

My name is [REDACTED]

D.O.B # [REDACTED]

I am currently incarcerated in the Arizona Department of Corrections, I am on my 15th year of being imprisoned. I would like to share my experience and view on the meals and the food servers who serve all throughout the State prisons of Arizona.

In 2010 I was sentenced and sent to prison. My first impression of the 3 hot meals (then) was a good one. The meals were wholesome then, but within the years someone with control over the meals decided that 2 Hot meals and a Cold sack Lunch would be a better choice in nutrition for the prison population.

My personal opinion "as well as most prisoners would agree" this choice only robbed us of the nutritional value that our body need as sustenance.

I should point out that Trinity food servers and management often take it upon themselves to substitute ingredients with some ingredients that are less costly to the Company.

Currently the food service is handing out a juice packet in the evening sack Lunch that is sweetened with aspartame.

Aspartame has been proven to cause cancer in the consumer, yet they still serve it.

The effect the poor quality of food and some times underserving causes in most prisoners is a depressing one. Our dignity and moral is violated by the lack of consideration to our person and health.

I strongly feel that if the prison population were to be served "what is real wholesome meals" the prisoners would feel more human.

rather than feeling like they are animals because they are forced to eat the poor meals they are served.

Many times prisoners have made a stand against the shortage of portions or unwholesome meals. When prisoners make a stand against this, they are seen as trouble makers by prison staff and it furthers our troubles. Within the kitchen there are workers who are prisoners, when those prisoners point out issues to the Trinity management regarding ingredients and portions of, Trinity management asks the prisoner to do as told and if he fails to do so, the prisoner is threatened to be fired. Of course the prisoner is forced to comply due to the advantage he has by simply having out of cell time, and a little income that would help a lot. I feel Trinity food management plays off this, and it helps accommodate their poor operational methods.

This is my observation of this current food service company that serves the Arizona State Prison Complex -