**Section 702.110 Food Services**

a) Introduction

1) Food is a staple of life, but it assumes a greater significance to youth in detention than when free in the community. The unavailability of between-meal snacks creates an added craving for food.

2) The food service program requires three full meals per day, served at reasonable intervals, adequate in quantity and nutritional value, and attractively prepared. Careful planning of menus and competent supervision in food preparation is required.

b) Minimum Standards

1) Meal and Food Service

Detention facilities shall provide meals and food service that conform to the following:

A) Food must be of sufficient nutritional value and provide a daily minimum of 2,500-3,000 calories. Food shall not be used as a reward or withheld as a disciplinary measure.

B) Food quantity must be sufficient to satisfy, within reason, a youth's needs.

C) Meals shall be provided at reasonable and proper intervals, i.e., adhering to recognized breakfast, lunch, and dinner schedules. No more than 14 hours shall elapse between the serving of evening and breakfast meals, if no bed snack is allowed.

D) Three complete and balanced meals shall be served each youth for each 24 hours of detention.

E) A drink, in addition to water, shall be available with each meal and milk shall be available for at least two meals during each 24 hours of detention.

F) Special diets shall be adhered to when prescribed by a physician.

2) Method of Providing Food Service

Food preparation sources must meet the conditions and requirements, including license, established by the Illinois Department of Public Health (77 Ill. Adm. Code 750). The superintendent may elect to provide meals and food service by one or more of the following methods:

A) Food preparation and service in an on-site kitchen with a food service staff who are employees of the facility.

B) Contract for catered food service.

3) Menus

Menus shall be preplanned and copies of the menu served shall be maintained for a period of three months. The menu shall be diversified so as to avoid the monotony of a standardized diet.

4) Portion or Serving

A portion or serving shall be defined as a quantity which looks good on the plate or tray and is satisfying to the majority.

5) On-Site Food Preparation and Service, Facility Provided

Food service shall be in compliance with the rules and regulations of the Illinois Department of Public Health and shall conform to the following:

A) The detention cook or kitchen staff must be familiar with security aspects of detention operation and effective in training and supervising youth in food services.

i) Youth assigned to food service must undergo a physical examination and be certified free of communicable diseases.

ii) Personal appearance, whether employee or youth, must be inspected regularly.

iii) Youth working in food services shall be required to bathe daily and be provided with clean clothing daily.

B) A heated or insulated cart capable of transporting containers of food, drink, and eating utensils shall be utilized when the serving or dining area is a significant distance from the kitchen and food temperature would not otherwise be maintained.

C) Meals shall be attractively served and conducted in a group setting.

D) Food and drink while being stored, prepared, displayed, served or transported shall be protected from contamination by insects or foreign substances.

E) Divided or compartmented trays shall be used for full meal service. Food trays, dishes, and eating utensils shall be removed from the dining room soon after the meal is finished and returned to the kitchen for proper washing and sterilizing or disposal.

F) Ranges, stoves, and ovens shall be equipped with an accurate thermostat or temperature gauge.

G) A mechanical dishwasher, meeting Illinois Department of Public Health standards is preferred, but in its absence:

i) A three-compartment stainless steel sink with drainboard is required: one compartment for washing, 110° F water containing adequate soap or detergent; one compartment for rinsing; and one compartment for sterilization, with the water temperature no less than 170° F or sterilization using a sanitizing agent.

ii) Dishes, trays, and eating utensils shall be drain dried and not wiped dry.

H) Dry stores such as flour, cereal, dried beans, peas, coffee, and canned goods shall be stored in a cool, dry, and well-ventilated area, screened or otherwise protected against insects and rodents.

i) Containers used to store dry bulk quantities shall be lined with or have the interior coated with an acceptable impervious substance or plastic.

ii) Fresh fruits, vegetables, dairy products, meats, and frozen food shall be refrigerated in accordance with Illinois Department of Public Health standards. All refrigerators and freezers shall be equipped with an accurate thermometer. Frozen food shall be kept at or below 0º F. All perishable foods shall be stored at such temperature as will protect against spoilage (no higher than 45º F).

6) Staff Meals

Staff members shall be served meals no different in quality, quantity or menu than that served to youth.

7) Toilet Facilities

Toilet and washbasin facilities shall be available to food service personnel in the vicinity of the food preparation area.

c) Recommendations

1) A light snack should be available to youth prior to bedtime.

2) Fruit juices and/or fresh fruit should be provided frequently.

3) Apportioning of food by youth should be supervised by staff members to ensure that favoritism or careless serving is eliminated.

4) Meals should be served family-style with a supervisor seated at the same table with youth.

5) Youth should not be allowed to store food in their rooms.

(Source: Amended at 12 Ill. Reg. 12340, effective October 1, 1988)