

10-2-2011

SundayBetween The Bars

Blog Readers!

Hello!

→ I'll post ~~more~~
more menus soon!



Firstly, Saday, thanks for your interest of prison nutrition issues. I've enclosed some stuff that based on prison dietary rules

- ① Title 15 - article 4 pages 42-45 Food Services
- ② Spoiled Milk Complaint to staff
- ③ Canteen order form / list of items / prices
- ④ Article of 'Religious Diet' court victory
- ⑤ Why do we love sweets? Cause it makes you feel highly good!
- ⑥ Quarterly Package - every 3 mos. each convict is allowed to get
→ 30 lb package of goodies from certain 'approved' vendors.
→ my last package.
- ⑦ Prison Food Sale: every 3 mos. we are allowed to raise money for charity via "food sale."

To Saday - if you have any specific questions on 'prison food' just ask.

HOPE to hear from someone, Anyone! 😊

Michael
Manjeet Singh

p2 of 12

State of California
California Code of Regulations
Title 15. Crime Prevention and Corrections



Division 3
Rules and Regulations of
Adult Institutions, Programs and Parole
Department of Corrections and Rehabilitation

Handwritten notes and signatures on the right side of the page, including a signature at the top and several lines of text below.

Updated through January 1, 2011

p3812 please scan this side

Article 4. Food Services

3050. Regular Meals.

(a) Each inmate shall be provided a wholesome, nutritionally balanced diet. Nutrition levels shall meet the Recommended Dietary Allowances and Dietary Reference Intakes as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Science.

(1) Inmates confined in segregated housing shall be served food representative of that being served to general population inmates. Food shall not be withheld nor standard menu varied as a disciplinary sanction for any inmate.

(2) Inmates shall be provided three meals each day, two of which shall be served hot. Variations to the two hot meals per day requirement may be allowed to accommodate religious observances, religious meal programs, and institution emergencies. The breakfast meal shall be served not more than 14 hours following the previous day's evening meal.

(3) Pregnant inmates shall receive two extra eight ounce cartons of milk or a calcium supplement if lactose intolerant, two extra servings of fresh fruit, and two extra servings of fresh vegetables daily. A physician may order additional nutrients as necessary.

(b) Facility menus shall be prepared at least one week in advance and posted in locations accessible to all general population inmates. Inmates in segregation housing shall, upon request, be provided a weekly menu.

NOTE: Authority cited; Section 5058, Penal Code. Reference: Sections 2084 and 5054, Penal Code.

HISTORY:

1. Amendment filed 2-24-77; effective thirtieth day thereafter (Register 77, No. 9).
2. Amendment filed 2-8-88; operative 3-9-88 (Register 88, No. 7).
3. Amendment of article heading and section filed 12-18-91 as an emergency; operative 12-18-91 (Register 92, No. 4). A Certificate of Compliance must be transmitted to OAL 4-16-92 or emergency language will be repealed by operation of law on the following day.
4. Editorial correction of History 2. (Register 92, No. 4).
5. Certificate of Compliance as to 12-18-91 order transmitted to OAL 4-15-92 and filed 5-26-92 (Register 92, No. 22).
6. Amendment of subsection (a)(2) filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).
7. Amendment of subsection (a) and new subsection (a)(3) filed 3-6-2008; operative 4-5-2008 (Register 2008, No. 10).

3051. Use of Pork or Pork Derivatives.

(a) Pork or Pork derivatives may be part of meals within camp settings outside Institutions.

(b) Each menu food item containing pork or prepared in or seasoned with a pork derivative (including use of a shortening containing a pork product) shall be identified on the menu with a "P". Unless it can be determined with certainty that a food item does not contain pork or a pork derivative, that item shall be identified with an asterisk (*). A pork-free protein alternate shall be offered to those inmates who do not eat pork because of religious reasons.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Sections 2084 and 5054, Penal Code.

HISTORY:

1. Amendment of section filed 12-18-91 as an emergency; operative 12-18-91 (Register 92, No. 4). A Certificate of Compliance must be transmitted to OAL 4-16-92 or emergency language will be repealed by operation of law on the following day.
2. Certificate of Compliance as to 12-18-91 order transmitted to OAL 4-15-92 and filed 5-26-92 (Register 92, No. 22).
3. Editorial correction of subsection (c) (Register 95, No. 42).

4. Amendment of section and Note filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).

3052. Health and Safety Standards.

(a) Standards for sanitation shall meet the requirements set forth in Health and Safety Code (H&SC) Sections 113945 through 114259.4 (California Retail Food Code (CFC)).

(b) An inspection of the food service area of each institution/camp shall be conducted at least once a year by the Department Food Administrator, Central Office, and/or a Department of Health Services' Environmental Health Specialist.

(c) The institution head or their designee shall conduct sanitation inspections of the institution/camp kitchens at least once a month to ensure compliance with the standards set forth in this section.

(d) Cooks and culinary officers shall conduct daily sanitation inspections of all workers who handle food to ensure cleanliness, proper attire, and the absence of open sores or any condition that may contaminate food.

(e) No person shall be assigned to handle food until instructed on the standards for sanitation as set forth in CFC, and on all requirements of this section.

(f) Food handlers shall keep their hands and fingernails clean, wear nets or caps entirely covering their hair, wear clean garments, and conform to and comply with CFC. A hand washing requirement sign shall be posted in each restroom used by on-duty food service workers.

(g) No inmate shall be assigned to the food service area until medically cleared to handle food.

(h) An inmate food handler with any condition which may contaminate food shall be referred to the medical department for examination and shall not return to work in the food service area until medically cleared.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Section 5054, Penal Code; and Sections 113945 through 114259.4, Health and Safety Code.

HISTORY:

1. Amendment of section filed 12-18-91 as an emergency; operative 12-18-91 (Register 92, No. 4). A Certificate of Compliance must be transmitted to OAL 4-16-92 or emergency language will be repealed by operation of law on the following day.
2. Certificate of Compliance as to 12-18-91 order transmitted to OAL 4-15-92 and filed 5-26-92 (Register 92, No. 22).
3. Amendment of section heading, section and Note filed 9-12-95; operative 10-12-95 (Register 95, No. 37).
4. Amendment of subsections (a)-(c) and (e)-(f) and Note filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).
5. Change without regulatory effect amending subsections (a), (e) and (f) and amending Note filed 12-18-2007 pursuant to section 100, title 1, California Code of Regulations (Register 2007, No. 51).

3053. Food for Religious Events.

(a) Inmate religious groups shall not be permitted more than two events each year where foods with religious significance are provided by the institution in place of the regularly planned meal. These event meals must be approved and sponsored by a Chaplain. For the purposes of this article, Chaplain means a local Institution Chaplain, or their designee representing the religious group.

