























5.4. School Nutrition and breakfast programs

All school nutrition and breakfast programs must comply with food and drink categories. A large variety of food and drinks from the **GREEN - ALWAYS ON THE MENU** category must be available every day and be the main choices on the menu. Any food or drinks categorised as **RED - NOT ON THE MENU** must not be sold or provided to students.

NUTRIENT CRITERIA - TABLE 1				
Table 1: Hot food items and processed meats assessed per 100g				
Category	Nutrient Criteria			
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	
Savoury pastries, filled breads, pizzas, oven-baked potato products, dim sims, spring rolls	1000kJ or less	5g or less	400mg or less	
Savoury snack food, biscuits, crisp breads and crisps	600kJ or less	2g or less	200mg or less	-
	Energy must be 1800kJ or less per 100g			

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NUTRITION INFORMATION			
SERVINGS PER PACKAGE: 8	SERVING SIZE: 25 g		QUANTITY PER 100 g
	QUANTITY PER SERVING	% DAILY INTAKE * (PER SERVING)	
ENERGY	493 kJ	5.7%	1,970 kJ
PROTEIN	1.9 g	3.8%	7.5 g
FAT, TOTAL	4.9 g	7.0%	19.6 g
- SATURATED	1.0 g	4.2%	4.0 g
CARBOHYDRATE	16.1 g	5.2%	64.2 g
- SUGARS	1.7 g	1.9%	6.9 g
DIETARY FIBRE	0.8 g	2.7%	3.0 g
SODIUM	216 mg	9.4%	866 mg

\* BASED ON AN AVERAGE ADULT DIET OF 8700 KJ.  
ALL VALUES CONSIDERED AVERAGES UNLESS OTHERWISE INDICATED



Chicken Crimpy - Falls into Red

Sausage Roll **Pastry** Puff and short-crust pastry.

NUTRITION INFORMATION		
AVERAGE QTY.	PER SERVE	PER 100g
SERVINGS PER PACKAGE: 1	SERVING SIZE: 150g	
ENERGY	1640kJ (391Cal)	1090kJ (261Cal)
PROTEIN	10.2g	6.8g
FAT, TCTAL	21.7g	14.5g
- SATURATED	11.9g	7.9g
CARBOHYDRATE	38.2g	25.5g
- SJGARS	6.6g	3.4g
SODIUM	888mg	592mg





















## Vending machine at corrections centre

10667		35	15		
10649	Almond Natural 45g	36	15		
10634	Delicious Energy mix	37	18		
10650	healthy Mix45g	38	18		
10507	Coke No Sugar	40	6		
10507	Coke No Sugar	41	6		
10507	Coke No Sugar	42	6		
10507	Coke No Sugar	43	6		
10507	Coke No Sugar	44	6		
10507	Coke No Sugar	45	6		
10507	Coke No Sugar	46	6		
10507	Coke No Sugar	47	6		
10773	Diet Coke 390ml	50	6		
10773	Diet Coke 390ml	51	6		
10773	Diet Coke 390ml	52	6		
10773	Diet Coke 390ml	53	6		
10773	Diet Coke 390ml	54	6		
10773	Diet Coke 390ml	55	6		
10773	Diet Coke 390ml	56	6		
10773	Diet Coke 390ml	57	6		
10820	Extra Tasty cheese	60	6		
10567	Water Spring	61	6		
10568	Iced Coffee	62	6		
10568	Iced Coffee	63	6		
10568	Iced Coffee	64	6		
10569	Iced Chocolate	65	6		
10569	Iced Chocolate	66	6		
10569	Iced Chocolate	67	6		



## NT Correctional Services Directive

2.8.19 PRISONER FOOD AND NUTRITION		
TRM Reference		
Directive Approver	Signature	
	Name & Title	David Thompson Acting Commissioner
	Date	August 2020
Principal Directive Owner	Deputy Commissioner Custodial Operations Directive Programs, Services & Improvements	
Directive Responsibility	Custodial Operations	
Implementation Responsibility	Deputy Commissioner Custodial Operations	
Directorates Impacted	Custodial Operations	
<b>Authority (Enabling Act or Regulation)</b>		
Sections 18, 19, 21, 36, and 205 of the <i>Correctional Services Act 2014</i> Correctional Services Regulation 23 (a)		
<b>Associated Documents</b>		
NTCS Medical Certificates Directive 2.8.15 NTCS Health Promoting Policy V1 Department of Health Medical Diets Prison Health Guideline Standard Guidelines for Corrections in Australia 2018 National Health and Medical Research Council Australian Dietary Guidelines National Health and Medical Research Council Australian Guide to Healthy Eating Healthy Choices Made Easy –Department of Health (NT) Menu Review: Darwin Correctional Centre 2019 Menu Review: Alice Springs Correctional Centre 2019 <i>Northern Territory Food Act 2004</i> Australian and New Zealand Food Standards Code – Chapter 3 Food Safety Standards Medical Diets Prison Health Guideline The <b><i>Australian and New Zealand Food Standards Code (Food Standards)</i></b> , as referred to by the <b><i>NT Food Act</i></b> , provides accepted standards in the storage, preparation and handling of foods.		

