

Heart Healthy Diet

Norfolk Legal Advisory Committee
June 2018

A heart healthy diet consist of processed foods, potato chips, and cookies. That is what's being served to the inmates at MCI Norfolk, and what MCI Norfolk considers to be heart healthy. The first question that comes to mind for most citizens is, so what? I guess that depends on, are citizens getting what they pay for, meaning the tax dollars that pay for this distinction.

The reason for a heart healthy diet is the health of inmates and the cost if this isn't being maintained. A poor diet leads to weight gain, diabetes, and cardiovascular complications. This leads to a significant rise in healthcare which is also funded with citizens tax dollars. Each year the State Legislators approve a budget for the meals in correctional institutions. The following is a daily account of what is actually being served.

MCI NORFOLK MENU VIOLATIONS

APRIL 2019

- 04-17: Supper, cookie instead of fruit
- 04-18: Cereal instead of oatmeal
- 04-18: Cake instead of bread, mash potato's that you could suck through a straw.
- 04-19: Breakfast, eggs with cake instead of bread.
- 04-19: Lunch, no beans were served, and no substitute provided.
- 04-20: Supper, frozen salty breaded chicken legs. Not heart healthy.
- 04-21: Cereal instead of oatmeal. Cake instead of bread.
- 04-21: Supper, nasty flat sodium filled chicken patty, with rotten lettuce, and .05 oz potato chips.
- 04-22: Breakfast, cereal instead of eggs, and one 8 oz carton of milk. Only 48 milks were sent for 64 inmates.
- 04-25: Lunch, sloppy Joe, rice, and lettuce instead of green beans.
- 04-29: Lunch, nasty sodium breaded chicken patty, .05 potato chips instead of potato salad, canned fruit instead of fresh fruit, and no soup. Not a heart healthy diet as regulated.

MAY 2019

- 05-02: Breakfast, fruit loops, not a sufficient heart healthy substitute for pancakes or waffles.
- 05-02: Lunch, insufficient amount of tuna fish, not everyone was served.
- 05-03: Lunch, .05 oz. of potato chips instead of potato salad.
- 05-03: Supper: Cookie instead of fresh fruit.
- 05-04: Supper: .05 oz potato chips instead of macaroni salad.
- 05-05: Supper: Nasty-salty-breaded chicken leg instead of Roast Beef.
- 05-07: Lunch: No soup or peas which the menu required. No substitute as required.
- 05-08: Lunch: Chicken stew with hard uncooked rice
- 05-11: Breakfast, no butter served cereal with bread
- 05-11: Supper: Nastiest beef stew ever, again no butter.
- 05-12: Supper: ..05 oz potato chips with canned fruit, not what the menu called for or an adequate substitute.
- 05-13: Lunch: .05 oz potato chips instead of potatoes
- 05-14: Supper: Cake instead of fruit.
- 05-15: Breakfast: Nasty knock off rice krispies with no nutritional value and No sugar sent.
- 05-15: Supper: Nasty sodium filled chicken patty. Not heart healthy.
- 05-17: Supper: .05 oz potato chips instead of potatoes - applesauce instead of fruit

05-20: Lunch, no soup - .05 oz potato chips - no vegetables. Applesauce.
05-20: Supper: Canned peaches instead of fresh fruit.
05-23: Lunch: No soup served as required, no substitute as required.
05-24: Lunch: .05 oz potato chips instead of potatoes
05-26: Supper: Chicken patty (again) instead of roast beef
05-27: Supper: Cake instead of fruit
05-29: Supper: Pudding instead of fruit
05-30: Supper: Cookies instead of fruit

JUNE 2019

06-02: Supper: Potato chips instead of vegetables
06-03: Lunch: Potato chips instead of vegetables
06-03; Supper: Cookie instead of fruit

If this is not bad enough, the MCI Norfolk Inmate Council recently obtained two years of the kitchen invoices. According to the invoices the money allotted for feeding inmates a heart healthy diet is being tapped to feed staff. The invoices show purchases for, Italian sausages, haddock, chicken breast, and Doritos chips. This is just a small portion of the list, remember two years worth of invoices are being examined. (we estimate over a hundred thousand dollars)

According to the Massachusetts Department of Corrections Employee Meals, 103 DOC 214, Employees are to eat off the inmate line, and pay \$1.35 (plus tax) See: Executive Office of Administration and Finance, 801 CMR 4.03 (rates). According to two years of invoices this is not what happens in Norfolk's kitchen. When staff was confronted with the invoices, staff claimed it was for overtime meals. Overtime meals still fall under 103 DOC 214. 04, and no where does it state that special food is to be deducted from the inmate food budget. Meanwhile the inmates are being served substandard food to make up for the lack of funds being funneled to feed staff. I think the term is Misappropriation of funds?

This misappropriation of funds is causing higher healthcare cost and a unhealthy inmate population. Failure of the legislators to investigate and stop this unlawful action will only cost taxpayers unnecessarily more. As a member of the MCI Norfolk Legal Advisory Committee, I hope that legislator's will act according to the laws of the Commonwealth, and put an ends to this practice.

Respectfully,
Norfolk Legal Advisory Committee