

HEALTHY JAIL FOOD

Prisoner Meals and Commissary Prices

SUMMARY

In July 2013, the Santa Barbara County Grand Jury received a complaint from prisoners about the quantity and quality of meals served at the Santa Barbara County Main Jail. News reports had also shed a harsh light upon changes made by the Santa Barbara County Sheriff's Office in order to cut costs and provide nutritious meals pursuant to California standards. The complaint also suggested that jail commissary prices were higher than the general public pays in local stores. The Jury found meals meet state standards and provide a reasonable variety of nutritionally balanced food to all prisoners, including special religious and medical diets as required. The Jury found jail commissary prices are comparable to those prices charged to the public for the same or like items in local convenience stores.

BACKGROUND

Prior to August 2012, all meals provided to Santa Barbara County Main Jail prisoners were prepared by jail kitchen staff and prisoner workers. This included purchasing, receiving, storing, planning and preparation. Meal costs were a significant portion of the Sheriff's jail budget. In an effort to economize, the County awarded a contract to Aramark, an international corporation that provides food service to jail institutions. During the first year, Aramark reduced overall costs by \$85,392 and reduced food waste while providing nutritious prisoner meals.

In May 2011, the Keefe Commissary Network, L.L.C., was awarded a contract to supply food and other related products to the prisoner commissary. Prior to this, the Sheriff's Office operated the commissary.

METHODOLOGY

The Jury inspected the jail kitchen and interviewed an Aramark official. The various aspects of meal content, preparation, nutritional value, appearance, serving methods and menus were examined. The Aramark four-week cycle menu for all meals served to prisoners was reviewed (Appendix A). State standards concerning prisoner meals and the July 2013 Board of State and Community Corrections Biennial Inspection Report were reviewed as well.

The Jury conducted an unannounced visit, randomly selected an evening meal, and evaluated the food for freshness, temperature, taste and content.

The Jury also obtained a copy of the current jail commissary menu, and compared prices to local convenience food stores (Appendix B).

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OBSERVATIONS AND ANALYSIS

Prior to the Aramark agreement, ingredients were brought into the kitchen by various vendors, stored in a large storeroom, and prepared in bulk quantities on a daily basis. There was a large kitchen staff consisting of county supervisory cooks and assistants, as well as prisoners who completed all the preparation, service, clean up and maintenance of the kitchen.

Currently, prisoner meals are prepared by fewer kitchen staff and prisoners who follow strict recipe guidelines provided by Aramark. As a result, the Sheriff continues to provide meals that meet the California Department of Corrections standards.¹

Contrary to the allegations in the complaint, meat is often used in the preparation of the hot meal, although a soy product is sometimes used as a protein substitute for meat. All portions are monitored. Prisoner meals contain a hot component and a cold component; each component is placed into an appropriate hot or cold delivery cart for delivery to the prisoners. Fresh produce is purchased locally. The result is a heart healthy, low-sodium, low-fat diet.

Since the change to Aramark, serving portions are more consistent and stringent portion control is observed. The jail kitchen staff prepares approximately 3300 prisoner meals per day including about 50 special religious and medical diet meals. The meals provide a weekly average of 2500 calories per day. A four-week cycle menu and a *Cycle Menu – Weekly Nutritional Analysis* are prepared by Aramark (Appendix C). Prisoners assist kitchen staff in preparing freshly baked goods on a daily basis as part of a vocational culinary arts training program.

Breakfast typically contains a cup of dry cereal, one-half pint of one per cent milk, a bakery biscuit, jelly, a packet of sugar substitute, and either two hard-boiled eggs, one ounce of turkey ham, or a breakfast bar. Lunch contains two sandwiches consisting of turkey bologna, turkey salami, turkey ham or peanut butter, and two packets of mayonnaise and mustard or jelly, two carrot or celery sticks, two sandwich cookies, and a one cup serving of powdered fruit drink.

Dinner is served with a cold and hot component. The cold component contains green salad, coleslaw, or raw vegetables, fresh baked cornbread, roll or bread, canned fruit, fruit drink mix, and a packet each of salt and pepper. The hot component of the meal contains the main course of turkey ham, turkey hot dogs, chicken patty, beef patty, meatloaf, or a main dish using three ounces of soy, potatoes or pasta, and fresh cooked vegetables.

¹ California Code of Regulations, Title 15, , Section 3050.

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Jury members sampled a dinner meal, as pictured, which included a 10 ounce serving of “American Goulash” containing three ounces of soy, elbow macaroni, and chopped fresh onion, three-quarters cup of garden salad, fresh cooked broccoli, fresh baked corn bread, two sandwich cookies, fruit drink mix, and one packet each of salt and pepper. The meal was selected at random from the line by the Jury. The Jury found the portions to be adequate. The temperature of the meal was appropriate, and the vegetables were not overcooked.



Overall, the Jury found the meal was consistent in quality and quantity with what one would receive in any large institutional dining room.

