in Orange County jails have been eating three bagged, cold, spoiled meals every day. These meals contain slices of bread and bologna, sometimes accompanied by a small portion of carrots or an apple, and people report that the sandwiches are frequently served rotten or moldy. The meals are also extremely high in sodium and cholesterol, and people report experiencing illness and hunger. Since Spring 2020, many of those who could afford it have relied on food for purchase at the commissary to supplement the cold meals.

The food served in Orange County jails has never been healthy, but before COVID, the jails served two hot meals a day. Although those meals were of poor quality, the meals included hot items like spaghetti, hamburgers, and stews. At the start of the pandemic, in March 2020, the Orange County Sheriff's Department ("OCSD") stopped serving hot meals and food conditions reached a crisis.

Incarcerated people began advocating to reopen the kitchen almost immediately, and organizations working on the outside supported their work through petitions, media interviews, demand letters, and reports to the Board of State and Community Corrections ("BSCC").

After continued pressure and advocacy resulting in an inspection by the BSCC, the jail finally added one "hot item" to breakfast and dinner -- a soup or hot cereal. The small change was inadequate to address the nutritional deficiency and otherwise poor condition of jail meals [1]. OCSD has since discontinued the cereal in some parts of the jail.

OCSD claimed it had closed its jail kitchen as a precaution against the spread of COVID, despite the fact that a judge found that OCSD had not taken other important precautions or complied with CDC guidelines to protect incarcerated people from COVID, including allowing people to maintain "six feet [of social distance and giving] hand soap, hand sanitizer, daily showers and cleaning supplies so [incarcerated people] can clean the areas they live in." [2]

That same litigation, statewide policies, and public pressure resulted in a reduction of the jail population during the pandemic. The kitchen closure and reduced jail population has created significant savings for OCSD, but the Sheriff has not used that savings to improve food conditions in the jail.

In addition to the money OCSD saved on food service, OCSD also made a significant amount of revenue on items that incarcerated people can purchase through commissary. Despite the drop in jail population, the commissary has continued to bring in approximately \$10 million per year in revenue, which may have been affected by the increased need of incarcerated people to rely on commissary to supplement the cold food they otherwise received.

"I have to choose between starving and getting sick."

Jail Food Conditions Reflect Orange County's Investment in Carceral Responses to Community Needs

Food conditions in the Orange County jails have never been good. People have reported being denied medical and religious diets. Many people reported that the time allotted for eating was restricted to mere minutes, or that food was served cold on the floor as a way to punish incarcerated people.

We believe that jails are inhumane and that the findings of this report underscore that belief. While we work toward a world without incarceration, we cannot ignore the deeply inhumane conditions that people currently face in jails.

The conditions inside the jails are reflective of broader issues in Orange County. Food insecurity disproportionately affects Black and brown people and unhoused people, and those same communities are also criminalized and disproportionately incarcerated, where they face poor food conditions [3]. In 2019, the county reported that one in five people in OC jails was experiencing homelessness [4]. In part because of the poor quality of jail food, incarcerated people are more likely to be affected by chronic health conditions like diabetes, hypertension, and heart problems [5]. Once released, people face additional barriers to accessing housing and healthcare, a cycle that perpetuates health and housing disparities [6].

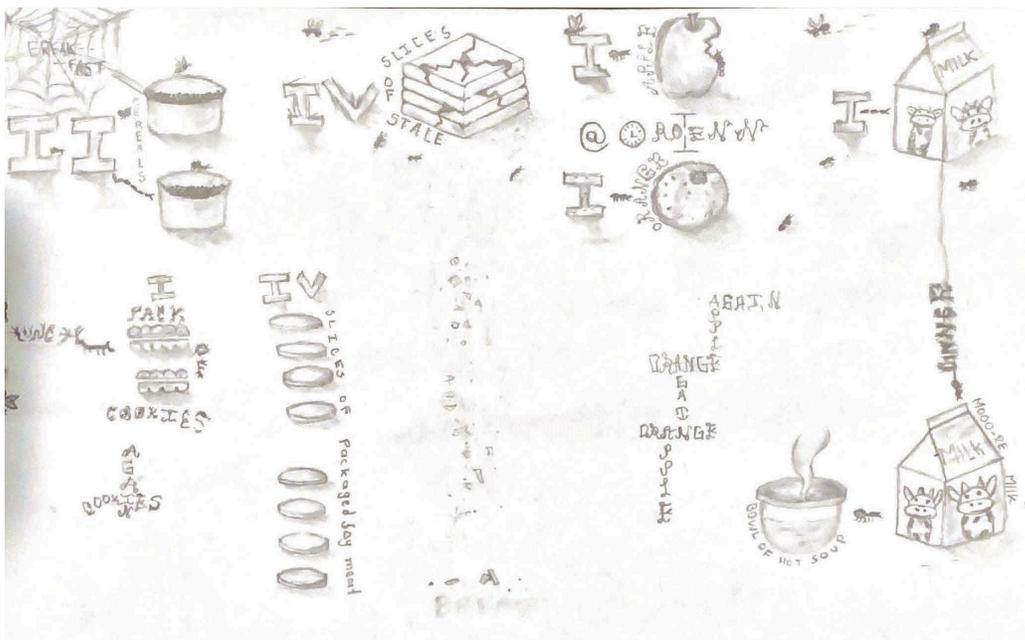
Orange County invests heavily in criminalization of poverty while underfunding supportive resources. Orange County invests little in affordable and supportive housing, but gives 55% of its discretionary budget to law enforcement, which largely goes to staff salaries [7]. Investment in criminalization instead of services exacerbates rather than solving healthcare, housing, economic, and food injustice.

Updates from Inside the Jails

Shortly after community pressure and the BSCC investigation resulted in OCSD introducing a hot item to breakfast (a warm cereal) and a hot item to dinner (a warm soup), OCSD discontinued the hot cereal and denied requests to add additional hot food.

Just before this report was published, some incarcerated people shared that some hot items were being reintroduced, though they were being served so long after they were made that they were cold. We believe that this report underscores that as long as there are people in OCSD custody, the public must demand accountability and ensure that incarcerated people are never denied basic necessities.

Small changes do not ensure that hot meals will be fully, consistently, and permanently restored when there is no system of accountability that can enforce continued progress and ensure that improvements aren't later rescinded. There need to be permanent protections for the rights of incarcerated people to eat healthy, hot food.



Art by N.

"It Costs Three Times More To Buy a Dog A Can of Dog Food than it Does to Feed Incarcerated Human-beings, Yet Those Who Are Free Would Be Out-raged At The Thought of Having to Eat Dog Food. So is it Okay To Feed Humans Rotten Food That Even Dogs Would Balk at?"