(b) A Chaplain shall decide the two religious events when religious meals are provided. The religious group's request for ceremonial foods shall be directed to the institution head, or designee by the Chaplain at least 30 days, but no more than 90 days before the event, and shall include the following:

- (1) Date and location of the event.
- (2) Proposed menu.

p 4 of 12

please SCAM both sides

TITLE 15

DEPARTMENT OF CORRECTIONS AND REHABILITATION

§ 3054.3

- (3) Number of inmates and/or guest to be served.
- (4) Specific ceremonial foods.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Section 5054, Penal Code.

HISTORY:

1. Renumbering and amendment of former section 3053 to section 3055 and adoption of new section 3053 filed 12-18-91 as an emergency; operative 12-18-91 (Register 92, No. 4). A Certificate of Compliance must be transmitted to OAL 4-16-92 or emergency language will be repealed by operation of law on the following day.
2. Certificate of Compliance as to 12-18-91 order transmitted to OAL 4-15-92 and filed 5-26-92 (Register 92, No. 22).
3. Amendment of section heading and section filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).

3054. Religious Diet Program.

(a) Each institution shall make reasonable efforts, as required by law, to accommodate those inmates who have been determined, pursuant to CCR, Title 15, subsection 3054.4(b)(1), to require a religious diet.

(b) Each institution shall provide ongoing religious awareness training for custody and food service staff, and anyone involved in the Religious Diet Program.

(c) Within an institution, religious meals shall not be restricted from inmates, based on their classification or housing placement. Inmates who are transferred shall have the ability to continue participating in their current Religious Diet Program at the receiving institution, barring medical needs or other extraordinary circumstances.

(d) Medical diets shall take precedence over religious diets.

(e) There shall be at least three distinct religious diet options:

- (1) Vegetarian.
- (2) Jewish kosher.
- (3) Religious meat alternate.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Sections 383b, 5009 and 5054, Penal Code.

HISTORY:

1. New section filed 12-18-91 as an emergency; operative 12-18-91 (Register 92, No. 4). A Certificate of Compliance must be transmitted to OAL 4-16-92 or emergency language will be repealed by operation of law on the following day.
2. Certificate of Compliance as to 12-18-91 order transmitted to OAL 4-15-92 and filed 5-26-92 (Register 92, No. 22).
3. Editorial correction of History Note 1 (Register 95, No. 9).
4. Renumbering of former section 3054 to new section 3056 and new section filed 9-12-95; operative 10-12-95 (Register 95, No. 37).
5. Amendment of section heading, section and Note filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).
6. Amendment of subsections (a), (c) and (e) and new subsection (e)(3) filed 2-2-2010; operative 2-2-2010 pursuant to Government Code section 11343.4 (Register 2010, No. 6).

3054.1. Vegetarian Diet.

Vegetarian meals shall be available at all institutions. Inmates with determined religious, personal, or ethical dietary needs and showing a CDCR Form 3030-B (09/05), Religious Diet Card, which is incorporated by reference, shall be provided with an approved vegetarian protein alternative(s), often from that same day's scheduled meal.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Sections 383b, 5009 and 5054, Penal Code.

HISTORY:

1. New section filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).

2. Change without regulatory effect amending section filed 12-18-2007 pursuant to section 100, title 1, California Code of Regulations (Register 2007, No. 51).
3. Amendment section heading and section filed 2-2-2010; operative 2-2-2010 pursuant to Government Code section 11343.4 (Register 2010, No. 6).

3054.2. Jewish Kosher Diet.

(a) Jewish kosher meals shall be available at designated institutions. Jewish inmates may participate in the program, as determined by a Jewish Chaplain.

(b) Jewish inmates with unmet kosher dietary needs may, when classification is appropriate, be considered for transfer to another institution that can provide the Jewish inmate with a kosher diet.

(c) Jewish inmates shall not give away, trade, or sell a sack meal. Doing so may result in a compliance violation of the Religious Diet Program Agreement.

(d) All institutions will adhere to standardized departmental Jewish kosher diet program menus and approved procedures for purchasing, preparing, and serving kosher meals.

(e) Observance of Passover constitutes a single religious event, requiring kosher for Passover foods to be provided during the eight days of observance.

(f) Each institution shall arrange for ongoing and appropriate training for all inmate workers, and custody and food service employees involved in the supervising, ordering, preparation, and serving of kosher meals.

(g) The Jewish kosher diet program shall be administered in accordance with the provisions of this Article. A Jewish Chaplain shall:

(1) Determine inmate entry into the Jewish kosher diet program, oversee the program, and determine Jewish inmate compliance violations.

(2) Review each institution's Jewish kosher diet program annually and provide results of the review to the Correctional Food Manager (CFM).

NOTE: Authority cited: Section 5058, Penal Code. Reference: Sections 383b, 5009 and 5054, Penal Code.

HISTORY:

1. New section filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).
2. Amendment of subsection (g)(2) filed 2-2-2010; operative 2-2-2010 pursuant to Government Code section 11343.4 (Register 2010, No. 6).

3054.3. Religious Meat Alternate Program.

(a) Religious meat alternates (meat that has been certified as halal) shall be available at all institutions. Muslim inmates may participate in the program, as determined by a Muslim Chaplain or designee Chaplain. Non-Muslim inmates with a religious dietary need may seek participation in the program by submitting to any appropriate Chaplain a CDCR Form 3030 (Rev. 08/09), Religious Diet Request, which is incorporated by reference, for determination by the Religious Review Committee (RRC).

(b) All institutions will adhere to standardized departmental halal meat alternates, and approved procedures for procuring and serving halal meats.

(c) Each institution shall arrange for ongoing and appropriate training for all inmate workers, custody, and food service employees involved in the supervising, ordering, and serving of halal meats.

(d) The religious meat alternate program shall be administered in accordance with the provisions of this Article. A designee Chaplain shall:

(1) Oversee the program and determine inmate compliance violations.

(2) Review each institution's religious meat alternate program annually and provide results of the review to the Correctional Food Manager (CFM).

NOTE: Authority cited: Section 5058, Penal Code. Reference: Sections 383b, 383c, 5009 and 5054, Penal Code.

HISTORY:

1. New section filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).
2. Renumbering of former section 3054.3 to section 3054.4 and new section 3054.3 filed 2-2-2010; operative 2-2-2010 pursuant to Government Code section 11343.4 (Register 2010, No. 6).

3054.4. Participation in a Religious Diet Program.

(a) Any inmate who claims to require a religious diet shall be responsible for completing a CDCR Form 3030, Religious Diet Request, and submitting it to the appropriate institution's Chaplain. No more than 30 calendar days shall pass from the day the Chaplain receives the completed CDCR Form 3030, Religious Diet Request, which results in a determination of program eligibility, to the day an accepted inmate begins receiving the religious meals requested.