The Board of State and Community Corrections conducted the 2010-12 biennial inspection of the Santa Barbara County Main Jail. The inspection identified no problems with the food served to prisoners.

In addition to regular meals, prisoners have access to the jail commissary that functions as a convenience store from which they can purchase snack foods and sundries. The commissary is operated under a four-year contract by Keefe Commissary Network. Both the jail administration and Keefe agree upon the prices charged for all items. According to the contract, a service fee is deposited into the Inmate Welfare Fund.

CONCLUSION

The Jury found jail commissary prices to be comparable to those charged in local convenience stores.

The Santa Barbara County Sheriff’s Office and Aramark provide nutritious and economical meals to over one thousand prisoners daily. The 2013-14 Santa Barbara County Grand Jury found that the meals meet all the necessary guidelines pursuant to the California Department of Corrections standards. The meals are flavorful, filling, and contain fresh local produce. They are heart-healthy, low fat, and meet the nutritional guidelines of the State of California.

HEALTHY JAIL FOOD

FINDINGS AND RECOMMENDATIONS

Finding 1

Meals served at the Santa Barbara County Main Jail meet all the standards required by the State of California for quality, quantity, and nutritional value.

Finding 2

The meal sampled at the Santa Barbara County Main Jail was flavorful, filling, and contained fresh local produce.

Finding 3

Prices charged by the Santa Barbara County Main Jail commissary are comparable to the prices charged for like items in local convenience stores.

Recommendation 1

That the Santa Barbara County Sheriff's Office post each four-week cycle menu on its website.

Recommendation 2

That the Santa Barbara County Sheriff's Office post each *Cycle Menu – Weekly Nutritional Analysis* on its website.

Recommendation 3

That the Santa Barbara County Sheriff's Office post current jail commissary prices on its website.

Recommendation 4

That the Santa Barbara County Sheriff's Office post the current Board of State and Community Corrections Biennial Inspection Report (including any Plan of Corrections) of the Santa Barbara County Sheriff's detention facilities on its website.

REQUEST FOR RESPONSE

Pursuant to *California Penal Code Sections 933 and 933.05*, the Jury requests each entity or individual named below to respond to the enumerated findings and recommendations within the specified statutory time limit.

Santa Barbara County Sheriff - 60 Days

Recommendations 1, 2, 3, 4

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APPENDICES

Appendix A

Aramark four-week cycle menu - January 1, 2013 (Week 1 sample)

Appendix B

Santa Barbara County Jail Commissary Menu (2 pages)

Appendix C

Aramark "Cycle Menu Nutritional Analysis" – January 1, 2013 (Week 1 sample)

APPENDIX A

Aramark four-week cycle menu

January 1, 2013 (Week 1 sample)

Week: 1
THURSDAY
Meal Name: Breakfast

| | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|-------------------------------|----------|----------|----------|----------|----------|-----------|
| Corn Flakes Cereal | 1 cup |
| Peanut Butter Breakfast Bar** | 1.50 cut |
| Hard Cooked Egg | 2 each |
| Jelly | 1 packet |
| 1% Milk (Half Pint) | 1 each |
| Sugar Sub | 1 packet |

Meal Name: Lunch

| | | | | | | |
|---------------------------------|--------|----------|---------|--------|---------|---------|
| T. Sausage | 4 ozw | 4 ozw | 4 ozw | 4 ozw | 4 ozw | 4 ozw |
| Mayo Dressing & Mustard Packets | 1 each | 2 packet | 1 each | 1 each | 1 each | 1 each |
| Wheat Bread or Rolls | 4 each | 4 slice | 4 slice | 4 each | 4 slice | 4 slice |
| Carrot Sticks or Coins (A) | 2 ozw | 2 ozw | 2 ozw | 2 ozw | 2 ozw | 2 ozw |
| Sandwich Cookies | 2 each | 2 each | 2 each | 2 each | 2 each | 2 each |
| Fruit Drink w/ Vitamin C | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup |

Meal Name: Dinner

| | | | | | | |
|---|-----------|----------|-----------|-----------|----------|----------|
| Cheesy T. Ham & Macaroni (2 oz dry) | 10 ozw | 4 ozw | 4 ozw | 6 ozw | 4 ozw | 10 ozw |
| T. Ham | 10 ozw | 3 oz | 1.2 cup | 1 cup | 1.2 cup | 3/4 cup |
| Broccoli (C) | 1/2 cup | 1.2 cup | 1.2 cup | 1/2 cup | 3/4 cup | 1/2 cup |
| Garden Salad | 2/4 cup | 1 cup | 1.2 cup | 1/2 cup | 1 packet | 3/4 cup |
| LF Salad Dressing | 1/2 oz | 1/2 cup | 1/2 cup | 1/2 cup | 1 packet | 1/2 cup |
| Fresh Baked Wheat Roll w/leed Margarine | 2 ozw | 3/4 cup | 2 slice | 3/4 cup | 2 each | 2 each |
| Fruit (1 @ or 1/2 cup) | 1 portion | 1.54 cut | 1 portion | 1 portion | 1/2 cup | 1/54 cut |
| Fruit Drink w/ B12, C, D, E & Calcium | 1 packet | 1 packet | 1 packet | 1 packet | 1 packet | 1 packet |
| Salt & Pepper Packets | 1 each | 1 each | 1 each | 1 each | 1 each | 1 each |