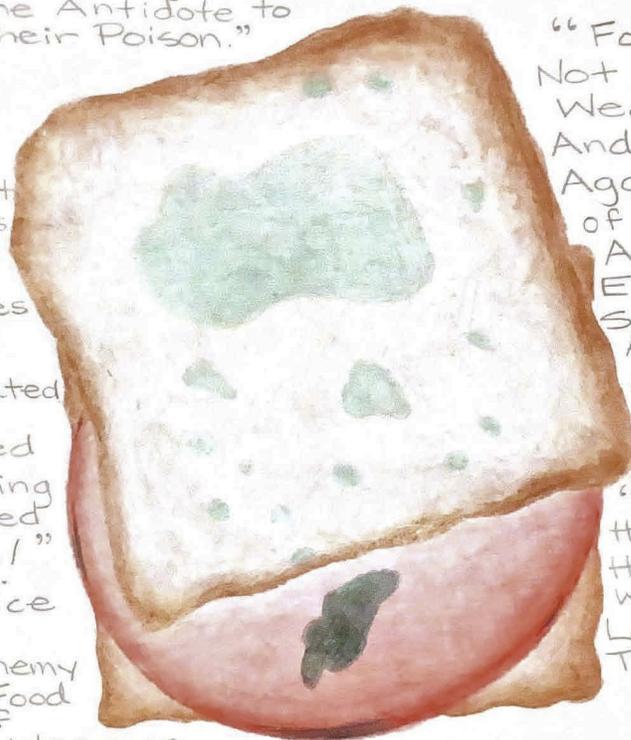


"A Well Balanced Meal is as Essential to Life as Water and Air, Yet the Orange County Sheriff's Department Uses All Three To Attack Us For Speaking Out and Exposing The Inhumane Conditions of Confinement Behind Bars."

Memory of a Home Cooked Meal (art by J.)

"The Orange County Sheriffs Department Only Protects the Spoiled Rich And Retaliates Against The Incarcerated And Oppressed By Feeding Us Spoiled Meals!"

"My Courage is The Antidote to Their Poison."



"Food Should Not Be Weaponized And Used Against Those of us Who Are Brave Enough To Stand Up And Fight Against Oppression."

"My Voice is Their Biggest Enemy And My Food is One of The Many Weapons That They Use to Try And Silence it."

"The Mold, Has Taken Hold, of The Whip That Lashes Against The Bold."

The Food Inside the OC Jails (Art by J.)

TESTIMONY

Those in the jail who could not afford commissary quickly became sick; even those who could afford to supplement with commissary weren't getting enough nutrition. "It's so sad," S., who is incarcerated at Theo Lacy, shared. "It breaks your heart to see the elderly people and the people without funds on their backs getting sicker. You can't imagine."

The addition of hot cereal and low-nutrition, high-sodium soup did little to improve the diet, increasing sodium without adding flavor, variety, or nutritional value. C., who has been incarcerated in Orange County jail since 2016, said "For them to be telling people they're giving us hot meals--they're just keeping up appearances. The 'soup' is awful, it's a lukewarm liquid substance with no substance. It's broth with a few floating tomatoes and onions. You dip a spoon in and get nothing. It's been three sack lunches a day for almost two years. They've been murdering us for two years. If I didn't get commissary once in a while, I would have starved."

Even after the BSCC determined that OCSD needed to provide at least one hot meal per day, incarcerated individuals report that the "hot meals" are often left outside the cells and become cold before the incarcerated person can eat it.

Constant hunger and being forced to eat food not fit for consumption is causing anxiety and depression for many people. In conversations with those living in OC jails, we continued to hear one refrain: "I'll never look at bologna again."

The Role of Food in Jails

Food is a central component of life in correctional institutions and plays a critical role in the physical and mental health of incarcerated people. This report shows that the diets offered in the Orange County Jails are high in processed foods, carbohydrates, fat and sodium. This type of diet, together with limited opportunities for physical movement and exercise, can lead to weight gain, **high blood pressure**, and increases the risk of **heart disease** and **stroke** for incarcerated people. The report also mentions concerns regarding food safety related to the offering of spoiled foods. Eating spoiled foods can lead to **foodborne illness**.

"Supporting good nutritional habits among incarcerated people can enhance their quality of life and prevent a number of non-communicable diseases." – Basthy Ramirez, registered dietician [8].

"They've been murdering us for two years. If I didn't get commissary once in a while, I would have starved."

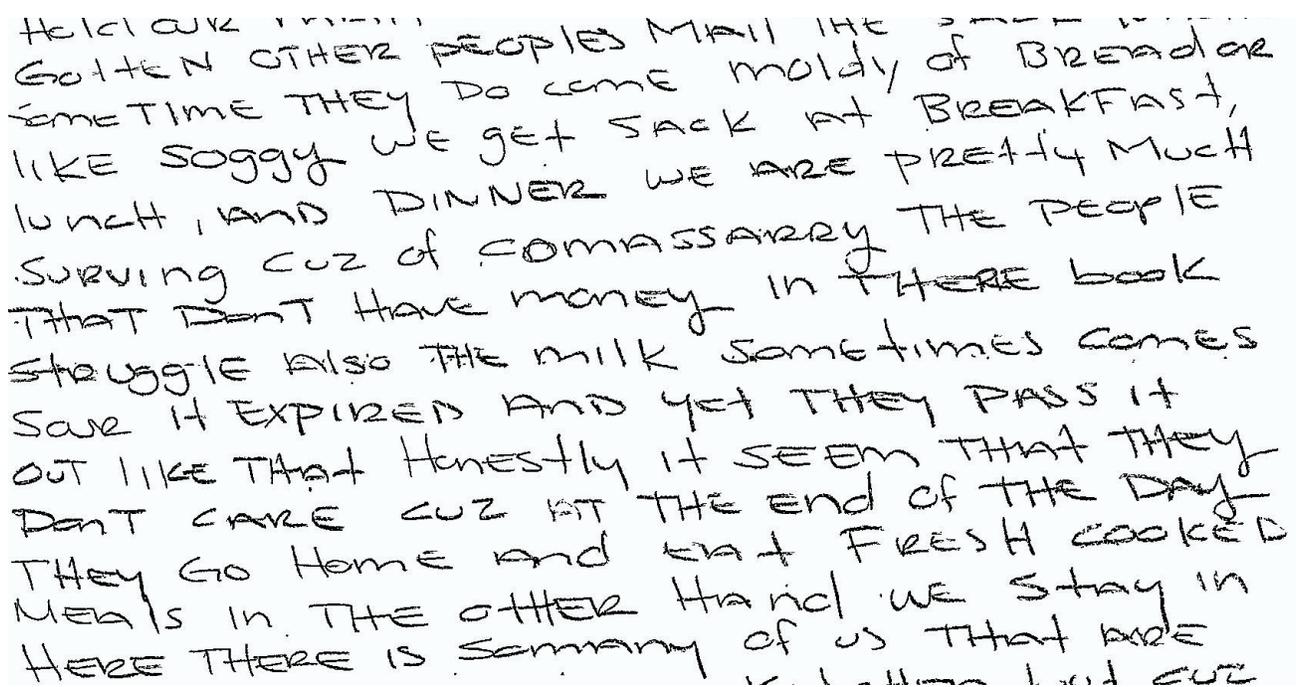
-C.