(b) The Chaplain shall:

(1) Interview the inmate to explain the three religious diet options, including what the meals consist of.

(2) Determine the inmate's religious diet eligibility, except that the RRC shall determine the eligibility of a non-Muslim inmate to participate in the religious meat alternate program. When a non-Muslim inmate seeks the religious meat alternate program, the Chaplain shall forward the CDCR Form 3030, Religious Diet Request, to the RRC for consideration.

(3) When religious diet program eligibility is determined, explain the department's Religious Diet Program Agreement.

(4) When applicable, have the inmate sign the CDCR Form 3030-A (Rev. 08/09), Religious Diet Program Agreement, which is incorporated by reference, the CDCR Form 3030, Religious Diet Request, and the CDCR Form 3030-D (Rev. 08/09), Religious Diet Program Cancellation Request, which is incorporated by reference. Document an inmate's refusal to sign any religious diet departmental forms.

(5) Complete and distribute the CDCR Form 3030, Religious Diet Request and/or the CDCR Form 3030-A, Religious Diet Program Agreement, within two working days.

(6) Notify the inmate of the decision in writing by copy of their CDCR Form 3030, Religious Diet Request.

(7) Enter pertinent information for each inmate approved to participate in a religious diet program onto a religious diet participant list within 24 hours of approval. Maintain, update the list every 30 days, and provide the CFM with a copy of the list of those inmates who have been determined eligible to receive a religious diet, and which diet they will receive.

(8) Regularly monitor the religious diet lists with Food Service staff to ensure that all inmate religious diet program participants are served their religious dietary meals with minimal delay.

(9) Coordinate with the CFM to determine which dining area will provide the inmate his/her meals.

(10) Provide each approved inmate with a CDCR Form 3030-B, Religious Diet Card. Collect Religious Diet Cards that are no longer valid.

(11) Meet with inmates, giving them the opportunity to respond to allegation(s) of Religious Diet Program Agreement compliance violations, prior to making a determination of continuing eligibility.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Sections 383b, 5009 and 5054, Penal Code.

HISTORY:

1. New section filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).
2. Renumbering of former section 3054.4 to section 3054.5 and renumbering and amendment of section 3054.3 to section 3054.4 filed 2-2-2010; operative 2-2-2010 pursuant to Government Code section 11343.4 (Register 2010, No. 6).

3054.5. Monitoring for Religious Diet Program Inmate Compliance.

Any incident of an alleged inmate Religious Diet Program Agreement compliance violation shall be reported using CDC Form 128-B, General Chrono, citing CCR, Title 15, section 3054. All reports shall be sent to the appropriate Chaplain, who shall consult with the inmate, make the final determination of continuing eligibility, and complete a CDCR Form 3030-C (09/05), Religious Diet Program Agreement-Notice of Non-Compliance, which is incorporated by reference. A copy of the completed CDCR Form 3030-C shall be provided to the inmate.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Sections 5009 and 5054, Penal Code.

HISTORY:

1. New section filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).
2. Renumbering of former section 3054.5 to section 3054.6 and renumbering of section 3054.4 to section 3054.5 filed 2-2-2010; operative 2-2-2010 pursuant to Government Code section 11343.4 (Register 2010, No. 6).

3054.6. Meals Served to Non-Inmates.

The meal charge for state employees and persons other than official guests in state-operated dining rooms maintained and operated for inmates shall be \$1.00 plus sales tax. The meal charge for institution-operated employee dining rooms shall be in accordance with this article.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Section 5054, Penal Code.

HISTORY:

1. New section filed 4-24-2006; operative 4-24-2006 pursuant to Government Code section 11343.4 (Register 2006, No. 17).
2. Renumbering of former section 3054.6 to section 3054.7 and renumbering and amendment of section 3054.5 to section 3054.6 filed 2-2-2010; operative 2-2-2010 pursuant to Government Code section 11343.4 (Register 2010, No. 6).

3054.7. Reimbursement for State Purchased Food.

Outside guests attending inmate banquets, luncheons, or other special events where state-purchased food is provided shall be charged a minimum of \$1.00 plus sales tax per meal, per guest. Funds collected in excess of \$1.00 plus sales tax, for the event shall be accompanied by a statement, signed by a non-inmate representative of the group, which reads: "We donate the sum of \$_____ to the Inmate Welfare Fund." If the cost of the meals exceeds the allowance of \$1.00 per meal, an additional charge to the inmate group's trust account shall be made in accordance with this article.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Section 5054, Penal Code.

HISTORY:

1. Renumbering and amendment of former section 3054.6 to new section 3054.7 filed 2-2-2010; operative 2-2-2010 pursuant to Government Code section 11343.4 (Register 2010, No. 6).

3055. Use of Food.

Inmates shall not steal, waste, or contaminate food or equipment used in preparing, processing or serving food. Inmates shall not

Both sides

TITLE 15

DEPARTMENT OF CORRECTIONS AND REHABILITATION

05 of 12
 please
 This Side only
 Hwuko § 3063

remove any food from the dining room, kitchen, or food storage areas except as specifically authorized by facility staff.

NOTE: Authority cited: section 5058, Penal Code. Reference: Section 5054, Penal Code.

HISTORY:

1. Renumbering and amendment of former section 3053 to section 3055 filed 12-18-91 as an emergency; operative 12-18-91 (Register 92, No. 4). A Certificate of Compliance must be transmitted to OAL 4-16-92 or emergency language will be repealed by operation of law on the following day.
2. Certificate of Compliance as to 12-18-91 order transmitted to OAL 4-15-92 and filed 5-26-92 (Register 92, No. 22).

3056. Meals Served to Non-Inmates.

Guests at an inmate banquet, luncheon or other special event shall be charged for state-purchased food: If funds collected from the guests for a meal are not the same as the allowed cost per meal, any excess shall be donated to the Inmate Welfare Fund; any deficiency shall be charged to the inmate group's trust account.

NOTE: Authority cited: section 5058, Penal Code. Reference: Section 5054, Penal Code; and Section 19822, Government Code.

HISTORY:

1. Renumbering of former section 3054 to new section 3056 filed 9-12-95; operative 10-12-95 (Register 95, No. 37).

Article 5. Personal Cleanliness**3060. Means.**

Institutions will provide the means for all inmates to keep themselves and their living quarters clean and to practice good health habits.

Comment: Former DP-1501, policy, general.

3061. Personal Hygiene.

Inmates must keep themselves clean, and practice those health habits essential to the maintenance of physical and mental well-being.

Comment: Former DR-1501, personal hygiene.

3062. Inmate Grooming Standards.

(a) An inmate's hair shall be clean, neatly styled, and groomed, as specified in these regulations, when he/she is away from the immediate area of his/her quarters.