### Document Version Control

Version	Effective Date	Reason for Update
V.1	August 2020	Initial Directive Release

<b>Next Review Date</b>	August 2022
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## 1 Directive

- 1.1 NTCS will ensure prisoners are provided with food of sufficient quantity and quality to maintain the prisoners in good health.

## 2 Purpose

- 2.1 To provide nutritional standards for NTCS correctional centres and has been written in accordance with the Standard Guidelines for Corrections in Australia 2018 outlining the basic requirements for clean drinking water, adequate nutritional food provision and special dietary foods.

## 3 Links to Operational Philosophy

- 3.1 This directive is consistent with the elements of care and wellbeing as outlined in the Operational Philosophy.

## 4 Scope

- 4.1 This directive applies to Alice Springs and Darwin Correctional Centres.

## 5 Definitions

**buys** means food and drink items available to prisoners for purchase on-site in correctional centres. This includes vending machines, kiosks, shops and manual buys lists.

**Food Services staff** means the Chief Industries Officer (CIO) Food Services, Senior Industries Officers (SIO's), and all other employees involved in correctional centre food provision.

**dietitian** means a person with a qualification in nutrition and dietetics who is eligible for Accredited Practising Dietitian status through the Dietitians Association of Australia. The dietitian applies the science of human nutrition to the feeding and education of groups of people and individuals in health and disease.

**Northern Territory Food Safety Standards** means the accepted standards in the storage, preparation and handling of foods.

**special diets** means diets required for a number of reasons but there are two different pathways to request these.

**medical diets** means diets, relating to a valid diet health issue, recommended through the Health Centre and supported with a medical chit to Food Services and includes soft, maternal (pregnancy / breastfeeding), dialysis and allergies.

**Special diets**, including religious and cultural diets, requested by a prisoner include; vegetarian (containing egg and dairy), Muslim (halal), Hindu (predominantly lacto-vegetarian), Sikh, and Jewish (kosher) diets. Prisoners may request these on entry at reception or later through correctional centre staff. Diet preference requests are not managed by Primary Health Care.

## 6 Roles and Responsibilities

- 6.1 The Deputy Commissioner Custodial Operations is responsible for the management of this directive.

