

Nutritional Sources

(1 of 2)

"Not intended for long term human consumption." These are not the words one wants to be associated with their food. Yet, if you have a life sentence at Lee Mendale State Prison in Georgia, this is exactly what you get.

There are no options for an alternative diet. There are no exceptions to be made for religious reasons. There are no opportunities to source proteins differently.

Not only are the food sources highly questionable, but the lack of available medical options to supplement is astounding.

We are unable to attain minerals,

2082

APPENDALE STATE PRISON

vitamins, and supplements. For years, any vitamin was reserved for those inmates termed as 'chronic care'. This terminology indicates a ~~continuing~~^{declining} health condition.

During cold season and the onset of Covid, I requested vitamin C and zinc supplements. I was refused. Even with the ability to pay I was refused. If I were able to purchase supplements I would have also preferred echinacea, goldenseal and garlic.

The bottom line is we need access to vitamins and supplements. This will prevent health issues and restore ones well being. This is part of a holistic approach.