(b) An inmate's hair shall have no lettering, numbering, or designs of any kind cut, shaved, dyed, painted or in any way placed in the hair or on the scalp or face of the inmate.

(c) An inmate shall not alter the appearance of his/her hair by changing its natural color.

(d) An inmate shall not possess a wig or hairpiece unless deemed medically necessary by the Chief Medical Officer and authorized, in writing, by the appropriate division of adult institutions' associate director.

(e) An inmate's hair may be any length but shall not extend over the eyebrows, cover the inmate's face or pose a health and safety risk. If hair is long, it shall be worn in a neat, plain style, which does not draw undue attention to the inmate.

(f) An inmate may possess and use approved hair holding devices based on Section 3190.

(g) An inmate with hairstyles, including but not limited to braids, cornrows, ponytails, or dreadlocks, shall be required to unbraided, undo, or take down their hair, as applicable for thorough inspections, as instructed by custody staff to ensure hair is free of contraband.

(h) Facial hair, including short beards, mustaches, and sideburns are permitted for male inmates and shall not extend more than one-half inch in length outward from the face.

(i) An inmate who is assigned to work in food preparation, processing or serving areas, and/or around machinery, or in high fire hazard areas, may be required, for safety and sanitation reasons, to further limit his/her grooming in order to properly wear such health and safety equipment as is deemed necessary by staff, including but not limited to, hair nets, safety head coverings, etc.

(j) An inmate's fingernails shall not extend more than 1/4 inch beyond the tips of the fingers. Nails shall be neat and clean. Female inmates may be permitted to wear only clear nail polish.

(k) An inmate may not pierce any part of his/her body for the purpose of wearing an earring or other jewelry. A male inmate may not possess or wear earrings. A female inmate may wear authorized earrings with only one matching earring worn in each ear. An inmate shall not possess or wear any type of jewelry or other object intended to be worn as a body piercing adornment.

(l) A female inmate may wear cosmetics that blend with or match the natural, non-ruddy skin tone. False eyelashes are not permitted.

(m) An inmate who fails to comply with these grooming standards may be deemed a program failure, pursuant to Section 3062, subject to progressive discipline and classification committee review for appropriate housing and program placement. Physical force shall not be used to enforce compliance with these regulations, except as permitted by existing law or with a court order.

NOTE: Authority cited: Section 5058, Penal Code. Reference: Section 5054, Penal Code, *Warsoldier v. Woodford*, Case No.: 04-55879, DC No. CV-04-02233-RSWL, (July 2005); and *In re Corey Williams*, Case No.: SC133840A, (February 2004).

HISTORY:

1. Amendment of section heading and section and new Note filed 10-16-97 as an emergency; operative 10-16-97 (Register 97, No. 42). Pursuant to Penal Code section 5058(e), a Certificate of Compliance must be transmitted to OAL by 3-25-97 or emergency language will be repealed by operation of law on the following day.
2. Editorial correction of subsection (e) (Register 98, No. 19).
3. Certificate of Compliance as to 10-16-97 order, including amendment of subsection (m) and relocation and amendment of definition of "Program failure" from section 3000 to new subsection (n), transmitted to OAL 3-23-98 and filed 5-4-98 (Register 98, No. 19).
4. Amendment of subsection (h)(2) filed 8-25-2000; operative 9-24-2000 (Register 2000, No. 34).
5. Repealer of subsection (n) filed 1-9-2004 as an emergency; operative 1-9-2004 (Register 2004, No. 2). Pursuant to Penal Code section 5058.3, a Certificate of Compliance must be transmitted to OAL by 6-17-2004 or emergency language will be repealed by operation of law on the following day.
6. Repealer of subsection (n) refiled 6-17-2004 as an emergency; operative 6-17-2004 (Register 2004, No. 25). Pursuant to Penal Code section 5058.3, a Certificate of Compliance must be transmitted to OAL by 11-24-2004 or emergency language will be repealed by operation of law on the following day.
7. Certificate of Compliance as to 6-17-2004 order transmitted to OAL 11-16-2004 and filed 12-29-2004 (Register 2004, No. 53).
8. Amendment of section and Note filed 1-17-2006 as an emergency; operative 1-17-2006 (Register 2006, No. 3). Pursuant to Penal Code section 5058.3, a Certificate of Compliance must be transmitted to OAL by 6-26-2006 or emergency language will be repealed by operation of law on the following day.
9. Certificate of Compliance as to 1-17-2006 order transmitted to OAL 6-22-2006 and filed 7-27-2006 (Register 2006, No. 30).

3063. Tattoos.

Inmates shall not tattoo themselves or others, and shall not permit tattoos to be placed on themselves. Inmates shall not remove or permit removal of tattoos from themselves or others.

PG 6 of 12

SECTION A: INMATE/PAROLEE REQUEST

NAME (Print): (LAST NAME) (FIRST NAME) SINGH, MICHAEL MANJEET		CDC NUMBER: - T-22165	SIGNATURE: <i>Michael Manjeet Singh</i>
HOUSING/BED NUMBER: A-4-213	ASSIGNMENT: PIA: Coffee Roasting	HOURS FROM 7am TO: 2:30 pm	TOPIC (I.E. MAIL, CONDITION OF CONFINEMENT/PAROLE, ETC): "Serving Spoiled Food"

CLEARLY STATE THE SERVICE OR ITEM REQUESTED OR REASON FOR INTERVIEW:

~~SEVERAL~~ occasions over the last month, spoiled food has been served. "SPOILED MILK" is normally served. Despite the fact that it has been brought up, the spoiled milk is still being issued to us General Population inmates. This is a very dangerous health hazard. 381a- Misrepresenting the Quality of Dairy Products [Penal Code] states 'any person who deals in dairy products (agents, principles, etc.) who buy, sell and/or distribute dairy under the use of THE BARCOCK TEST' then gives wrong/false perceptions of /or causes injury to a person is guilty of a misdemeanor-eligible for a fine of \$1,000.00 and/or 6 mos. in county jail. Please correct immediately the serving of rotten milk in the kitchen. I've been informed by kitchen workers that the milk 'sits' on the 'back dock' area when it arrives, then 'freestaff' allows it to stay there 'til he is 'ready' to open the door. This allows the food/milk temp. to slip into the 'danger zone' i.e.: temp above 41 degrees, thus spoiling it. He's not Serv Safe trained (AB 602).
 METHOD OF DELIVERY (CHECK APPROPRIATE BOX) ****NO RECEIPT WILL BE PROVIDED IF REQUEST IS MAILED****

