

- b) Restrict the fat content of meals as follows:
 - (1) Total fat will be limited to 30 percent of the total calories over the course of the week.
 - (2) Saturated fat will be limited to 10 percent of the total calories over the course of the week.
 - (3) Partially hydrogenated oils will be limited in accordance with current dietary guidelines.
- 3. Provide limited amounts of sodium and cholesterol.
- 4. Provide restricted amounts of high fructose corn syrup, with a goal of eliminating high fructose corn syrup from all products.
- 5. Offer and promote the consumption of fresh fruit and a variety of vegetables daily.
- 6. Offer and promote the inclusion of plant-based entrees.
- 7. Offer two varieties of reduced-fat milk:
 - a) Low-fat (1%) milk
 - b) Fat-free skim milk

C. Food Services

- 1. Emphasis shall be placed on offering foods that are low in sugar, sodium and fat.
- 2. The goal of bread products served is to contain a minimum of 50% whole grain if available on the market.

D. Food Safety

- 1. All foods made available will comply with state and local food safety and sanitation regulations.
 - a) The Orleans County Health Department will conduct inspections two times annually during the course of each school year.
 - b) Health and safety inspections shall be reviewed by the facility superintendent to ensure compliance.

E. Civil Rights Training

- 1. All facility kitchen staff will be required to participate in Civil Rights Training as required by the United States Department of Agriculture.
- 2. Training requirements shall include by not limited to :
 - a) All Civil Rights related laws, Procedures and Directives;

- b) Provide equal treatment in the Delivery of programs and services to all applicants, participants and beneficiaries of the federal nutrition program.
- c) Ensure that all applicants and participants understand their rights and responsibilities.

F. Racial and Ethnic Data Collection

- 1. The Orleans County Jail maintains detailed and comprehensive demographic data for all inmates incarcerated within the Orleans County Jail.
 - a) Racial and Ethnic data can be obtained through one or more reporting functions of the facility's Jail Management System.
 - (1) Racial and ethnic data collected is maintained as a part of the inmate's permanent record within the Orleans County Jail.

G. Program Monitoring and Compliance

- 1. The facility superintendent shall be responsible for maintaining program compliance and to ensure:
 - a) The Implementation of the jail's health and nutrition program.
 - b) The jail meets or exceeds all Federal and State meal pattern requirements.
 - c) Healthy nutrition practices within the Orleans County Jail.
 - d) The proper monitoring of all sanitation and food safety protocols.
 - e) Health and nutrition data collection and reporting.
- 2. Annual meeting shall be regularly conducted with a line supervisors, kitchen staff and medical staff with the intent of monitoring and reviewing all facility food service and nutrition programs. Topics of discussion for such meeting shall also include:
 - a) The continual enhancement of sanitation and food safety protocols.
 - b) Enhancing engineering practices and controls.
 - c) Program outcomes and measures.
 - d) Menu items will be randomly collected, analyzed, and evaluated for compliance with program specifications.
- 3. Correctional staff for assisting with meal service shall monitor inmate meal consumption. Any concerns regarding meal consumption shall be reported directly to jail medical staff for follow-up and evaluation.
- 4. The jail medical staff shall regularly communicate with jail kitchen staff to communicate any special dietary needs and or nutritional adjustments.
 - a) Special Medical Instruction forms shall be used to communicate dietary concerns and such forms shall be made a part of the inmate's permanent medical record.

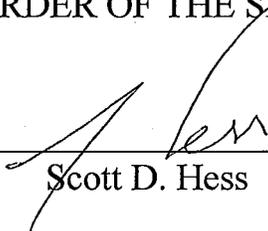
H. Policy Review

1. During each calendar school year, Orleans County Jail will review its existing health and nutrition programs. The goals of such review will be to implement wellness policy changes based on the statutory requirements and or any implementation reassessments.

B. Public Education

1. The Health and Wellness policy shall be made available to the general public through the department's website at www.orleansny.com.

BY ORDER OF THE SHERIFF



Scott D. Hess