## 7 Procedures

7.1 Within the context of health promotion and food safety, NTCS aims to:

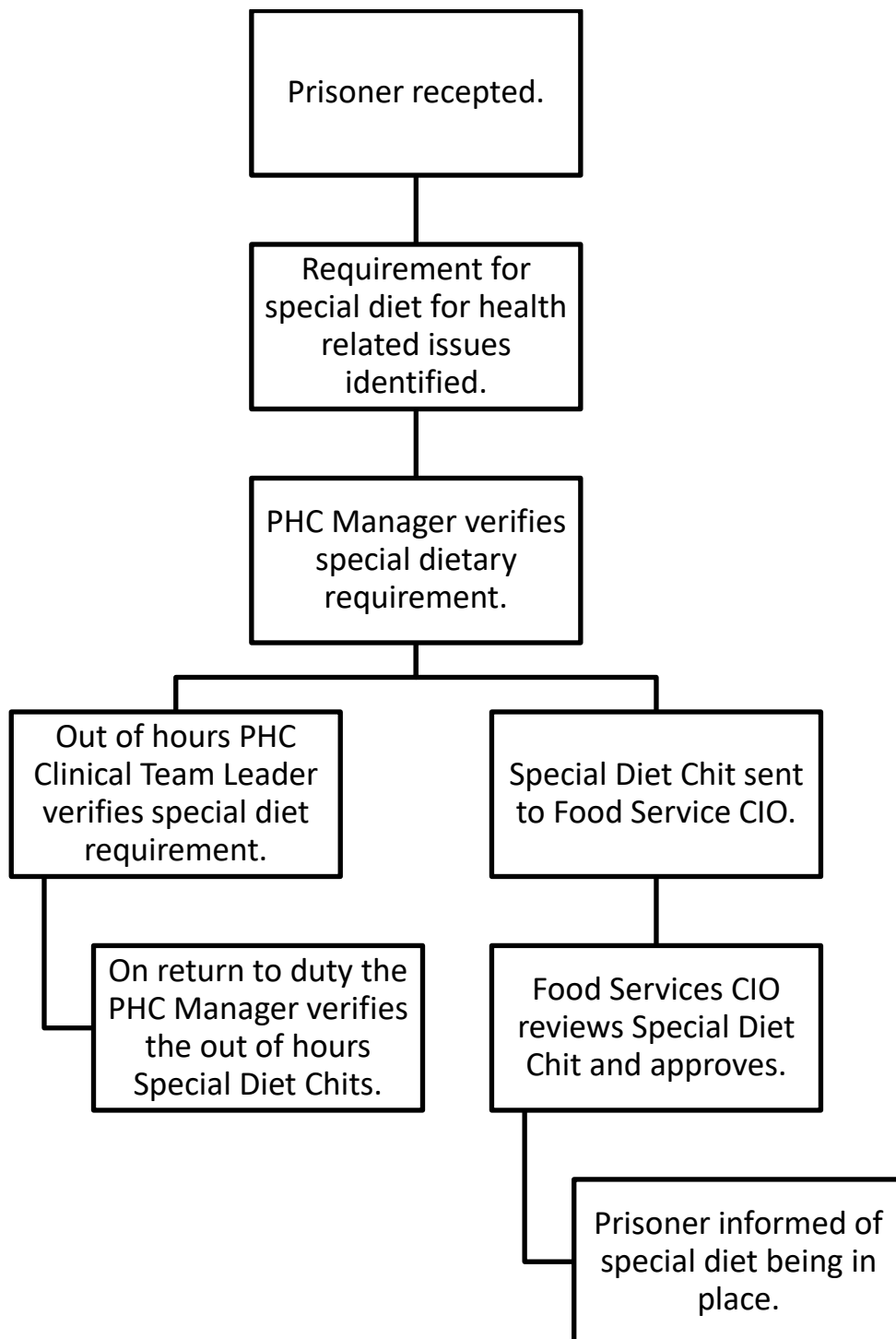
- a. Ensure the provision of supplying nutritious food for prisoners as guided by the Australian Dietary Guidelines. The standard diet and special diets are to meet 100% of an average prisoner's nutritional requirements, by meeting target serves of all food groups in the Australian Guide to Healthy Eating (AGHE);
- b. Comply with the Northern Territory Food Safety Standards in the storage, preparation and handling of foods;
- c. To the best of food services ability, respond appropriately to the dietary / nutritional / health requirements of prisoners due to medical, religious or cultural reasons. Special medical diets are underpinned by evidence-based nutrition guidelines; and
- d. Promote healthy choices in the prison environment by ensuring consistent access to nutritious foods and drinks through the 'buys' scheme.