SENT THROUGH MAIL: ADDRESSED TO: Main Kitchen Food Service: YATES DATE MAILED: 10 / 1 / 2011
 DELIVERED TO STAFF (STAFF TO COMPLETE BOX BELOW AND GIVE GOLDENROD COPY TO INMATE/PAROLEE):

RECEIVED BY: PRINT STAFF NAME:	DATE:	SIGNATURE:	FORWARDED TO ANOTHER STAFF? (CIRCLE ONE) YES NO
IF FORWARDED - TO WHOM:		DATE DELIVERED/MAILED:	METHOD OF DELIVERY: (CIRCLE ONE) IN PERSON BY US MAIL

SECTION B: STAFF RESPONSE

RESPONDING STAFF NAME:	DATE:	SIGNATURE:	DATE RETURNED:
------------------------	-------	------------	----------------

SECTION C: REQUEST FOR SUPERVISOR REVIEW

PROVIDE REASON WHY YOU DISAGREE WITH STAFF RESPONSE AND FORWARD TO RESPONDENT'S SUPERVISOR IN PERSON OR BY US MAIL. KEEP FINAL GOLDENROD COPY.

SIGNATURE:	DATE SUBMITTED:
------------	-----------------

SECTION D: SUPERVISOR'S REVIEW

RECEIVED BY SUPERVISOR (NAME):	DATE:	SIGNATURE:	DATE RETURNED:
--------------------------------	-------	------------	----------------

OCTOBER

2011

CANTEEN ORDER FORM

M. Singh
Name

T-22165
CDCR#

Bldg #4
Housing Unit

213
Cell Number



- ☑ All Sales Final - NO EXCEPTIONS
- ☑ Prices, sizes, brands, subject to change without notice
- ☑ Only current canteen lists accepted
- ☑ Only use black or blue ink pen
- ☑ Canteen closed each month for inventory
- ☑ Canteen closed on all state-approved holidays
- ☑ Disruptive individuals will be refused service

If an item you requested is out of stock, do you authorize substitution of a similar item? Yes No

N = New Item A = Only Sold in A-Canteen * = Price Decrease ☉ = Contract Item D = Discontinued After Stock is Sold
 S = Special Item TO = Temporarily Out of Stock ** = Price Increase E = Not Sold to EOP Inmates I = Not Sold to Infirmary Inmates
 K = Kosher Item

SOUPS

Chicken Noodles	☉	.25	I
Hot Chili Noodles	☉	.25	I
Picante Beef Noodles	☉	.25	I

CHIPS - CRACKERS - POPCORN

Barbecue Chips	☉	1.90	I K
Cheese Crunchy	☉	1.65	I K
Sour Cream & Onion	☉	1.90	I K
Chili Cheese Corn Chips	☉	1.65	I
Jalapeño Chips	☉	1.90	I
Nacho Chips	☉	2.15	I
Pork Rinds	☉	1.85	I
Flour Tortillas 8"		1.40	I
Saltine Crackers	☉	2.00	I K
Cheese Crackers	☉	2.00	I
Snack Crackers	☉	2.60	I K
Cheese Popcorn	☉	1.35	I K
Caramel Popcorn	☉	0.75	I K
Peanuts, Dry Roasted 7oz		1.40	I
Granola Bars Oat & Honey		1.90	I*

CANDY

Go Lightly Asst SF 2.75oz	☉	1.80	I K
M & M Peanut	☉	.90	I K
M & M Plain	☉	.90	I K
Milky Way	☉	.90	I K
Nutrageous Candy Bar	☉	.90	I K
Reese's Peanut Butter Cups	☉	.90	I K
Snickers	☉	.90	I
Twix	☉	.90	I K
Tootsie Roll Midgets	☉	.05	I
Tootsie Roll Pops	☉	.15	I

COOKIES & PASTRIES

Peanut Butter Cookies	☉	1.35	I K
Raspberry Cookies	☉	1.40	I K
Chocolate Chip Cookies	☉	1.25	I
Chocolate Cream Cookies	☉	1.35	I K
Oatmeal Cookies	☉	1.25	I K
Duplex Cream Cookies	☉	1.35	I
Chocolate Drizzle Danish		.90	I
Honey Buns		.90	I
Muffin, Blueberry		1.05	I
Chocolate Cup Cakes		1.05	I
Pecan Pies		1.00	I N

ICE CREAM

Carnation Ice Cream Sandwich		.70	I
Ice Tickle		0.50	I**
Butter Pecan Ice Cream Dryers		2.40	I
Chocolate Ice Cream Dryers		2.40	I
Vanilla Ice Cream		2.40	I
Strawberry Ice Cream		2.40	I
Maxx Chocolate Peanut Butter		2.40	I
Maxx Butterfinger Dreyers		2.40	I
Maxx Java Mash Dreyers		2.40	I
Maxx Drum Stick Dreyers		2.40	I
Maxx Tollhouse Cookie		2.40	I N

NO SPOONS PROVIDED WITH PURCHASE

SODAS

Pepsi Cola 12oz	☉	.55	I
Diet Dr. Pepper 12oz	☉	.55	I
Mountain Dew 12oz	☉	.55	I
Mug Root Beer 12oz	☉	.55	I

MISCELLANEOUS BEVERAGES

Coffee Creamer	☉	1.80	K
Folgers Box	☉	7.25	K
Freeze Dried Coffee 3oz	☉	3.50	I K
Mojo Instant Coffee 6oz		4.90	I
Hot Cocoa 8-pack S/F		2.20	I
Powdered Milk		3.90	I
Strums Kiwi Strawberry		4.05	I
Strums Lemonade		4.05	I
Sweet Thing Aspartame	☉	1.50	I
Tea Bags		1.80	I
Tang, Sugar Free Sports Drink		2.95	I

SPICES

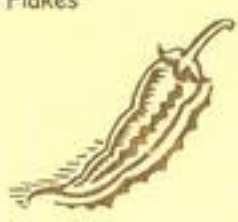
Adobo Seasoning	☉	.90	I
Bacon Bits Imitation	☉	.75	I K
Cinnamon	☉	.75	I K
Crushed Peppers	☉	.75	I K
Garlic Powder	☉	.90	I K
Lemon Juice	☉	.75	I
Minced Onions	☉	1.00	I K
Salt & Pepper		1.90	I
Seasoned Salt	☉	.75	I K
Vegetable Flakes		1.35	I

