5-13/010.10 Special Diets

Special Diets are designed to help assist inmates' general physical health and well-being. Inmates may be placed on a *medical diet* by Correctional Health Services (CHS) personnel to assist with an improvement of their health. *Religious diets* are another form of special diets and may be made available upon the inmate's request through the Office of Religious and Volunteer Services (RVS).

Medical Diets

Medical diets are prescribed by CHS personnel to assist with an inmate's pre-conditioned or diagnosed health status. If a medical diet is prescribed for an inmate, it shall take precedence over the religious/lifestyle diet.

Medical diets may include but are not limited to:

- 2 Gram Sodium Diet
- Diabetic Diet
- Wired Jaw/Pureed Diet
- Dialysis Diet
- High Calorie/High Protein Diet
- Gluten Free Diet
- Mechanical Soft Diet
- Liquid Diet
- Prenatal Diet

Religious Diets/Lifestyle Diets

Religious/lifestyle meals shall not be restricted from inmates based on their classification.

Inmates undergoing the intake process at receiving areas in the Inmate Reception Center (IRC) and Century Regional Detention Facility (CRDF) who are requesting religious/lifestyle diets will be provided a meal consistent with their faith/lifestyle. Custody personnel providing a religious/lifestyle meal to an inmate during intake shall notify RVS within two (2) business days. The notification shall include the inmate's name, booking number, and type of religious/lifestyle diet provided to the inmate. After the inmate has been assigned to their housing location, RVS will ensure an interview is conducted by a chaplain to determine if the inmate is permitted to maintain their religious diet, in accordance with Custody Division Manual (CDM) section 5-13/100.00, "Religious Programs." Inmates requesting a lifestyle diet do not require a chaplain interview. The Food Services Unit (FSU) will ensure there are sufficient amounts of Kosher, Halal, vegetarian, and vegan meals readily available at intake areas for inmates requesting these items.

Inmates in housing locations requesting a religious/lifestyle diet shall be directed to document their request on an Inmate Request Form (SH-J-437), which shall be handled by the facility pursuant to the procedures outlined in Custody Division Manual (CDM) section 8-02/010.00, "General Requests," and forwarded to RVS. Once the Inmate Request Form (SH-J-437) is received by RVS, RVS will then direct a chaplain, or designee of a corresponding faith, to interview the inmate. If the chaplain approves the request for an inmate's religious diet,

the chaplain shall have the inmate sign the Religious Diet Agreement form. Final approval of religious diets will be given by RVS.

There are four types of religious/lifestyle diets:

- Kosher (Inmates of Jewish beliefs)
- Halal (Inmates of Islamic beliefs)
- Vegetarian (Lifestyle meal - does not require a chaplain interview to receive)
- Vegan (Lifestyle meal - does not require a chaplain interview to receive)

After a religious diet request has been received by RVS, RVS will have 30 days to process the order. In conjunction with the FSU, RVS staff shall make every effort to have religious meals delivered to the inmate.

Religious events requiring ceremonial meals and/or religious snack foods are available through FSU. FSU utilizes the services of registered County approved vendors to facilitate these orders. Orders for these events are received by RVS from Department approved chaplains and submitted to FSU by RVS. Requests of this nature shall be submitted 60 days prior to the event date, for review and approval. After it is approved, FSU shall prepare and deliver the ordered food to the originating program for the event. Such meals shall be made available to **all** inmates approved for receiving religious diets for that particular faith. If it is determined by a chaplain (or their designee) that an inmate does not qualify for a religious diet, the inmate shall be offered a vegetarian diet as an alternative choice.