The Bread is Moldy and the Bologna is Rotten

People living inside Orange County jails report that sandwiches are given to them with molding bread and rotting, discolored meat. The bologna sometimes leaks a dark juice and is blotched with green spots. Several people have described becoming so sick that they needed medical attention. People have to skip meals when the food is too rotten, often skipping several meals in a row.

"During the pandemic in the OC jail, we were fed brown paper-bag 'meals' that consisted of sandwiches 3 times a day," said L., who was transferred to an OC jail while she went through the final court steps of getting early release. "The contents were not always edible as some of the meat was slimy, torn open or just not good. I didn't taste warm food for months."

Deputies routinely leave food on a tray on the floor for over an hour before popping open a person's cell so that they can retrieve it. By then, the food is infested with bugs.



HELLO EVERYONE
GOTTEN OTHER PEOPLES MAIL THE BREAD
SOMETIME THEY DO COME MOLDY OF BREAD OR
LIKE SOGGY WE GET SACK AT BREAKFAST,
LUNCH, AND DINNER WE ARE PRETTY MUCH
STARVING CUZ OF COMASSARRY THE PEOPLE
THAT DONT HAVE MONEY IN THERE BOOK
STRUGGLE ALSO THE MILK SOMETIMES COMES
SOUR IT EXPIRED AND YET THEY PASS IT
OUT LIKE THAT HONESTLY IT SEEM THAT THEY
DONT CARE CUZ AT THE END OF THE DAY
THEY GO HOME AND EAT FRESH COOKED
MEALS IN THE OTHER HAND WE STAY IN
HERE THERE IS SOMMANY OF US THAT ARE
STAYING HERE CUZ

"Sometimes the bread comes moldy or soggy; we are pretty much starving [...] The milk sometimes comes sour, it expired, and yet they pass it out like that. Honestly it seems that they don't care because at the end of the day they go home and eat fresh cooked meals [...] we stay here."

Bologna for the Holidays: Denial of Religious Diets

The impact of the food conditions is heightened for people who observe religious diets.

Many people report being denied food appropriate for their religious practice, such as Kosher and Halal diets. Food is not only sustenance but a fundamental component of cultural identity and spiritual practice, and being forced to break religious dietary rules strips people of an essential part of their spiritual lives.

People inside the jails report indifference to requests to adhere to their religious dietary needs. Deprivation of these diets, especially when done without acknowledgement of the importance of spiritual practice, is punishing and dehumanizing.

As the holidays approached, people shared their dread that they would have another Thanksgiving dinner of rotten bologna sandwich, which is exactly what was served for Thanksgiving in 2021.

"I really am worried cause another Thanksgiving is coming soon, and no way I can tolerate another sack lunch. We really need a hot meal for the holidays. Enough is enough."



Art by K.

Food that Sickens: Denial of Medical Diets

People inside the jails also report being denied medically necessary diets. Some share that they were simply told that their doctor-prescribed diet was discontinued, while others got no explanation. People have reported that accommodations for illnesses including heart conditions, diabetes, and Crohn's are ignored and some have reported being repeatedly served meals containing ingredients to which they are allergic. When one person submitted a grievance requesting their prescribed diet and explaining that the sack lunches were moldy, the only response they received was "due to the COVID-19 pandemic all special diets have been suspended." Many who were healthy before incarceration report being diagnosed with high blood pressure and high cholesterol.

"You can watch people becoming sicker," S. shared. "I've heard of people who are becoming hypoglycemic or were told that they are in danger of thyroid disease because of weight gain. The food is so salty that my hands and feet feel swollen after eating."

Yet when people ask for a lower sodium diet, nurses and doctors routinely tell them that the jail has directed them to stop prescribing medical diets, even when it is medically recommended. Several people describe swelling in their hands and feet, weakness, fatigue, stomach pain, nausea, gastric symptoms, and even hospitalization as a result of the sack lunches. "I have to choose between starving and getting sick."

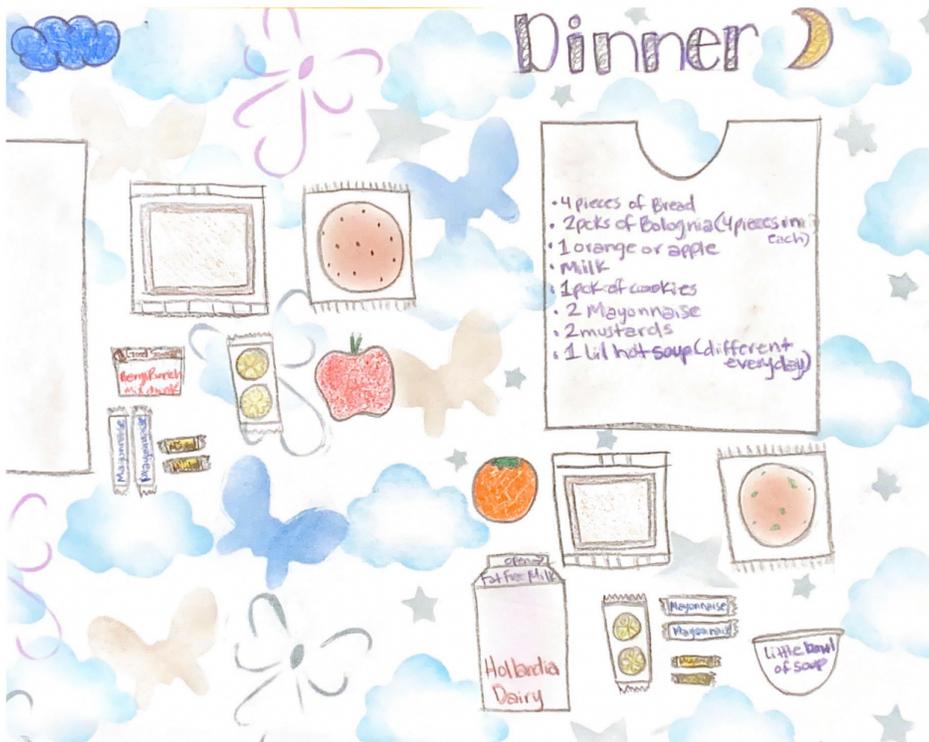
Nutritional Deprivation

"Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Malnutrition, in every form, presents significant threats to human health. A balanced diet supplies the nutrients the body needs to work effectively. Without balanced nutrition, the body is more prone to disease, infection, fatigue, and low performance.

Heavily processed foods often include unhealthy levels of added sugar, sodium and fat. These ingredients in excess can lead to serious health issues like obesity, heart disease, high blood pressure and diabetes."