FOOD ITEMS - CONDIMENTS

Beans, Instant Refried 12oz	☉	1.45	N**
Beef Stew / Pouch	☉	1.65	AI
Beef Tips/Rip N Ready/Pouch	☉	3.70	I
Cereal Scooters, 19 oz		4.90	I
Cheese Cheddar 14 oz.	☉	2.00	I
Cheese Habanero 14oz.	☉	2.00	I
Chili No Beans / Pouch	☉	1.60	AI
Chili With Beans / Pouch	☉	1.60	AI
Chorizo/ Pouch		3.00	IN
Extra Virgin Olive Oil		3.25	I
Hot and Spicy Sausage		1.80	I*
Hot Beef Stick		1.20	I
Hot Beef & Jalapeno Cheese Stick		1.20	I
Hot Sauce	☉	.75	I K
Garlic Hot Sauce	☉	2.70	I
Jack Mack / Pouch		2.00	I
Macaroni and Cheese	☉	0.95	**I
Mackerel Fillet / Pouch	☉	1.10	I K
Mayonnaise 11oz	☉	2.20	I K
Meatballs	☉	2.55	AI**
Mixed Vegetables		1.15	I
Oatmeal Instant (Flavored)	☉	2.50	I K
Olives, Green / Pouch		1.60	AI
Oyster Smoked / Pouch	☉	1.70	I K
Peanut Butter	☉	2.25	I K
Peppers, Jalapeno	☉	1.80	I K
Peppers, Yellow	☉	1.80	I K
Picante Sauce	☉	1.00	I
Pickle, Hot / Pouch	☉	.80	I K
Pickle, Kosher / Pouch	☉	.80	I K
Rice, Pre-Cooked	☉	0.70	*I
Roast Beef / Pouch	☉	3.50	AI**
Salmon / Pouch	☉	1.40	I K
Sardines / Pouch	☉	0.95	I K
Shredded Beef	☉	3.55	AI**
Soy Sauce 6oz	☉	1.15	I
Spam / Pouch	☉	1.40	AI
Tuna / Pouch	☉	1.25	AI
Vienna Sausage / Pouch	☉	1.85	AI

CANNED FOOD PRODUCTS

Beef Stew	☉	2.30	I
Chili No Beans	☉	2.15	I
Chili With Beans	☉	1.50	I
Meatballs	☉	2.75	I
Menudo Hot	☉	2.10	I
Olives	☉	1.90	I
Roast Beef	☉	3.60	I
Tuna	☉	1.20	I K
Spam	☉	2.25	I
Chicken Vienna Sausage	☉	.70	I



**VITAMINS & OVER-THE-COUNTER
MEDICATIONS / PREPARATIONS**

Antifungal Cream	1.95	I
Aspirin	1.20	IE
Good Sense Muscle Rub	1.35	I
Good Sense Decongestant	1.75	I
Sugar Free Cough Drops	1.60	I
Hydrocortisone Cream 0.5%	2.20	I
Ibuprofen	2.25	IE
Medicated Chest Rub	1.60	I
Multi-Vitamins Natural Choice	2.40	I
Tums Ex 3-roll pack	2.85	I
Protein Tablets	6.30	I
Vitamin C	2.35	I
Vitamin E	3.10	I
Ultra Amino Acid	7.45	I



COSMETIC HAIR CARE

Balsam Conditioner	1.75	Ⓢ
Balsam Shampoo	1.75	Ⓢ
Blue Magic Conditioner	2.40	
Cream Relax Kit	10.00	
Dandruff Shampoo	1.45	Ⓢ
Hair Pick	.55	
Creamy Baby oil Lotion	1.35	** Ⓢ
Murray's Pomade	2.95	
Pocket Hair Brush (Palm Brush)	.35	
Hair Food	1.60	
Spike it Gel	1.85	
Three Flowers Pomade	3.00	
Grey Du-Rag	1.15	

TOILETRIES PERSONAL ITEMS

Afta After Shave	3.40	
Anti-Perspirant: Fresh (White)	2.90	Ⓢ
Aquafresh Sensitive	3.75	Ⓢ
Bic Twin Blade Shavers 10/pk	2.65	E
Body Powder	1.40	Ⓢ
Colgate Gel	2.40	Ⓢ
Oxygen 2 in 1	3.45	** Ⓢ
Dental Flosser	1.70	
Deodorant Ocean Surf (New)	2.95	I** Ⓢ
Disposable Razor	.20	E
Irish Spring Soap	.65	** Ⓢ
Ivory Bar Soap	.60	** Ⓢ
Shave Cream Tube	1.45	
Medicated Skin Cream	1.25	
Effergrip	4.65	I
Fingernail Clippers	.50	IE
Denture Cleanser	2.80	I
Men's Perfumed Oil	5.45	I
Mouthwash	3.00	I
Toenail Clippers	.90	IA
Tone Soap	1.05	I Ⓢ
Toothbrush (Soft Only)	.60	I
Toothbrush Cap	.20	I

MISCELLANEOUS SUNDRY

Air Freshener - Black Ice	1.00	I
Cap (Light Gray Only)	5.55	I
Chapet Lip Balm	.90	I
Cotton Handkerchief	.80	I
Cotton Swabs	.95	I
Ear Buds	3.00	I
Reading Glasses	1.5, 2.0, 2.5, 3.0	I
Heavenly Sunglasses	3.75	I
KD Sunglasses	3.60	I
Mirror (6" x 4.5")	2.85	I
Shoe Polish Brown	3.20	I
Shower Shoes (XL Only)	.90	I
Soap Box	.55	I
Tide Laundry Detergent	7.60	I
Wash Cloth	0.80	I
Sun Detergent	1.60	I
Weight Gloves	4.00	I

GREETING CARDS

Thinking of You / Sweetheart	.70	I
Thinking of You / General	.70	I
Birthday / Sweetheart	.70	I
Birthday / General	.70	I
Birthday / Child	.70	I

STATIONERY ITEMS

1 Set of 4 .44 cent Stamps	1.76	I
No Single Stamps Sold		
1 Set of 5 Envelopes	.10	I
Envelope 9 x 12	.15	I
Expanding Envelope	1.65	I
Large Tablet (Legal)	1.05	I
Legal Paper	1.15	I
Pen, Black	.35	I
Pencil 2.5	.20	I
Photo Album	2.25	I
Webster's Dictionary	1.95	I
Writing Tablet (Small)	.90	I

MISCELLANEOUS HOUSEHOLD ITEMS

Battery, "AA"	.40	I
Battery, "AAA"	.40	I
Battery, "C"	1.35	I
Battery, "D"	1.10	I
Canteen Bag - 30 x 48	6.00	I
Can Openers (one only)	1.35	I
Container with Lid	1.80	IN
Dish Soap	1.70	I
Mug with Lid	3.15	I
Spoon, Zylon, 6 - 1/2	.75	I
TV Cable Splitter	4.15	I
Splitter Adapter	1.10	I
TV Coaxial Cable 6'	2.00	I
Utility Hook	1.35	I
Water Bottle	1.60	I



NO BAGS PROVIDED WITH PURCHASE

OCTOBER 2011

FACILITY A, B, C, & MINIMUM

FIRST DRAW	00-33	OCTOBER 4, 2011
SECOND DRAW	34-66	OCTOBER 11, 2011
THIRD DRAW	67-99	OCTOBER 18, 2011

NOVEMBER 2011

FACILITY A, B, C, & MINIMUM

FIRST DRAW	00-33	NOVEMBER 1, 2011
SECOND DRAW	34-66	NOVEMBER 8, 2011
THIRD DRAW	67-99	NOVEMBER 15, 2011



Prison Canteen Manager II
Business Services Division



Correctional Business Manager I
Business Services Division

Seventh Circuit: Catholic Prisoner's Religious Diet Lawsuit Remanded

by David M. Reutter

P 8 of 12

P 8 of 12

Michael Singh

The Seventh Circuit Court of Appeals held a Catholic prisoner's free exercise of religion was substantially burdened because he was denied a non-meat diet on Fridays and during Lent.