**Indicates 250 mg Calcium per Serving

All entree portions purchased fully cooked, within manufacturer tolerance specifications, etc. weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, mills, and breadsticks made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All combination dishes are made with soy unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Intentional cheese with calcium is used.

NUTRITION STATEMENT: This menu meets the nutritional guidelines of the American Contractual Association which are based upon the current DRIs for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

Reviewed 1/13

ARAMARK Dietitian's Signature:

Client's Approval:

LT. NETER G... 2226
 1/3/13

APPENDIX B

Santa Barbara County Jail

**Commissary Menu
(2 pages)**

SANTA BARBARA COUNTY JAIL COMMISSARY MENU



Effective Date: 08-12-2013

Weekly Spend Limit: \$100.00 ** Does Not Include Phone Time

| NOODLES & RICE | | | |
|----------------|------------------------------------|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 6013 | Cajun Chicken Ramen | 15 | \$1.10 |
| 6018 | Texas Beef Ramen | 15 | \$1.10 |
| 6026 | Chili Ramen | 15 | \$1.10 |
| 6046 | Chicken Ramen | 15 | \$1.10 |
| 6048 | Beef Ramen | 15 | \$1.10 |
| 6052 | Hot & Spicy Vegetable | 15 | \$1.10 |
| 6053 | Cajun Shrimp Ramen | 15 | \$1.10 |
| 6059 | Shrimp Ramen | 15 | \$1.10 |
| 6050 | Keefe Rice 8 oz (Diabetic Limit 3) | 15 | \$1.95 |

| CONDIMENTS | | | |
|------------|------------------------------------|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 2087 | Non Dairy Creamer 10PK | 15 | \$1.25 |
| 2091 | Sugar Twin 10PK (Diabetic Limit 2) | 15 | \$1.00 |
| 3019 | Tapatio Hot Sauce 10 PK | 15 | \$0.80 |
| 6412 | SS Grape Jelly 1 oz. | 15 | \$0.30 |
| 6262 | Mayonnaise 12 Pack | 15 | \$1.80 |
| 6415 | SS Peanut Butter | 15 | \$0.80 |
| 6507 | Sliced Jalapeno Peppers 0.7 oz | 15 | \$1.05 |
| 6513 | SS Hot Sauce | 15 | \$0.25 |

| DRINKS | | | |
|--------|--------------------------------------|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 1415 | 22 oz Cup With Lid | 15 | \$1.45 |
| 2000 | SS Keefe Coffee | 15 | \$0.50 |
| 2006 | Nescafe Tasters Choice Decaf-1 Stick | 15 | \$0.50 |
| 2010 | Keefe Coffee 4 oz | 15 | \$5.95 |
| 2017 | Maxwell House 4 oz | 15 | \$5.95 |
| 2022 | SF Fruit Punch SS 10PK (Limit 2) | 2 | \$2.70 |
| 2065 | SF Orange Drink SS 10PK (Limit 2) | 2 | \$2.70 |
| 2066 | SF Tea W/Lemon SS 10PK (Limit 2) | 2 | \$2.70 |
| 2070 | SS Hot Cocoa | 15 | \$0.55 |
| 2087 | SS Non Dairy Creamer - 10 PK | 15 | \$0.70 |
| 2100 | SS SF Breakfast Drink | 15 | \$0.50 |
| 2115 | SS SF Black Cherry | 15 | \$0.35 |
| 2198 | Swiss Miss Hot Cocoa 9 oz | 15 | \$1.95 |
| 2200 | SS SF Orange Breakfast Drink | 15 | \$0.50 |
| 2202 | SF Black Cherry SS 10PK (Limit 2) | 2 | \$2.70 |
| 2204 | SF Watermelon SS 10PK (Limit 2) | 2 | \$2.70 |
| 2205 | SS SF Tea W/Lemon | 15 | \$0.35 |
| 2210 | SS SF Fruit Punch | 15 | \$0.50 |
| 2220 | SS SF Lemonade | 15 | \$0.50 |
| 2225 | Tea Bags 5 PK | 15 | \$0.50 |

