

For your
pense
FM

How USP Tucson Feeds Inmates During the COVID-19 Pandemic

First, you freeze all inmate accounts, so they're not allowed to purchase anything to supplement the delicious meals you'll provide them for the next several weeks. Then, serve them for breakfast a sack with one fruit, an out-dated and tasteless doughnut packaged in plastic, a small sandwich bag with cereal, just enough to fill an 8oz cup. Add in two pouches of milk, and two packs of sweetener, and there you go! A meal fit for any man over 13 years old.

For lunch, search the deepest corners of the freezer, and serve each hungry inmate a small snack box of a small bag of mini pretzels, four mini-cookies, an 8oz Sugar Free drink mix, four slices of mashed bread, a 1oz pack of jelly, a 1oz pack of frozen solid peanut butter, and watch the smiling faces! Surely, four slices of bread is plenty for such a generous abundance of food.

And for dinner, ah, nothing but the best for America's inmates, yes? Search even deeper in the frost pit and find another snack box, frozen to minus 48 degrees, and cared for by the Yeti of the Himalayans. Serve frigid to the inmates - they won't mind, they'll be starving for the sumptuous feast consisting of yet another small pack of mini pretzels, another four mini-cookies (a favorite of the inmates), another 8oz drink mix (usually grape, and with a healthy dose of Aspartame), four more slightly-crushed slices of bread, and, for a change of pace, a pack of two thinly-sliced meats, whose origins are as mysterious as Machu Picchu.

Serve frozen solid, with one slice of packaged cheese, only 4 months past the expiration date, and if the inmates have been good, add an apple.

The Federal Bureau of Prisons laudably inmates with such care, such warm compassion, to meet and exceed the nutritional values for the average human being, especially during a global pandemic, when nutrition is absolutely essential to combating this deadly disease. →

Not only are these meals delicious, they meet every standard of the

average third world country. After several weeks of such fabulous feasts, all inmates will be so appreciative of the gentleness provided by the FBOP...
...minus a dozen pounds or so...

(Writer's note: Frederick Mason is an avid writer, having written over 8,000 pages online for people with loved ones in prison from 2003-2010, on Blogspot and WordPress, before his arrest.

He has written, in the last 5+ years, over 2,000 pages on faith and prison issues while trying to bridge the gap of understanding what goes on in American prisons. He continues to document his experience, to eventually publish them once he returns to society, to help those with incarcerated loved ones to realize that every person has value, and there is always hope.

Frederick Mason welcomes any supporting letters —

Frederick Mason
#55487-056
USP Tucson
PO Box 24550
Tucson, AZ 85734