In 2003, Illinois state prisoner Brian Nelson sued Tamms Correctional Center chaplain Carl Miller, alleging violation of his rights under the First Amendment, the Religious Land Use and Institutionalized Persons Act (RLUIPA), and the Illinois Religious Freedom Restoration Act (IRFRA). He sought declaratory and injunctive relief plus monetary damages.

Nelson designated himself a Catholic when he entered prison in 1983. In the late 1990s he took a greater interest in his faith, and came to understand three methods of penance under Catholicism: giving alms, works of charity and acts of abstinence. Given his incarceration, Nelson reasoned his only practical forms of penance were prayer and abstaining from eating meat.

When he arrived at Tamms, a "super-max" prison, in 1998, Nelson requested a meatless diet on Fridays throughout the year as an act of penance. He said he would accept the prison's vegetarian diet for that purpose. His request was denied by Chaplain Miller, a Lutheran minister, because it was unsupported by the Bible and was not a requirement in a "church document."

In a series of grievances filed in 2002, Nelson requested a diet that followed the Rule of St. Benedict No. 39, which states that "everyone, except for the sick who are

very weak, [should] abstain entirely from eating the meat of four-footed animals." He noted that Muslims and Black Hebrew Israelites were automatically granted a diet substitution and not required to eat around meat on their tray. Requiring Nelson to do so without a substitute for the meat he was served, but refused to eat, resulted in three hospitalizations as his weight dropped from 161 pounds to 119.

A magistrate judge granted Miller's motion for partial summary judgment in January 2007, and the district court ruled against Nelson on his remaining claims on March 31, 2008 following a bench trial.

On appeal, the Seventh Circuit held the district court had correctly determined that Nelson failed to administratively exhaust the issue of a full-time non-meat diet, but that the narrow issue of a meatless diet on Fridays and during Lent had been exhausted.

The Court of Appeals found that Tamms' dietary request procedural requirements substantially burdened Nelson's religious rights. Following its previous precedents, the appellate court held, "[t]he term 'religious exercise' includes any exercise of religion, whether or not compelled by, or central to, a system of religious belief."

"[A] clergy verification requirement forms an attenuated facet of any religious accommodation regime because clergy opinion has generally been deemed insufficient to override a prisoner's sincerely held religious beliefs," the Seventh Circuit

wrote. Thus, Miller's demand that Nelson show a religious requirement for a non-meat diet, and submit documentation to that effect, made the desired exercise of Nelson's religious rights "effectively impracticable."

Nelson submitted evidence that he was forced to forego adequate nutrition to comply with his sincerely held religious beliefs due to the prison's failure to provide an alternative diet. That issue was remanded to determine whether Tamms'

dietary request procedure and Miller's conduct were "in furtherance of a compelling government interest and that it was the least restrictive means."

Nelson's First Amendment establishment clause claim failed because the prison's policies were not an "excessive entanglement" advancing or inhibiting religion. Also, since the warden at Tamms had ordered Nelson to receive a vegetarian diet in 2006, the injunctive relief claim was moot, and RLUIPA did not allow for

recovery of monetary damages. Damages under IRFRA must be determined by the Illinois Court of Claims, which has exclusive jurisdiction over such matters, thus that claim was dismissed.

The district court's judgment was reversed in part and affirmed in part and the case remanded for another trial, which is pending. Nelson is represented by attorney Alan Mills at the Uptown People's Law Center in Chicago. See: *Nelson v. Miller*, 570 F.3d 868 (7th Cir. 2009).

MONDAY, SEPTEMBER 12, 2011

OBESITY DEBATE

Biological forces may be at work in fatty-food binges

Study: Some foods may set off reactions in the body and brain

By Tara Parker-Pope
New York Times

NEW YORK — “Bet you can’t eat just one” (as the old potato-chip commercials had it) is, of course, a bet most of us end up losing.

But why? Is it simple lack of willpower that makes fatty snacks irresistible, or are deeper biological forces at work? Some intriguing new research suggests the latter. Scientists in California and Italy reported that in rats given fatty foods, the body immediately began to release natural marijuanalike chemicals in the gut that kept them craving more.

The findings are among several recent studies that add new complexity to the obesity debate, suggesting that certain foods set off powerful chemical reactions in the body and the brain. Yes, it’s still true that people gain weight because they eat more calories than they burn. But those compulsions may stem from biological systems over which the individual has no control.

“I do think some people come into the world, and they are more responsive to food,” said Susan Carnell, a research associate at the Columbia University Institute of Human Nutrition. “I think there are many different routes to obesity.”

some people are born more responsive to certain foods, or whether a lifetime of overeating leads to brain and body changes that promote a stronger food response.

In the recent studies, by a team from UC Irvine, and the Italian Institute of Technology in Genoa, rats given liquid diets high in fat, sugar or protein, the ones who got the fatty liquid had a striking reaction: As soon as it hit their taste buds, their digestive systems began producing chemicals similar to those produced by marijuana use.

The compounds serve a variety of functions, including regulation of mood and stress response, appetite, and movement of food through the intestines. Notably, they were released only when the rats tasted fat, not the sugar or protein.

“The most surprising thing to most people, including me,” said an author of the study, Danielle Piomelli, director of drug discovery and development at UC Irvine, “is the findings provide a window on how we relate to fatty foods.”

Because fats are essential for cell functioning, Piomelli continued, “we have this evolutionary drive to recognize fat, and when we have access to it, to consume as much as we possibly can.”

The finding that the signal to eat more fat is released from the gut offers hope for potential new diet drugs. The Food and Drug Administration already has rejected one diet drug, called Accomplia in Europe, because it had severe psychological side effects, including suicidal thoughts.

In the rat studies, the researchers injected a cannabinoid-blocking drug into the intestines of the rats and found that they lost interest in the fatty food. “The effect is remarkable,” Piomelli said. “They are no longer interested in feeding. They stop completely. We were amazed.”