| CANDY | | | |
|--------|--------------------------------|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 4000 | M & M Plain 1.69 oz. | 15 | \$1.25 |
| 4001 | M & M Peanut 1.74 oz. | 15 | \$1.25 |
| 4010 | Snickers Bar 2.07 oz. | 15 | \$1.25 |
| 4019 | Chick O Stick .7 oz. | 15 | \$0.55 |
| 4036 | Hershey's Chocolate Bar | 15 | \$1.25 |
| 4037 | Hershey's w/ Almonds | 15 | \$1.25 |
| 4065 | Big HunK 2 oz. | 15 | \$1.25 |
| 4116 | Red Licorice Twists 6 oz. | 15 | \$1.85 |
| 4135 | Jolly Ranchers Asst. 3.7 oz. | 15 | \$1.55 |
| 4155 | Sugar Free Wild Fruit 1.75 oz. | 15 | \$1.35 |
| 4387 | Rocky Road Bars 1.8 oz | 15 | \$1.25 |

| SNACKS / MEATS / CHEESE | | | |
|-------------------------|--|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 2615 | JL Original Chub 1.625oz | 15 | \$1.30 |
| 2617 | JL Hot Beef/Cheese Stick 1.2oz | 15 | \$1.70 |
| 2757 | Sweet & Salty Almond Bar | 15 | \$1.10 |
| 2758 | (ea) Crunchy Granola PB bar | 15 | \$0.75 |
| 2759 | (ea) Crunchy Granola Oats n Honey | 15 | \$0.75 |
| 2623 | JL Summer Sausage 3 oz | 15 | \$2.75 |
| 3124 | Peanut Butter Crackers | 15 | \$0.80 |
| 6047 | Spicy Refried Beans 8 oz | 15 | \$2.95 |
| 6172 | BC chili no beans 11.25oz | 15 | \$3.65 |
| 6173 | BC chili with beans 11.25oz | 15 | \$3.65 |
| 6174 | BC Hot Chili W/Beans 11.25 oz. | 15 | \$3.65 |
| 6178 | FC Mackerel 3.53 oz. | 15 | \$2.55 |
| 6181 | FC Sardines/Tomato Sauce 3.53 | 15 | \$2.30 |
| 6201 | Butter Micro Popcorn * (Honor Farm Only) | 15 | \$1.15 |
| 6212 | Spicy Cajun Mix 3.5 oz | 15 | \$1.50 |
| 6214 | Sunflower Kernels 3.25 oz. | 15 | \$1.35 |
| 6300 | 6Gun Beef Stck 1.125 oz (Diabetic Limit 2) | 15 | \$1.80 |
| 6400 | Quaker Granola Bar Choc Chip (EA) | 15 | \$0.90 |
| 6428 | CA Sharp Cheddar Cheese Squeeze | 15 | \$1.40 |
| 6429 | CA Jalapeno Cheese Squeeze | 15 | \$1.40 |
| 6449 | Hot pepper cheese stick 4oz | 15 | \$2.50 |
| 6459 | Mozzarella Stick 4 oz | 15 | \$2.50 |
| 6500 | Van Hollen Pickles - Hot | 15 | \$1.65 |
| 6501 | Van Hollen Pickles - Mild | 15 | \$1.65 |
| 6520 | SS Oatmeal Apple | 15 | \$0.83 |
| 6527 | SS Oatmeal Maple & Brown Sugar | 15 | \$0.83 |
| 6600 | Flour Tortillas 8 oz. | 15 | \$2.25 |
| 6606 | Salted Peanuts 1.75 oz. | 15 | \$1.25 |
| 6607 | Hot Peanuts 1.75 oz. | 15 | \$1.25 |
| 6700 | SV Refried Beans 8 oz | 15 | \$2.55 |
| 6741 | BC whole kernel corn 7 oz | 15 | \$2.50 |
| 6826 | Fresh Catch Tuna 4.23 oz. | 15 | \$4.25 |

| CHIPS | | | |
|--------|---------------------------------------|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 6079 | ML Whole Shabang 1.5 oz. | 20 | \$1.25 |
| 6102 | ML Stuffed Jalapeno 1.5oz | 20 | \$1.25 |
| 6103 | Habanero Tortilla Chips 1.5oz | 20 | \$1.25 |
| 6105 | ML BBQ Chips 1.5 oz | 20 | \$1.25 |
| 6120 | CA Nacho Tortilla Chips 1.5 oz | 20 | \$1.25 |
| 6125 | ML Hot Chips 1.5 oz. | 20 | \$1.25 |
| 6126 | ML Sour Cream 1.5 oz. | 20 | \$1.25 |
| 6127 | Hot Spicy Pork Rinds 2oz | 20 | \$1.75 |
| 6137 | Cheese Popcorn 1.5 oz | 20 | \$1.15 |
| 6150 | Keefe Nacho Chips 10 oz | 20 | \$2.90 |
| 6154 | Doritos Nacho Cheese Bites 2oz | 20 | \$0.95 |
| 6159 | Frito Lay Flaming Hot Cheetos 1.75 oz | 20 | \$0.95 |
| 6167 | Frito Lay Cheese Crunchy 2 oz | 20 | \$0.95 |
| 6286 | Flaming Hot Cheetos 2 oz | 20 | \$1.42 |
| 6680 | Hot Cheese Crunchies 4.5 oz. | 20 | \$2.25 |

| INDIGENT STATUS - MUST HAVE LESS THAN \$2.00 | | | |
|--|---------------|----------------|---------|
| Item # | Description | Limit Per Week | Price |
| 9801 | Indigent Pack | 1 | \$1.10 |
| 9802 | Welfare Pack | 1 | No Cost |