– Basthy Ramirez, Registered Dietician

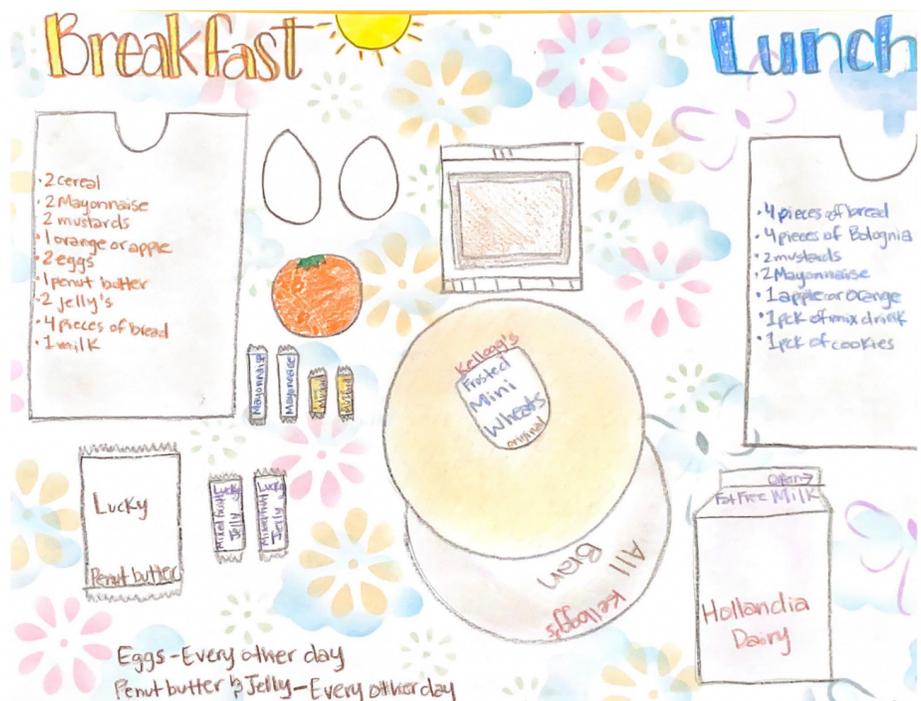
**"Due to the COVID-19
Pandemic all special diets
have been suspended."**



- *4 pieces of bread (individually packaged)
- *2 packs of bologna
- *1 orange or apple
- *Milk
- *Mayonnaise
- *Mustard
- *Lukewarm "soup"

Art by S.

- *4 pieces of bread (individually packaged)
- *1 orange or apple
- *Milk
- *2 cereal
- *Egg or peanut butter & Jelly
- *Mayonnaise
- *Mustard



Art by S.

Plan BH Regular
Mon Nov 01, 2010 through Sun Nov 07, 2010

Date	BREAKFAST	LUNCH	DINNER
MON 01	2 each *Hard Boiled Egg 3/4 cup *Hot Farina 1 ind *All Bran Cereal 1 each *Wheat Bread (4-SL Bagged) 1 each *Orange, Fresh 1 each *Milk, Nonfat, 1/2 Pint 2 pkt *Mayonnaise 2 pkt *Mustard	1 each *Jalapeno Chicken (4 oz Pkg) 1 each *Wheat Bread (4-SL Bagged) 1 each *Orange, Fresh 4 ounce *Carrots, baby, raw (4oz) 1 pkt *NutriCal Orange Drink 1 pkg *Cookie, Strawberry 2 pkt *Mayonnaise 2 pkt *Mustard	2 each *Bologna, Chicken (4 oz pkg) 1 each *Wheat Bread (4-SL Bagged) 2 each *Apple, Fresh 1 each *Milk, Nonfat, 1/2 Pint 1 pkg *Cookie, Vanilla 2 pkt *Mayonnaise 2 pkt *Mustard 6 ounce *LS Gumbo Soup
THU 04	2 ounce *Peanut butter, 2 oz ind pkt 3/4 cup *Hominy Grits 1 ind *Cocoa Krispy 1 each *Wheat Bread (4-SL Bagged) 1 each *Orange, Fresh 1 each *Milk, Nonfat, 1/2 Pint 2 pkt *Jelly Packet, Mixed Fruit	1 each *Bologna, Chicken (4 oz pkg) 1 each *Wheat Bread (4-SL Bagged) 1 each *Apple, Fresh 4 ounce *Carrots, baby, raw (4oz) 1 pkt *NutriCal Orange Drink 1 pkg *Cookie, Lemon 2 pkt *Mayonnaise 2 pkt *Mustard	2 each *Pastrami, Chicken (4 oz Pkg) 1 each *Wheat Bread (4-SL Bagged) 2 each *Orange, Fresh 1 each *Milk, Nonfat, 1/2 Pint 1 pkg *Cookie, Vanilla 2 pkt *Mayonnaise 2 pkt *Mustard 6 ounce *LS Minestrone Soup

The "Jalapeno Chicken" and "Bologna Chicken" are individually prepackaged circular slices of bologna. The quality and taste of the food is so poor that it is impossible to discern the flavor; many people were not aware that different types of bologna were being served.

NUTRITIONAL BREAKDOWN

OF MENUS IN THE ORANGE COUNTY JAIL

Plan Name	Fat (gm)	Carbohydrate (gm)	Cholesterol (mg)	Sodium (mg)
2019 Regular Hot Meal Plan 1	95.7	384.4	299	4169
2019 Regular Hot Meal Plan 2	104.2	382	323	4380
COVID Menu - Cold Sack Lunch	122.7	369.1	375	4722
COVID Menu 2 - Sack Lunches & Soups	124.6	380.5	375	4762
Daily Recommended	78	130	300	2300