A drug based on the research is still years away, but the findings offer practical advice to consumers about the powerful biological forces at play when they snack on fatty junk foods.

“We think we eat it because we like it, but it’s not just because we like it, but because we want it,” said David Kessler, former head of the FDA. “It has a lot more to do with our brains and the feedback mechanism to our brains than we realize.”

Other studies have shown that the body’s brain reward centers are strongly affected by the foods we eat.

For example, when obese women were shown pictures of high-calorie foods, their brains showed greater activity in regions associated with anticipating reward than did the brains of normal-weight women. “Reward centers were activated just by saying the words ‘chocolate brownie,’” said Carnell of Columbia.

p 9 of 12

Michael Singh



UNION SUPPLY DIRECT

2301 E. Pacifica Place
 Dept 200, P.O. Box 9018
 Rancho Dominguez, CA 90224-9018
 Toll Free Phone: 866-404-8989 Toll Free Fax: 888-857-6219
 www.unionsupplydirect.com

910812
 REMIT TO:
 P.O. BOX 9018
 RANCHO DOMINGUEZ,
 CA 90224-9018

INVOICE	
Date	Number
9/20/2011	INV1182521

Page 1 of 2

Michael Singh

SLMN	CUSTOMER #	SALES ORDER	PICK TICKET #	SHIP VIA	PAYMENT METHOD	ORDER SOURCE
400/5C	00172925	SO1613685	PL1067252	UPSG	CCD	Phone

BILL TO:	SHIP TO:	ATTENTION
	MULE CREEK STATE PRISON 4001 HIGHWAY 104 QUARTERLY PACKAGE IONE, CA 95640	SO1613685A/B

QTY ORD	QTY SHPD	ITEM #	DESCRIPTION	SIZE	U/M	UNIT PRICE	EXTENDED PRICE
---------	----------	--------	-------------	------	-----	------------	----------------

Special Notes No special notes.

1	1	8001	CARDBOARD & PACKAGING MATERIALS 24 X 14 X 12		EA	0.00	0.00
1	1	8432274	PROMO ITEM - FOOD EXPRESS 100% COLOMBIAN COFFEE	3 OZ	EA	0.01	0.01
1	1	8432251	PROMO ITEM - NESTLE JUMBO BUTTERFINGER BAR		EA	0.01	0.01
7	7	8024003	FOLGERS INSTANT REGULAR COFFEE	8 OZ	EA	5.05	35.35
5	5	8096010	FISHERMAN'S PARADISE MACKEREL FILLET IN OIL	5 OZ	EA	1.40	7.00
8	8	8096250	CHICKEN OF THE SEA CHUNK LIGHT TUNA	3 OZ	EA	1.50	12.00
5	5	8012048	ARMOUR CHICKEN VIENNA SAUSAGE	4.8 OZ	EA	2.20	11.00
2	2	6515395	USA .44¢ STAMP-BOOK OF 20(SOLD BY THE BOOK ONLY)		BK	8.80	17.60
10	10	8001019	COOKQUIK REFRIED BEANS W/JALAPENOS & GREEN CHILES	8 OZ	EA	1.70	17.00
2	2	8093005	SAYULITA 8" FLOUR TORTILLA	10 CT	EA	1.50	3.00
10	10	8071042	MRS. FRESHLY'S ICED GRAND HONEY BUN	6 OZ	EA	0.85	8.50
4	4	7060061	IRISH SPRING ORIGINAL BAR SOAP SINGLE BAR	4 OZ	EA	1.00	4.00
3	3	7075053	COLGATE OXYGEN WHITENING 2N1 TOOTHPASTE	4.6 OZ	EA	3.95	11.85
5	5	8019349	GRANNY GOOSE CHEDDAR CHEESE FLAVORED POPCORN	5 OZ	EA	1.50	7.50



UNION SUPPLY DIRECT

2301 E. Pacifica Place
 Dept 200, P.O. Box 9018
 Rancho Dominguez, CA 90224-9018
 Toll Free Phone: 866-404-8989 Toll Free Fax: 888-857-6219
www.unionsupplydirect.com

P11 of 12

REMIT TO:
 P.O. BOX 9018
 RANCHO DOMINGUEZ,
 CA 90224-9018

INVOICE	
Date	Number
9/20/2011	INV1182521

Michael Smith

Page 2 of 2

1	1	8083073	KARS BLAZIN HOT PEANUTS	3.5 OZ	EA	0.80	0.80
5	5	8008019	SNICKER'S	48 CT	EA	0.75	3.75
2	2	8008272	M & M PEANUT	12.6 OZ	BG	4.00	8.00

Tracking# 1Z60EW200392571992
 Total Qty Shipped: 72

SUBTOTAL	147.37
SHIPPING & HANDLING	5.00
SALES TAX	0.00
TOTAL	152.37

please scan

P 12 of 12

Michael G...

STATE OF CALIFORNIA
CDC-193

Both Sides

DEPARTMENT OF CORRECTIONS & REHABILITATION

TRUST ACCOUNT WITHDRAWAL ORDER

Date: _____

To: Warden Approved _____

I hereby request that my Trust Account be charged \$ _____ for the purpose stated below and authorizes the withdrawal of that sum from my account:

NUMBER

State below the PURPOSE for which the withdrawal is requested (Do not use this form for Canteen or Hobby purchase).

PURPOSE Facility "A"

Food Sale to Benefit: Operation Care
W521

W521

NAME (Signature please, DO NOT PRINT)

PRINT PLAINLY BELOW name and address of person to who check is to be mailed

NAME _____

ADDRESS _____

PRINT YOUR FULL NAME HERE

FACILITY "C" & Minimum Approved Inmate Activity Group Food Sale
INMATE ORDER FORM

ITEM	QTY	NET COST \$100.00 limit	7.25% TAX	20% DONATION	COST PER ITEM	TOTAL COST
Extra Large All Meat Pizza		\$13.50	0	\$2.70	\$16.20	
Chicken Strips with Ranch Dressing		\$7.50	0	\$1.50	\$9.00	
Large Rack of BBQ Ribs		\$12.00	0	\$2.40	\$14.40	
Cheddar Burger with Fries		\$5.75	0	\$1.15	\$6.90	
Bacon Cheddar Burger with Fries		\$5.75	0	\$1.15	\$6.90	
Assorted Flavor Cheesecake		\$20.00	0	\$4.00	\$24.00	
1 Dozen Cookies Mixed Chocolate Chip & White Chocolate Macadamia Nut		\$7.50	0	\$1.50	\$9.00	
Double Layer Chocolate Cake		\$9.50	0	\$1.90	\$11.40	
TOTALS						

NAME

NUMBER

HOUSING

SIGNATURE (at pick-up only)