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An Affiliate of Keefe Group

SANTA BARBARA COUNTY JAIL COMMISSARY MENU



Effective Date: 08-12-2013

Weekly Spend Limit: \$100.00 ** Does Not Include Phone Time

| COOKIES / PASTRIES | | | |
|--------------------|--------------------------------------|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 3015 | Oatmeal Raisin Cookies 2 Pack 2.75oz | 20 | \$0.90 |
| 3020 | Oreo Sandwich Cookies 1.8 oz. | 20 | \$0.95 |
| 3030 | ZC Vanilla Crème Cookies 6 oz. | 20 | \$1.95 |
| 3045 | ZC Duplex Crème Cookies 6 oz. | 20 | \$1.95 |
| 3198 | Strawberry Toaster Pastry 2Pk | 20 | \$1.35 |
| 3230 | PB Wafer 2 oz. | 20 | \$0.70 |
| 3231 | ZC Yum Yum 12PK 16 oz. | 20 | \$0.40 |
| 3236 | ZC Swiss Roll 2 oz. | 20 | \$0.70 |
| 3245 | Dunkin Stick 1.7 oz. | 20 | \$0.70 |
| 3248 | ZC Iced Swirl 4 oz. | 20 | \$1.55 |
| 3274 | ZC Monster Iced Buneez 6 oz. | 20 | \$1.55 |
| 3290 | ZC Strawberry ZU ZU 2PK | 20 | \$1.55 |
| 3291 | ZC Wham Wham 5 oz. | 20 | \$1.55 |
| 3329 | ZC Long John Jelly Filled 4 oz. | 20 | \$1.55 |
| 6540 | ZC Strawberry Cereal Bar 1.3 oz. | 20 | \$0.60 |

| EYEWEAR | | | |
|---------|--------------------------------|----------------|---------|
| Item # | Description | Limit Per Week | Price |
| 1275 | Reading Glasses +1.25 | 2 | \$9.95 |
| 1281 | Reading Glasses +1.75 | 2 | \$9.95 |
| 1282 | Reading Glasses +2.25 | 2 | \$9.95 |
| 1287 | Reading Glasses +1.75(Plastic) | 2 | \$10.65 |
| 1288 | Reading Glasses +2.25(Plastic) | 2 | \$10.65 |

| SHOES | | | |
|--------|-------------------------|----------------|---------|
| Item # | Description | Limit Per Week | Price |
| 1450 | Shower Shoes - Small | | \$4.30 |
| 1451 | Shower Shoes - Medium | | \$4.30 |
| 1452 | Shower Shoes - Large | | \$4.30 |
| 7880 | SZ 13 Canvas Slip Ons | | \$13.35 |
| 8544 | SZ 8 Men's Canvas Shoes | | \$13.35 |
| 8545 | SZ 9 Canvas Slip Ons | | \$13.35 |
| 8546 | SZ 10 Canvas Slip Ons | | \$13.35 |
| 8547 | SZ 11 Canvas Slip Ons | | \$13.35 |
| 8548 | SZ 12 Canvas Slip Ons | | \$13.35 |

| STATIONARY & STAMPS | | | |
|---------------------|------------------------------------|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 1001 | Large Stamped Envelope | 15 | \$0.66 |
| 1015 | Manila Envelope 9.5 X 12.5 | 15 | \$0.27 |
| 1048 | Stamped Postcard | 15 | \$0.48 |
| 1050 | Book of Ten Stamps (Limit 2) | 15 | \$4.60 |
| 1060 | 8.5 X 11 Letter Pad White | 15 | \$1.75 |
| 1070 | 8.5 X 11 50 Sheet Sketch Pad White | 15 | \$1.90 |
| 1075 | Golf Pencil | 15 | \$0.15 |
| 1080 | Colored Pencils 4 1/2" - 24CT | 15 | \$3.75 |
| 1085 | Beveled Eraser | 15 | \$0.70 |
| 1086 | Pocket Dictionary | 15 | \$3.90 |
| 1087 | Spanish/English Dictionary | 15 | \$3.15 |
| 1100 | Birthday Card | 15 | \$1.65 |
| 1110 | Friendship Card - Acetate | 15 | \$1.65 |
| 1121 | Seasonal Greeting Card | 15 | \$1.65 |
| 1300 | Playing Cards | 15 | \$2.50 |
| 1305 | Pinochle Cards | 15 | \$2.50 |
| 4569 | Two Cent Stamp | 15 | \$0.02 |

