

STATE OF OHIO



DEPARTMENT OF REHABILITATION
AND CORRECTION

SUBJECT: Vegetarian Diet Policy	Page 1 of 2
	NUMBER: 60-FSM-01
RULE/CODE REFERENCE:	SUPERSEDES: 104-03 DATED: August 9, 1998
RELATED ACA STANDARDS: None	EFFECTIVE DATE: January 4, 2002
RELATED AUDIT STANDARDS:	APPROVED: <i>Reginald A. Wilkinson</i>

I. AUTHORITY:

This policy is issued in compliance with Ohio Revised Code 5120.01 which delegates to the Director of the Ohio Department of Rehabilitation and Correction the authority to manage all institutions and divisions of the Department and to establish such rules and regulations as he prescribes.

II. PURPOSE:

The purpose of this policy is to describe provisions for those inmates who elect to consume vegetarian diets.

III. APPLICABILITY:

This policy applies to all persons employed by or under contract with the Ohio Department of Rehabilitation and Correction and to all inmates incarcerated in institutions operated by the Department. Specifically, this policy applies to the Food Service Managers who have the responsibility for administering the food service operations in each institution.

IV. DEFINITIONS:

Meatless Entrée: A dish that contains no beef, fish, fowl or dairy products.

V. POLICY:

It shall be the policy of the Ohio Department of Rehabilitation and Correction that inmates may practice vegetarianism by eliminating animal products from the regular diet menu. A vegetarian diet is not a therapeutic diet.

VI. PROCEDURES:

- A. Entering the dining room, inmates can request the meatless alternative entrée. Each institution shall establish procedures for those inmates confined in an isolation area or a RTU requesting the vegetarian alternative entrée.

- B. Nutritional adequacy of the vegetarian diet depends on the type and amount of food consumed, as well as the age and physical condition of the individual. There is a possibility of nutritional deficiencies by consuming a vegetarian diet. A visible sign shall be posted behind each serving line stating "Vegetarianism may lead to nutrient deficiencies. If you want to practice vegetarianism, seek professional education. You are responsible for your own dietary practices."
- C. Every institution shall provide all other menu items and portion sizes as designated on the master menu unless an approved substitute item is served due to non-availability of the scheduled food item or approved substitution of ODRC farm products.
- D. All side dishes, when possible, should be prepared without added meat products, i.e. broth, gravy, and products that contain broth and gravy as ingredients.