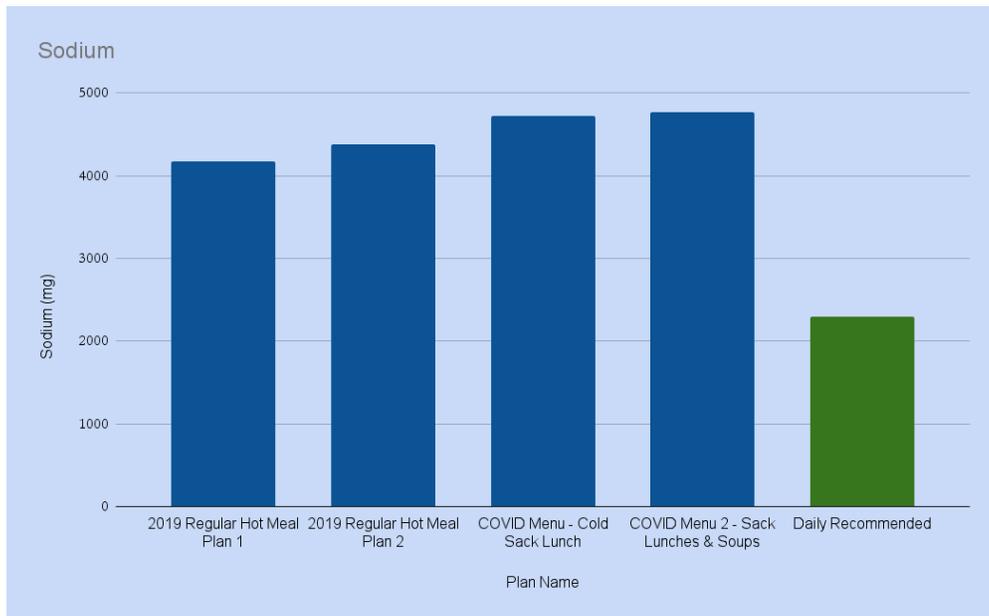
Health Risks

In 2019, a Grand Jury report found that failure to identify and monitor incarcerated patients with high blood pressure and hypertension and a failure to provide prompt and adequate healthcare had caused unnecessary hospitalizations and deaths. The report called hypertension the "Silent Killer" in Orange County jails. Hypertension can be caused by diets that are excessively high in sodium, cholesterol, fats, and carbohydrates [8].

Sodium Intake

People incarcerated in Orange County jails are currently given food containing over twice as much sodium as is recommended by the FDA and 2015-2020 *Dietary Guidelines for Americans*, greatly increasing their risk of hypertension and other health issues.

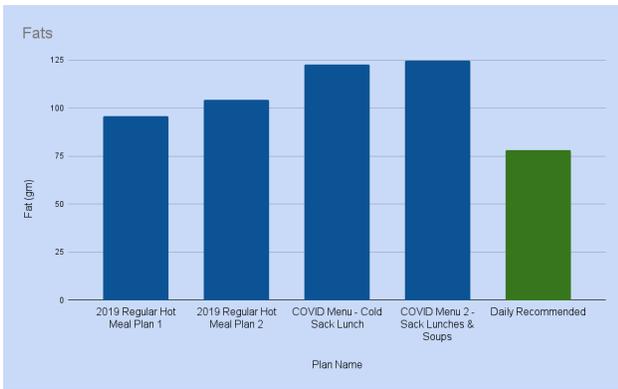
The daily menu before COVID contained over 4,000 mg of sodium, already well above the recommended daily intake; since 2020, the jails have served a menu that contains 4,762 mg of sodium per day as opposed to the FDA's daily recommended 2,300 mg.



Research shows a strong relationship between the amounts of salt consumed and raised levels of blood pressure. High sodium consumption can raise blood pressure, and high blood pressure is a major risk factor for heart disease and stroke. It can also cause calcium losses, some of which may be pulled from bones [9].

"This was the first time in my life that a doctor ever told me I had high blood pressure. I asked for the nurse to prescribe me a healthier diet with lower sodium, but she said that they weren't allowed to offer those unless I had already had heart failure."

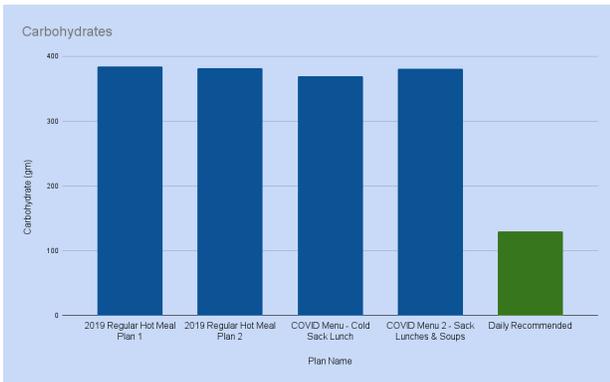
-S.



Fats, Carbohydrates and Cholesterol

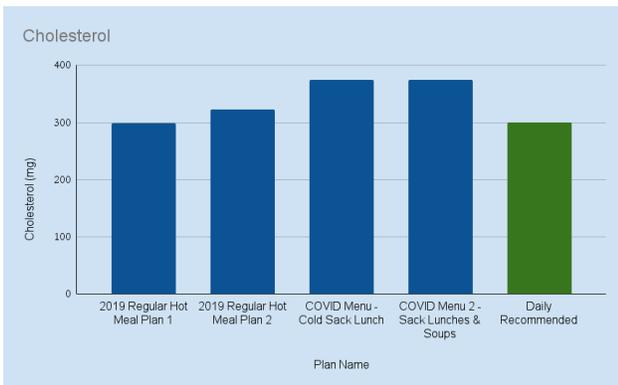
Like excessive sodium, a diet that is too high in fat, cholesterol, and carbohydrates can cause hypertension and medical complications.

Orange County jail menus contain over 150% of the FDA recommended daily fats, which can cause high cholesterol and increases the risk of heart disease and stroke.



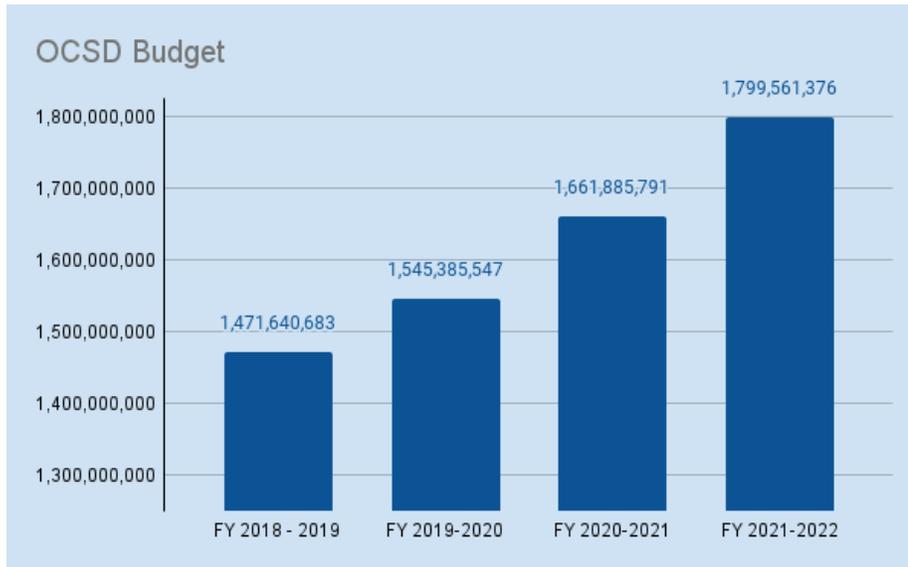
Orange County jail menus contain almost 290% of the 2015-2020 *Dietary Guidelines for Americans* recommended daily carbohydrates, which can lead to higher cholesterol, diabetes, and heart disease.

Orange County jail menus contain 125% of the 2015-2020 *Dietary Guidelines for Americans* recommended daily cholesterol.