| PERSONAL HYGIENE | | | |
|------------------|--|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 0001 | Balsam & Protein Shampoo 4 oz. | 15 | \$1.50 |
| 0002 | Balsam & Protein Conditioner 4 oz. | 15 | \$1.60 |
| 0020 | Dandruff Shampoo 4 oz. | 15 | \$1.75 |
| 0050 | Blue Magic Cond. & Hair Dress 5 oz. | 15 | \$3.30 |
| 0065 | Softie Curl Activator 8 oz. | 15 | \$2.35 |
| 0107 | Power Up Deodorant Cool Zone 2.5oz | 15 | \$3.10 |
| 0111 | Men Clear Gel Acifresh Deodorant 2oz | 15 | \$3.55 |
| 0118 | Power Up Roll On Deodorant 3 oz. | 15 | \$2.25 |
| 0210 | Skin Care Lotion 4 oz. | 15 | \$1.30 |
| 0212 | Coconut Lime Aloe Lotion 15oz | 15 | \$3.10 |
| 0240 | Hfg Greaseless Skin Crm Tube 4.5oz | 15 | \$3.00 |
| 0250 | Hydrocortisone Cream 1 oz. | 15 | \$4.25 |
| 0251 | Generic Tinctin Foot Cream .5 oz. | 15 | \$4.25 |
| 0255 | Gen Acne Benzoyl Peroxide 1 oz. | 15 | \$4.25 |
| 0273 | Chapel Lip Balm | 15 | \$1.75 |
| 0280 | Ultra Sunblock Ltn Spf 30 4 oz. | 15 | \$4.85 |
| 0320 | Magic Smooth Shave Cream 6 oz. | 15 | \$4.55 |
| 0355 | Shampoo w/ Aloe-Ginseng 15 oz. | 15 | \$2.75 |
| 0358 | Almond w/ Shea Butter Conditioner 15oz | 15 | \$2.75 |
| 0362 | Dandruff Shampoo 15 oz. | 15 | \$2.75 |
| 0379 | Anti-Shank Razor | 15 | \$0.99 |
| 0400 | Irish Spring 3.2oz | 15 | \$1.45 |
| 0410 | Ivory Soap Bar 3.1 oz. | 15 | \$1.25 |
| 0424 | Next 1 Moisturizing Soap Bar 5 oz. | 15 | \$1.20 |
| 0426 | Next 1 Sport Bar Soap 5 oz. | 15 | \$1.35 |
| 0440 | Dove Soap Bar 3.17oz | 15 | \$3.25 |
| 0444 | Neutrogena Soap 3.5 oz. | 15 | \$5.85 |
| 0490 | Hinged Soap Dish | 15 | \$0.70 |
| 0500 | Mouthwash Mint 6 oz. | 15 | \$1.55 |
| 0527 | Crest Tartar Control 4.6oz | 15 | \$5.60 |
| 0530 | Cool Wave Clear Toothpaste 4 oz. | 15 | \$3.50 |
| 0538 | Freshmint Toothpaste 2.75 oz. | 15 | \$1.30 |
| 0562 | Toothbrush 4" | 15 | \$0.32 |
| 0595 | Effergrip 2.5 oz. | 15 | \$4.60 |
| 0760 | Cotton Swabs 100 CT | 15 | \$1.25 |
| 0773 | Tampax 10PK | 15 | \$3.10 |
| 0800 | 5" Comb | 15 | \$0.45 |
| 0821 | Palm Brush | 15 | \$0.80 |
| 0825 | Small Afro Pick | 15 | \$0.55 |
| 0855 | Ponytail Holder | 15 | \$0.55 |
| 1430 | Washcloth White | 15 | \$0.75 |

| MEDICATION | | | |
|------------|-------------------------|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 0583 | Gen Ibuprofen 2PK | 12 | \$0.45 |
| 0614 | Gen Tylenol 2PK | 12 | \$0.45 |
| 0642 | Turns Orig - 1 Roll | 15 | \$1.15 |
| 0662 | Allergy Tablets 24CT | 10 | \$3.25 |
| 0671 | Cherry Cough Drops | 15 | \$1.50 |
| 0681 | Vitamins w / Iron 90 CT | 1 | \$4.30 |

| PHONE TIME - \$30 MAX ORDER PER WEEK | | | |
|--------------------------------------|---------------------|----------------|--------|
| Item # | Description | Limit Per Week | Price |
| 9804 | Phone Time - \$5.00 | \$30 | \$5.00 |
| 9805 | Phone Time - \$1.00 | \$30 | \$1.00 |

Sales Tax for Non-Food items: 8%
All Sales Are Final

Family and Friends can send gift packages by visiting
www.SantaBarbaraPackages.com or calling 1(800) 546-6283



APPENDIX C

Aramark "Cycle Menu Nutritional Analysis

January 1, 2013 (Week 1 sample)



