

Fresh Fruit and Veggies for Correctional Facilities

What are Correctional Facilities?

Correctional facilities (CFs) are jails and prisons. People who go to CFs for a crime are called incarcerated people.

Do Incarcerated People Get Fresh Fruit and Veggies in CFs?

Not all incarcerated people get to eat fresh fruit and veggies in CFs.¹ Some of them rarely get any fruit and veggies at all.¹ To see some of the meals incarcerated people are served, check out the link in the “Learn More” section below. Just like you and me, incarcerated people need to eat plenty of fruit and veggies to be healthy.¹ Adding fresh fruit and veggies to the menu in CFs will help incarcerated people eat more fruit and veggies overall.



How Do More Fruit and Veggies Help Incarcerated People?

Eating enough fruit and veggies supports...

A Healthy Body

Fruit and veggies are a key part of a healthy diet.¹ A healthy diet can help lower a person’s risk for some health problems, like heart disease, diabetes, and obesity. Plus, a healthy diet may help lower health care costs for some health problems.¹

A Healthy Mind

Serving fresh and tasty fruit and veggies is a way to tell incarcerated people they matter and deserve healthy food.¹ When incarcerated people feel like they matter, they may feel better about themselves, which leads to good mental health.¹



A Bright Future

When incarcerated people are released from CFs in good health, it is easier for them to rejoin society.¹ Without health problems to worry about, they can focus on being good parents, friends, neighbors, volunteers, and members of the workforce. Also, healthy incarcerated person may be less likely to return to a CF again in the future.¹

How to Get More Fresh Fruit and Veggies into CFs

To get more fresh fruit and veggies on the menu, CFs can...

1. **Create a Garden Program:** CFs with the space to do so can plant gardens for incarcerated people to grow fruit and veggies.¹ The fruit and veggies grown in the gardens can be used to feed the incarcerated people in the CF.¹ A garden program is a great option because gardening helps incarcerated people get more exercise, eat a healthier diet, and have better mental health.² Check out the “Learn More” section below to read about a garden program in a CF in Maine.
2. **Partner with Local Farms:** CFs can buy fresh fruit and veggies from nearby farmers to serve to incarcerated people.¹ Partnering with local farms is a great option because it keeps money in the community.³ Plus, local produce is fresher than produce bought from far away. Fresh produce is more likely to be packed with better nutrition and flavor than old produce.³



Learn More

- **View** some of the Meals Served to incarcerated people: <https://bit.ly/3rwFjOP>
- **Read** about a CF Garden Program in Maine: <https://bit.ly/3fHLjld>
- **Read** the Food In Prison Report: <https://bit.ly/3KjEuu>

REFERENCES

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