**"It breaks your heart to see the elderly people and the people without funds on their backs getting sicker."
-S.**

OCSD PANDEMIC BUDGET



Food Budget During COVID-19

Despite savings from a lower jail population, shutting down the kitchen, and serving cheap, cold food, OCSD continued to request high budgets. Despite having a surplus in its food budget, the jail did not serve healthier or better quality food or improve food serving practices.

Food service in the Orange County Jails

2020 Budget

Budget 2020...	\$6,806,269.00	Monthly Budget 2020...	\$567,189.08
Expenditures 2020...	\$5,843,256.30	Monthly Expenditures 2020...	\$486,938.03
Rollover 2020...	\$963,012.70	Monthly Rollover 2020...	\$80,251.06

In 2020, OCSD spent almost \$1 million less than was provided in its budget for food, rolling over the remainder for other expenses like staffing.

2021 Budget

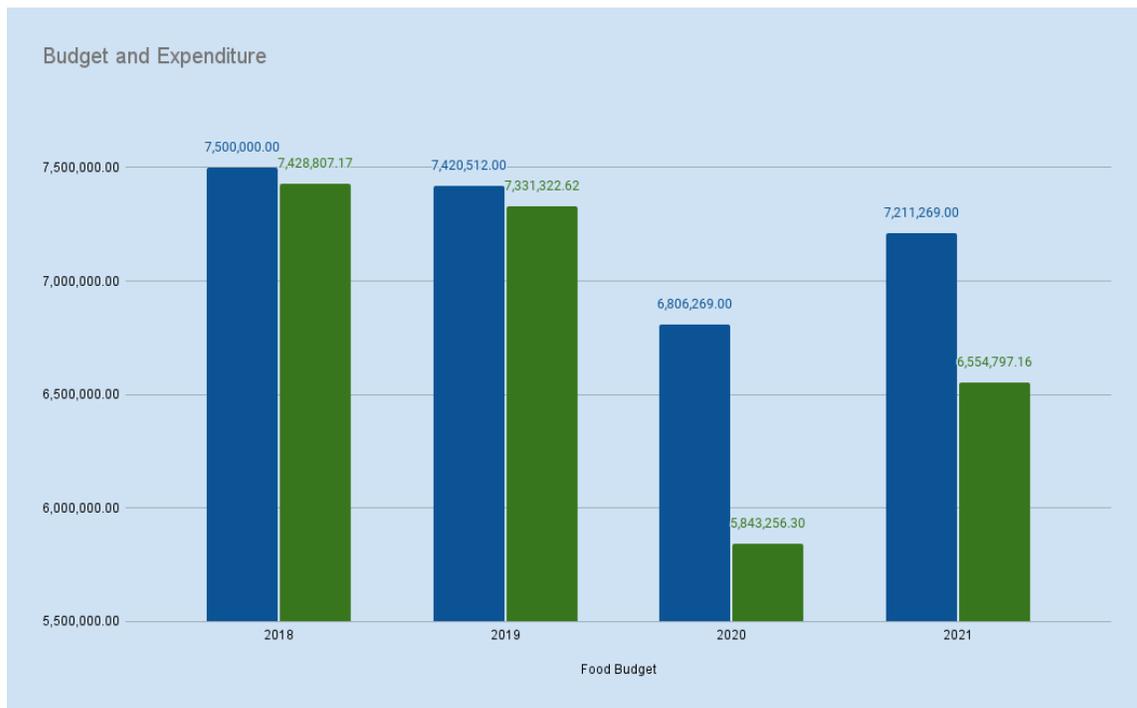
Budget 2021...	\$7,211,269.00	Monthly Budget 2021...	\$600,939.08
Expenditures Jan - Aug 2021...	\$4,369,864.77	Monthly Expenditures J-A 2021...	\$546,233.09
Predicted Expenditures 2021...	\$6,554,797.16		
Predicted Rollover 2021...	\$656,471.84	Monthly Rollover 2021...	\$54,705.99

In 2021, OCSD continues to shift an average of over \$50,000 per month away from food for incarcerated people and into its general budget.

OCSD Budget During COVID-19

In 2018, OCSD rolled over just \$72,000 from the food budget to use on other OCSD expenses; in 2019, OCSD rolled over \$90,000. In 2020, after OCSD stopped serving hot food, they rolled over \$963,013. In 2021, OCSD is on track to rollover \$656,472.

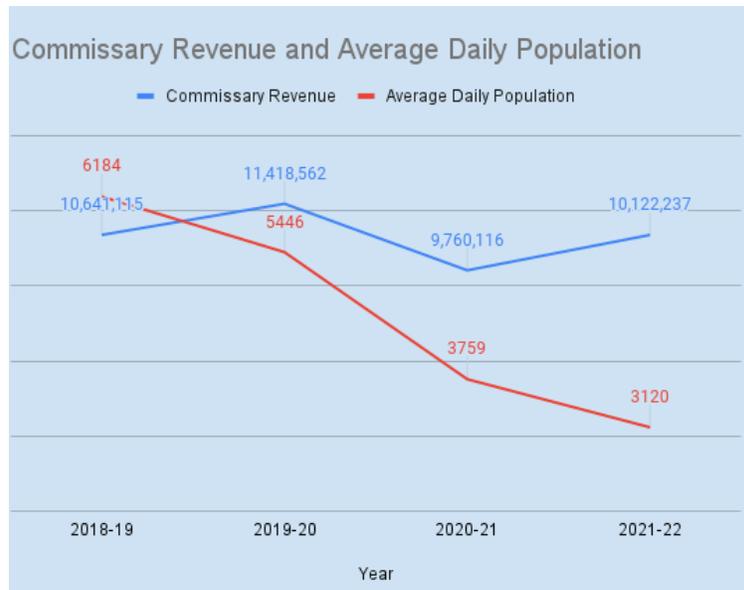
2019-21 Food Service Budget



*Expenditures for 2021 predicted based on the monthly expenditures from January through August of 2021

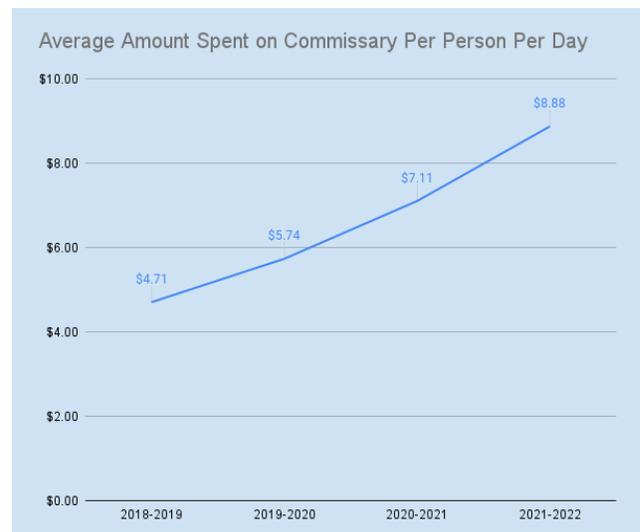
Commissary Budget During COVID

After COVID cases surged, public pressure and a lawsuit brought by the ACLU forced OCSD to lower the jail population by almost 50%. The average daily population dropped from over 6,000 people to just over 3,000. The people who remained in jail relied on buying food items from commissary to supplement the rotting sandwiches. Despite serving approximately half of its previous customers, the commissary store still made a consistently high revenue [13].