Cycle Menu - Weekly Nutritional Analysis

1/31/2013 11:07AM

Profit Center: NOSS - VP
 Location: Downers Grove Regional Office
 Service Area: NOSS Main (template only)
 Menu Name: Santa Barbara, CA; 2500 Cal; Revised: 1/30/13 KC
 Age Group: Male/Female Age 19-50 Years Old DRI-RDA

Period: All Week: 1 Avg. Method: Weighted Blank cells represent missing (unknown) nutrient values.

| | Pro | CHC | Fat | Fiber (g) | Na (mg) | Vit A (RAE) | SFA (g) | Vit C (mg) | Vit B1 (mg) | Vit B2 (mg) | Na (mg) | Vit B6 (mg) | Fola (mcg) | Vit B12 (mcg) | Ca (mg) | P (mg) | Fe (mg) |
|-----------|--------------|-------------------|-------------------|-----------|---------|-------------|---------|------------|-------------|-------------|---------|-------------|------------|---------------|---------|--------|---------|
| | Calories (g) | % of Calories (g) | % of Calories (g) | Chol (mg) | | | | | | | | | | | | | |
| Std. | 2900 | 56.0 | 350.0 | 96.0 | <= 0.00 | 300.0 | 25.00 | 400.0 | 90.00 | 1.30 | 16.00 | 1.30 | 400.00 | 2.40 | 1000.0 | 700.0 | 18.00 |
| Day: 1 | 2407 | 94.8 | 311.6 | 87.0 | 32.6 | 492.4 | 23.64 | 4887 | 314.67 | 2.22 | 25.36 | 2.19 | 516.03 | 6.12 | 1381.8 | 1613.7 | 29.83 |
| Var. | (393.2) | 38.8 | (38.4) | (8.0) | 32.6 | 192.4 | (1.46) | 687 | 224.67 | 1.02 | 9.36 | 0.89 | 116.03 | 3.72 | 381.8 | 913.7 | 6.33 |
| % of Std. | 86.0 | 168.2 | 89.0 | 91.6 | | 64.1 | 94.16 | 117 | 349.63 | 185.20 | 158.49 | 188.31 | 129.01 | 254.79 | 138.2 | 230.5 | 132.38 |
| Day: 2 | 2401 | 92.9 | 341.1 | 77.1 | 28.9 | 133.7 | 40.10 | 5108 | 246.75 | 2.07 | 25.34 | 2.62 | 724.56 | 6.29 | 1661.8 | 1538.9 | 26.94 |
| Var. | (398.7) | 36.9 | (8.9) | (17.9) | 28.9 | (7.47) | 15.10 | 1108 | 156.75 | 0.87 | 9.34 | 1.32 | 324.56 | 3.89 | 661.8 | 838.9 | 7.94 |
| % of Std. | 85.8 | 165.8 | 97.5 | 81.2 | | 44.6 | 160.41 | 128 | 172.35 | 181.92 | 158.36 | 201.54 | 181.14 | 262.00 | 166.2 | 219.8 | 143.55 |
| Day: 3 | 2500 | 86.9 | 344.1 | 88.9 | 32.0 | 100.5 | 28.62 | 3776 | 196.13 | 2.00 | 22.35 | 1.38 | 401.52 | 4.84 | 1405.1 | 1281.9 | 24.39 |
| Var. | (300.2) | 33.9 | (5.9) | (6.1) | 32.0 | (8.96) | 3.62 | (22.4) | 106.13 | 0.80 | 6.35 | 0.08 | 1.52 | 2.44 | 405.1 | 581.9 | 6.39 |
| % of Std. | 89.3 | 160.5 | 98.3 | 93.6 | | 33.5 | 114.46 | 94 | 217.92 | 167.00 | 139.68 | 106.31 | 100.38 | 201.83 | 140.5 | 183.1 | 138.91 |
| Day: 4 | 2526 | 106.4 | 360.8 | 71.9 | 35.6 | 508.7 | 46.02 | 3800 | 288.87 | 1.99 | 22.21 | 2.29 | 831.96 | 5.72 | 1722.3 | 1709.3 | 29.28 |
| Var. | (274.1) | 53.4 | 10.8 | (23.1) | 35.6 | 208.7 | 21.02 | (200) | 198.87 | 0.79 | 1.42 | 0.99 | 431.96 | 3.32 | 722.3 | 1009.3 | 11.28 |
| % of Std. | 90.2 | 196.4 | 103.1 | 76.7 | | 169.6 | 184.08 | 95 | 320.97 | 165.50 | 138.83 | 176.15 | 207.99 | 238.17 | 172.2 | 244.2 | 162.94 |
| Day: 5 | 2496 | 91.4 | 331.6 | 92.9 | 33.5 | 132.9 | 31.30 | 4318 | 272.87 | 2.39 | 28.67 | 2.27 | 464.53 | 6.52 | 1410.8 | 1442.0 | 25.11 |
| Var. | (301.5) | 36.4 | (18.4) | (2.1) | 33.5 | (167.1) | 6.30 | 318 | 182.87 | 1.19 | 12.67 | 0.97 | 64.53 | 4.12 | 410.8 | 742.0 | 7.11 |
| % of Std. | 89.2 | 165.3 | 94.7 | 97.8 | | 44.3 | 125.19 | 108 | 303.19 | 199.42 | 179.18 | 174.54 | 116.13 | 271.67 | 141.1 | 206.0 | 139.47 |
| Day: 6 | 2544 | 106.4 | 377.9 | 70.3 | 34.9 | 120.5 | 53.13 | 4527 | 211.08 | 2.24 | 25.11 | 2.78 | 1008.00 | 8.25 | 1772.2 | 1814.3 | 29.56 |
| Var. | (255.6) | 63.4 | 27.9 | (24.7) | 34.9 | (179.5) | 28.13 | 527 | 121.08 | 1.04 | 9.11 | 1.48 | 808.00 | 5.85 | 772.2 | 1114.3 | 11.56 |
| % of Std. | 90.9 | 196.4 | 108.0 | 74.0 | | 40.2 | 212.50 | 113 | 186.75 | 181.65 | 156.93 | 213.77 | 252.00 | 343.75 | 177.2 | 259.2 | 164.21 |
| Day: 7 | 2644 | 101.9 | 359.9 | 90.1 | 30.7 | 462.8 | 31.68 | 4325 | 247.80 | 2.60 | 31.21 | 2.82 | 733.55 | 7.48 | 1650.8 | 1687.7 | 29.38 |
| Var. | (156.5) | 45.9 | 9.9 | (4.9) | 30.7 | 152.8 | 6.68 | 325 | 157.80 | 1.40 | 15.21 | 1.52 | 333.55 | 5.08 | 650.8 | 987.7 | 11.08 |
| % of Std. | 94.4 | 182.0 | 102.8 | 94.8 | | 150.9 | 126.71 | 108 | 212.51 | 216.33 | 195.07 | 216.69 | 183.39 | 311.63 | 165.1 | 241.1 | 161.53 |