## 7.2 Reception

7.2.1 When a prisoner is received in a Northern Territory correctional facility the following will occur:

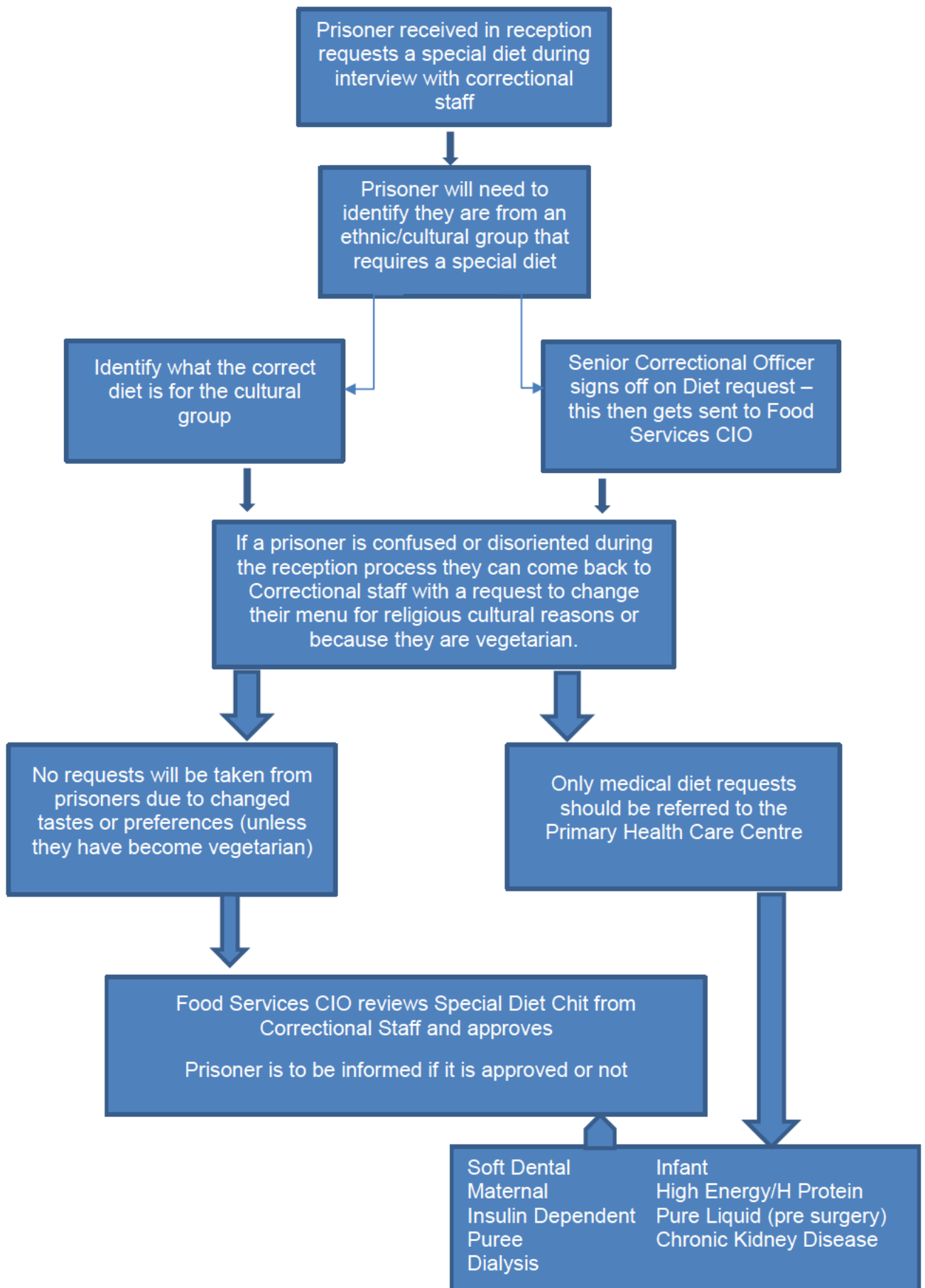
- a. Reception staff will note on reception of the prisoner any special dietary requirements that may pertain to religious or cultural practices. This will be recorded on the prisoner's file (IOMS) and a notification forwarded to the Food Services CIO to be transmitted.
- b. Medical staff will assess for any special dietary health requirements for valid medical reasons on their first medical visit, consistent with DoH Medical Diets Prison Health Guideline. Confirmation of a medical condition may be required. This will be recorded on the prisoner's medical file (PCIS) and a medical chit approved only by the Centre Manager or delegate. The medical chit is then forwarded to the Food Services CIO for approval and implementation. The only diets health staff will authorise are those directly relating to a valid health issue. Medical diets are not to be approved on the basis that a prisoner does not like a particular food.
- c. If a prisoner is received when the Primary Health Care Manager is absent outside of Health Centre hours the Clinical team Leader has the delegation to authorise a specific diet for a defined medical reason, i.e. nut allergy, and send a request immediately to the kitchen in the absence of the Primary Health Care Manager. This will be reviewed by the Primary Health Care Manager on their return to duty.
- d. Training and information to be given to all new NTCS and Medical staff in relation to special diets and associated request processes during their respective orientation.

### Process Flowchart – Medical Diets





Process Flowchart – Special Diets



## 7.3 Menu Development

- 7.3.1 Food services staff are responsible for the menu development and will consult with a dietician on an annual basis to ensure the menu conforms to the Australian Dietary Guidelines. This is inclusive of:
- a. Food services staff will develop rotating menus of at least 2- 4 weeks cycle length. The menus will be revised and updated annually.
  - b. Recipes are documented for all lunch and dinner meals provided in the standard diet and all special diets.
  - c. To the best of Food Services ability, the menus should meet allocated budgets, use locally available products, meet nutritional requirements and try to provide an adequate variety of healthy food groups.
  - d. Food preparation and distribution
- 7.3.2 It is important to understand the proper food preparation methods and hygiene regulations, this is also to ensure that contamination is contained and food is served adequately, this includes:
- a. Providing food preparation and hygiene regulations education and training for prisoners who are involved in food preparation and complete quality assurance checks to ensure required food standards are being met.
  - b. Ensuring three meals are provided daily at times which are consistent with normal breakfast, lunch and dinner times.
  - c. Ensuring that all meals are prepared in accordance with health and hygiene regulations, are reasonably portioned and comply with standardised meal portions, are palatable for the general cohort and are stored and served in accordance to food preparation and hygiene regulations.