Between 2019 and 2021, the average daily amount that a person incarcerated in Orange County jails spent on commissary nearly doubled.

Families often lose a source of income when a family member is incarcerated; at the same time, they are expected to come up with funds for visits, jail calls, and commissary to support their loved one [14]. This burden significantly increased during a time when the COVID-19 pandemic was already causing financial instability for many people.



RECOMMENDATIONS

Orange County Sheriff's Department

- Reinstatement of full hot meals in Orange County Jails, including a variety of cooked foods using fresh ingredients
- Improve appearance, flavor, and variety of food
- Ensure that jail meals conform to the FDA, 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 daily recommendations for nutrition, including fresh fruit and vegetables, a variety of meat and protein sources, and healthier food options (See Appendix)
- Ensure that all food is properly stored and promptly served in fresh, sanitary condition before expiration, mold, or other deterioration occurs
- Use the existing OCSD budget to cover costs of providing food
- Ensure that all medical and religious diets are provided in the jails
- Ensure that all incarcerated people are provided sufficient time to eat (at minimum the BSCC Title 15 minimum required 15 minutes for actual consumption, which begins after the person has been served and seated and ends before they must get up)

Orange County Board of Supervisors

- Direct the Orange County Health Department to perform regular, unannounced inspections of the Orange County jails and jail kitchens to determine whether food is being prepared and served safely and properly
- Work with the Health Department to ensure that incarcerated people can report health code violations to the Health Department by mail or free call
- Enforce compliance with the Health Department findings
- Grant enforcement power to existing non-prosecutorial agencies tasked with overseeing OCSD
- Audit OCSD to ensure that its budget is being used to provide basic necessities like good quality food and beneficial programs to people in custody, not being siphoned to staff salaries and benefits
- Require OCSD to publicly post current jail menus
- Increase transparency around the Orange County budget
- Decrease the OCSD budget and invest in supplements to SNAP and food support
- Work with and provide financial support to programs that provide healthy food to people experiencing hunger
- Invest in affordable and supportive housing
- Ensure that any remaining COVID and CARES Act funding goes to health workers and social services, not law enforcement
- Provide the opportunity for meaningful dialogue with the community, beyond comments at Board of Supervisors meetings that go unaddressed, about budget priorities and respond to the community's demands

CONCLUSION

The Orange County Sheriff's Department operates with little oversight and almost no transparency. The county provides insufficient funding to oversight and routinely approves budget requests, findings, and reports from OCSD without question. Those agencies that do have oversight roles, such as the BSCC, do not have the power to enforce compliance with the law and regulations.

OCSD continues to receive a huge portion of our county and state budgets, yet it fails to provide even the most basic necessities to people in its custody. OCSD has more than enough funding to provide adequate meals, but it does not.

The people living in OC's jails are often incarcerated for having mental health or substance use needs; for not having citizenship; for technical violations of probation; and for being unhoused. Many of them are awaiting trial and have not been convicted of a crime. They are targeted and criminalized for their race and housing status.

Every person living inside an OC jail is our neighbor and our community member. They deserve safe, nutritious food as a matter of right.

However, no matter what food is served, no cage can meet the basic needs of a human being or support their healing and reconnection to the community. We believe that jails are inhumane and harm communities, public health, and safety; carceral responses to social and community harm create cycles of incarceration and do not heal harmed community members. But as long as there are jails, our community needs to hold our Sheriff's Department accountable and defend incarcerated peoples' human rights.



Art by A.

APPENDIX

Minimum Requirements Under BSCC Regulations

The BSCC requires that local detention centers serve a minimum diet that is "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."

The BSCC outlines explicit minimum requirements and states, "Providing only the minimum servings outlined in this regulation is not sufficient . . . Facility diets shall consider the recommendations and intentions of the 2015-2020 Dietary Guidelines of Americans of reducing overall sugar and sodium levels."

BSCC regulations explicitly state that "A wide variety of food should be served." [15].

All local detention centers, including the Orange County Jails, should be meeting these minimum requirements of variety, nutrition, and quality.

The appendix includes dietary recommendations excerpted from the 2015-2020 Dietary Guidelines for Americans.

Additional detailed recommendations can be found at:

Dietary Reference Intakes (DRIs), Food and Nutrition Board, Institute of Medicine, National Academies,
https://www.nal.usda.gov/sites/default/files/fnic_uploads/recommended_intakes_individuals.pdf

California Food Guide: Fulfilling the Dietary Guidelines for Americans, <http://www.bscc.ca.gov/wp-content/uploads/2008-California-Food-Guide.pdf>

Dietary Guidelines for Americans 2015-2020, https://health.gov/sites/default/files/2019-09/2015-2020_Dietary_Guidelines.pdf

Food and Drug Association's recommendations: <https://www.fda.gov/food/new-nutrition-facts-label/daily-value-new-nutrition-and-supplement-facts-labels#referenceguide>

Key Recommendations provide further guidance on how individuals can follow the five Guidelines. The *Dietary Guidelines*' Key Recommendations for healthy eating patterns should be applied in their entirety, given the interconnected relationship that each dietary component can have with others.



Key Recommendations:

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:^[1]

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats and *trans* fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars^[2]
- Consume less than 10 percent of calories per day from saturated fats^[3]
- Consume less than 2,300 milligrams (mg) per day of sodium^[4]
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.^[5]

In tandem with the recommendations above, Americans of all ages—children, adolescents, adults, and older adults—should meet the *Physical Activity Guidelines for Americans* to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. As such, the *Dietary Guidelines* includes a Key Recommendation to:

- Meet the *Physical Activity Guidelines for Americans*.^[6]

[1] Definitions for each food group and subgroup are provided throughout Chapter 1: Key Elements of Healthy Eating Patterns and are compiled in Appendix 3. USDA Food Patterns: Healthy U.S.-Style Eating Pattern.

[2] The recommendation to limit intake of calories from added sugars to less than 10 percent per day is a target based on food pattern modeling and national data on intakes of calories from added sugars that demonstrate the public health need to limit calories from added sugars to meet food group and nutrient needs within calorie limits. The limit on calories from added sugars is not a Tolerable Upper Intake Level (UL) set by the Institute of Medicine (IOM). For most calorie levels, there are not enough calories available after meeting food group needs to consume 10 percent of calories from added sugars and 10 percent of calories from saturated fats and still stay within calorie limits.

