



STATE OF WASHINGTON  
**DEPARTMENT OF CORRECTIONS**  
P.O. Box 41100 • Olympia, Washington 98504-1100

August 19, 2009

**TO:** Offenders Friends and Family Members

**FROM:** Richard Morgan, Director  
Division of Prisons

A handwritten signature in black ink, appearing to read "R. Morgan", written over a horizontal line.

**SUBJECT:** Nutritional Improvements

The Department of Corrections (DOC) continues to make nutrition a top priority through menu development and education while initiating cost saving programs. As costs continue to increase for Food Service, DOC has partnered with other agencies to focus buying power on core products to reduce cost. Additionally DOC implemented a metabolic diet for offenders seeking 2000 calories and reduced sodium diet. This diet meets heart healthy standards and is available to all offenders.

Other menu improvements include:

- Unhealthy desserts and pastries replaced with fruits and vegetables
- Increased salmon and tuna for Omega-3 acids
- Lite Mayonnaise and salad dressing to reduce fat
- Ground turkey replaces ground beef
- Significant sodium reductions

It has long been known that Vitamin-D is crucial for healthy bones by boosting the absorption of Calcium in our diets. In response, food services will replace free run juice (which has little nutritional value), with a milk replacement that will significantly bolster the amount of Vitamin-D and Calcium in the diet. The fortified packets will be provided at both lunch and dinner; currently they are only available at breakfast. This fortified packet also provides a significant amount of Vitamin-D and Calcium, in addition to Vitamin-C. These extra nutrients will significantly increase the nutritional value of the diet, which may help prevent the occurrence of some chronic diseases. Milk will continue to be served at the breakfast meal.

Any changes to the menu have the potential to draw reactions from the population. Although these changes are nutritionally sound, often times we hear from those that want the coffee, the extra sugar (desserts and juice) and perhaps are less concerned about the nutritional value of the meals that we serve. Although I can appreciate this position, I have to make decisions about what we serve and what is of the greatest value to ones health based on the recommendations of our dieticians. At this time, we are set to fully implement this change as of October 1, 2009.

Thank you for your continued support of your friends and family members.

cc: Eldon Vail, Secretary  
Scott Blonien, Assistant Secretary  
Cheryl Strange, Deputy Secretary  
Dan Pacholke, Deputy Director, Command A  
Earl Wright, Deputy Director, Command C  
Superintendents

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