## 7.4 Special Diets

- 7.4.1 Special diets are to be reviewed every two years. The menus to be reviewed collectively between the correctional centres. At a minimum there should be a dietician review annually.
- 7.4.2 Decisions about placing prisoners on culturally appropriate or religious diets are made by NTCS staff on reception or later through a special request. Where appropriate the chaplain can be consulted.
- 7.4.3 Any requests for vegetarian diets, low fat, lactose intolerance and dietary requests due to religious or cultural reasons are to be made through correctional staff. These requests may be approved by the General Manager or delegate.

## 7.5 Medical Diets Available

Special Medical Diets	Description of Diet	Rationale for Request
<b>Soft Dental</b>	Foods which are either naturally soft or may be cooked or cut to alter texture. The addition of sauce or gravy may be required to increase the moisture content. Food should be easily broken into pieces no bigger than 1.5 cm x 1.5 cm.	Dental reasons:  2 weeks post traumatic dental extraction, and may be considered if a client is awaiting full dentures.  Post jaw surgery  Not suitable for dysphagia
<b>Smooth pureed</b>	Foods that are smooth and lump free but may have a grainy quality. Foods should be moist and cohesive enough to hold their shape on a spoon. A blender, vitamiser or food processor will be required to produce foods of this texture.	Post jaw surgery
<b>Maternal</b>	Standard diet with additional bread serve and larger meat serve in evening. No processed meats, soft cheeses, reheated meals, uncooked eggs. Meets 100% of Australian Dietary Guidelines for pregnancy.	Pregnant women  Breastfeeding women
<b>Insulin-dependent diabetic</b>	Standard diet, with supper provided  (½ sandwich or 1 fruit) to prevent hypoglycaemia	Insulin dependent diabetes
<b>High Energy High Protein</b>	Standard diet, with standard list of extras.  Medically scripted supplement (e.g. Sustagen) may also be required, following dietetic review.	BMI <17 or increased energy/protein requirements due to disease state, with EER >10,000kJ/day.
<b>Infant</b>	Specially prepared foods which are of the appropriate texture for the infant's age. If 6-7 months: smooth pureed; 8-12months: mashed with soft lumps. Foods are to contain no added salt or sugar.	Infant aged 6-12months.

Special Medical Diets	Description of Diet	Rationale for Request
Chronic Kidney Disease (CKD) Stage 4 & 5	High energy, low protein diet. Protein sources of high biological value.	CKD, Stage 4
Dialysis	Low sodium; moderate phosphate and potassium; high protein diet.	Haemodialysis

## 7.6 Buys

- 7.6.1 Prisoner buys lists must adhere to the NT Department of Health Healthy Choices Made Easy guidelines, which includes a traffic light system to categorise foods and drinks as red, amber or green according to their health implications.
- 7.6.2 Prisoner Buys are not considered as part of the energy targets as outlined by the DoH Dietitians.
- 7.6.3 Prisoners are able to access a wide range of healthy choices, with products in any buys scheme aiming to be > 30% 'green' items, and ≤ 20% 'red' items, as per the Health Choices Made Easy NT Guidelines.
- 7.6.4 Healthy choices are to be promoted using
  - a. a lower price mark-up for 'green' items to encourage healthy options and lifestyle; and
  - b. optimal nutritional valued product placement in vending machines and kiosks where possible.
- 7.6.6 No 'red' drinks will be provided on site, including sugar sweetened soft drinks, iced teas and sports drinks.

## 7.7 Compliance

- 7.7.1 It is the responsibility of the respective General Manager to reinforce this directive and recommendations made by dietitians in the correctional centre, however, all custodial staff are required to adhere to the directive.
- 7.7.2 An annual inspection of Food Services will be completed by NT Government Environmental Health Officer to assess the safety, preparation and service of foods.
- 7.7.3 Buys available are to be audited annually by a dietitian against the Health Choices Made Easy Guidelines.

## **8 Directive Evaluation and Review**

### **8.1 Evaluation**

The Deputy Commissioner Custodial Operations in consultation with the Compliance and Performance Review Committee will be responsible for the evaluation of this directive.

### **8.2 Review**

This Directive is effective from August 2020 and its scheduled review should occur on or before August 2022.

## **9 Appendices (if applicable)**

- Nil

----- **End of Directive** -----