[3] The recommendation to limit intake of calories from saturated fats to less than 10 percent per day is a target based on evidence that replacing saturated fats with unsaturated fats is associated with reduced risk of cardiovascular disease. The limit on calories from saturated fats is not a UL set by the IOM. For most calorie levels, there are not enough calories available after meeting food group needs to consume 10 percent of calories from added sugars and 10 percent of calories from saturated fats and still stay within calorie limits.

[4] The recommendation to limit intake of sodium to less than 2,300 mg per day is the UL for individuals ages 14 years and older set by the IOM. The recommendations for children younger than 14 years of age are the IOM age- and sex-appropriate ULs (see Appendix 7. Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes and Dietary Guidelines Recommendations).

[5] It is not recommended that individuals begin drinking or drink more for any reason. The amount of alcohol and calories in beverages varies and should be accounted for within the limits of healthy eating patterns. Alcohol should be consumed only by adults of legal drinking age. There are many circumstances in which individuals should not drink, such as during pregnancy. See Appendix 9. Alcohol for additional information.

[6] U.S. Department of Health and Human Services. *2008 Physical Activity Guidelines for Americans*. Washington (DC): U.S. Department of Health and Human Services, 2008. ODPHP Publication No. U00036. Available at: <http://www.health.gov/paguidelines>. Accessed August 6, 2015.

Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes & *Dietary Guidelines* Recommendations

Table A7-1.

Daily Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes & *Dietary Guidelines* Recommendations

	Source of Goal ^a	Child 1-3	Female 4-8	Male 4-8	Female 9-13	Male 9-13	Female 14-18	Male 14-18	Female 19-30	Male 19-30	Female 31-50	Male 31-50	Female 51+	Male 51+
Calorie Level(s) Assessed		1,000	1,200	1,400, 1,600	1,600	1,800	1,800	2,200, 2,800, 3,200	2,000	2,400, 2,600, 3,000	1,800	2,200	1,600	2,000
Macronutrients														
Protein, g	RDA	13	19	19	34	34	46	52	46	56	46	56	46	56
Protein, % kcal	AMDR	5-20	10-30	10-30	10-30	10-30	10-30	10-30	10-35	10-35	10-35	10-35	10-35	10-35
Carbohydrate, g	RDA	130	130	130	130	130	130	130	130	130	130	130	130	130
Carbohydrate, % kcal	AMDR	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65
Dietary Fiber, g	14 g/ 1,000 kcal	14	16.8	19.6	22.4	25.2	25.2	30.8	28	33.6	25.2	30.8	22.4	28
Added Sugars, % kcal	DGA	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%
Total Fat, % kcal	AMDR	30-40	25-35	25-35	25-35	25-35	25-35	25-35	20-35	20-35	20-35	20-35	20-35	20-35
Saturated Fat, % kcal	DGA	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%
Linoleic Acid, g	AI	7	10	10	10	12	11	16	12	17	12	17	11	14
Linolenic Acid, g	AI	0.7	0.9	0.9	1	1.2	1.1	1.6	1.1	1.6	1.1	1.6	1.1	1.6

	Source of Goal ^[a]	Child 1-3	Female 4-8	Male 4-8	Female 9-13	Male 9-13	Female 14-18	Male 14-18	Female 19-30	Male 19-30	Female 31-50	Male 31-50	Female 51+	Male 51+
Calorie Level(s) Assessed		1,000	1,200	1,400, 1,600	1,600	1,800	1,800	2,200, 2,800, 3,200	2,000	2,400, 2,600, 3,000	1,800	2,200	1,600	2,000
Minerals														
Calcium, mg	RDA	700	1,000	1,000	1,300	1,300	1,300	1,300	1,000	1,000	1,000	1,000	1,200	1,000 ^[b]
Iron, mg	RDA	7	10	10	8	8	15	11	18	8	18	8	8	8
Magnesium, mg	RDA	80	130	130	240	240	360	410	310	400	320	420	320	420
Phosphorus, mg	RDA	460	500	500	1,250	1,250	1,250	1,250	700	700	700	700	700	700
Potassium, mg	AI	3,000	3,800	3,800	4,500	4,500	4,700	4,700	4,700	4,700	4,700	4,700	4,700	4,700
Sodium, mg	UL	1,500	1,900	1,900	2,200	2,200	2,300	2,300	2,300	2,300	2,300	2,300	2,300	2,300
Zinc, mg	RDA	3	5	5	8	8	9	11	8	11	8	11	8	11
Copper, mcg	RDA	340	440	440	700	700	890	890	900	900	900	900	900	900
Manganese, mg	AI	1.2	1.5	1.5	1.6	1.9	1.6	2.2	1.8	2.3	1.8	2.3	1.8	2.3
Selenium, mcg	RDA	20	30	30	40	40	55	55	55	55	55	55	55	55
Vitamins														
Vitamin A, mg RAE	RDA	300	400	400	600	600	700	900	700	900	700	900	700	900
Vitamin E, mg AT	RDA	6	7	7	11	11	15	15	15	15	15	15	15	15
Vitamin D, IU	RDA	600	600	600	600	600	600	600	600	600	600	600	600 ^[c]	600 ^[c]
Vitamin C, mg	RDA	15	25	25	45	45	65	75	75	90	75	90	75	90
Thiamin, mg	RDA	0.5	0.6	0.6	0.9	0.9	1	1.2	1.1	1.2	1.1	1.2	1.1	1.2
Riboflavin, mg	RDA	0.5	0.6	0.6	0.9	0.9	1	1.3	1.1	1.3	1.1	1.3	1.1	1.3
Niacin, mg	RDA	6	8	8	12	12	14	16	14	16	14	16	14	16
Vitamin B ₆ , mg	RDA	0.5	0.6	0.6	1	1	1.2	1.3	1.3	1.3	1.3	1.3	1.5	1.7
Vitamin B ₁₂ , mcg	RDA	0.9	1.2	1.2	1.8	1.8	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
Choline, mg	AI	200	250	250	375	375	400	550	425	550	425	550	425	550
Vitamin K, mcg	AI	30	55	55	60	60	75	75	90	120	90	120	90	120
Folate, mcg DFE	RDA	150	200	200	300	300	400	400	400	400	400	400	400	400

[a] RDA = Recommended Dietary Allowance, AI = Adequate Intake, UL = Tolerable Upper Intake Level, AMDR = Acceptable Macronutrient Distribution Range, DGA = 2015-2020 Dietary Guidelines recommended limit, 14 g fiber per 1,000 kcal = basis for AI for fiber.

[b] Calcium RDA for males ages 71+ years is 1,200 mg.

[c] Vitamin D RDA for males and females ages 71+ years is 800 IU.

SOURCES: Institute of Medicine. Dietary Reference Intakes: The essential guide to nutrient requirements. Washington (DC): The National Academies Press; 2006.

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