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Cycle Menu - Weekly Nutritional Analysis

1/31/2013 11:07AM

Profit Center: NOSS - VP
 Location: Downers Grove Regional Office
 Service Area: NOSS Main (template only)
 Menu Name: Santa Barbara, CA; 2500 Cal; Revised: 1/30/13 KC
 Age Group: Male/Female Age 19-50 Years Old DRI-RDA

Blank cells represent missing (unknown) nutrient values.

Week: 1 Avg Method: Weighted

Period: All

| | Calories | Pro | CHO | Fat | Fiber (g) | Na (mg) | Vit A (RAE) | SFA (g) | Vit C (mg) | Vit B1 (mg) | Vit B2 (mg) | Nia (mg) | Vit B6 (mg) | Fola (mcg) | Vit B12 (mcg) | Ca (mg) | P (mg) | Fe (mg) |
|-----------|----------|-------|-------|--------|-----------|---------|-------------|---------|------------|-------------|-------------|----------|-------------|------------|---------------|---------|--------|---------|
| | (kcal) | (g) | (g) | (g) | (g) | (mg) | (RAE) | (g) | (mg) | (mg) | (mg) | (mg) | (mg) | (mcg) | (mcg) | (mg) | (mg) | (mg) |
| Std. | 2800 | 56.0 | 350.0 | 95.0 | 25.00 | 4000 | 900.00 | 32.00 | 90.00 | 1.20 | | 16.00 | 1.30 | 400.00 | 2.40 | 1000.0 | 700.0 | 18.00 |
| Avg. | 2503 | 98.5 | 346.7 | 82.6 | 38.34 | 4363 | 1,469.13 | 25.00 | 254.02 | 2.22 | 2.54 | 25.75 | 2.34 | 669.56 | 6.46 | 1572.1 | 1894.0 | 26.81 |
| Std. | 2800.0 | 56.0 | 350.0 | 95.0 | 25.00 | 4000 | 900.00 | 32.00 | 90.00 | 1.20 | | 16.00 | 1.30 | 400.00 | 2.40 | 1000.0 | 700.0 | 18.00 |
| Var. | (297.2) | 42.5 | (3.3) | (12.4) | 11.34 | 363 | 569.13 | (7.00) | 164.02 | 1.02 | 1.24 | 9.75 | 1.04 | 268.56 | 4.06 | 572.1 | 884.0 | 8.81 |
| % of Std. | 89.0 | 176.0 | 99.1 | 87.0 | 149.36 | 109 | 163.24 | 78.12 | 282.25 | 134.64 | 156.42 | 160.93 | 179.62 | 167.15 | 269.12 | 157.2 | 226.3 | 148.94 |

Amounts in red include missing (unknown) nutrient values.

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