

What goes on in this Prison Called Pulaski (Food)

Our food is horrible. It's beyond inhuman. We constant eat soy meat products. The can goods vegetable and fruits are old and ruined. There has been inmates who have gotten vegetable or fruits that had rocks in they tray. Clutch down: broke their ~~teeth~~ tooth. Our beans that we get on our tray is the same way has rocks in them. The beans are old and dirty.

Some inmates has found maggots in ~~the~~ ^{their} food. The list goes on and on with the way we being fed. Our food is stretch with flour. So much till the flour just floats in the soup. The chicken is not cleaned. When we have chicken rice, ^{and} cream of chicken, you literally see the guts in your meal. Our breads are half done presently. ~~right now~~. There is no baking soda. So none of our bread are fully cooked. Our light bread had been stale for about two months. They was giving us this stale bread with our sandwiches. Our lunch ~~was~~ meat has been spoiled and ~~is~~ green but they still serve it to us.

Our portion of food is real small. Sometime barely nothing on the tray to eat. If someone donate something to us. They will literally wait to it's not fresh enough to eat. ~~It~~ They will cook it anyway. After each meal the food is thrown out into a slop bucket. It's more food that goes in the slop bucket than the inmates stomach.

Then you got the inmates who does not go to the store. They be stealing oranges etc. Just not to be hungry. There was this girl who set with me Sunday morning September 07,

2014. She was collect all the orange from the table. So she and her bunkmate would have something to eat for lunch. What would of happened if she got caught. Two things could have happened. If she would get caught stealing and passing. She could have received disciplinary report and had to go to court in here. Or she could have received extra duty which Pulaski State Prison rarely do. They write more PR and look people down. This prison just started to offer Pleads in disciplinary Court.

Daily the staff takes food from inmates trying to get people they care about. So many inmates don't go to the store. Their is a rule that says we don't pass to no other inmate. Some officers feel the same way about people being hungry as we do. They will turn they heads. Let us give the food to them. Not having ~~your~~ ^{your} down can be detrimental when you have health issues. Such as yesterday September 07, 2014. There was diabetic patient (inmate) that was having ~~a~~ a attack. Medical took forever to come to get her. She had passed out. All she needed was a piece of candy. But guess what she doesn't go to the store.

There are a few diabetic who goes to the store. Is able to keep candy; just in case their sugar drop. On our menu in the dining hall. The sound of it, sounds good but not some are not being fed health. All our vegetables are old and out date can goods. The food is never seasoned. We have salt and pepper on the store but we are not allowed to bring it to the dining hall.

Last but not least they don't have enough cups to even give us drinks with our food. Also the rules says we have 10 minutes to eat. But sometime we get less than 3 minutes to eat with certain staff member. We are made to consume our food without even tasting it. There is a lot of people who has acid reflex.

I write all this to say us inmates at Pulaski State Prison. Need people from out there to do something about this issue. We report these things at Pulaski State Prison.

They get better for a while. When our Deputy Warden Dillard pays them a visit in the kitchen. But when the staff of importance is not paying attention it goes to being a nightmare. We have a good warden. She just got in office. These menus comes from the Department of Correction downtown. This Department is ~~being~~ bring millions of dollars. Where is the money going?

There are inmates who don't make store losing excessive amount of weight because they don't either make store all the times or never make store. I am one of those of inmates who lost a lot of weight. People was asking me was I sick because my face was sinking and the skinness. I been having to survive off the dining hall food. I just recently received some money.