

# Eating Right

## Nutritionally Balanced Meals

CI Foods offers main course entrees, baked goods, frozen meals, soups and snack packs – all made to meet your special dietary requirements. Our prepared meals consist of a variety of fruits and vegetables, dairy products, lean meats and whole grains to create a well-balanced, nutritious meal.

Correctional Industries uses advanced food processing technology and modern food facilities to produce an extensive range of high quality prepared food products. These products, available in bulk or individually sized portions, are sold to non-profits, as well as local, county and state agencies. Our processing facilities are operated in strict compliance with all U.S. Department of Agriculture (USDA) requirements.

## Planning Your Meals



## Special Dietary Needs

CI Foods is constantly working to supply delicious food alternatives to consumers with special dietary needs including vegetarian, vegan, kosher, halal, metabolic and wheat-free products. Every ingredient, spice and coloring that goes into our entrees are thoroughly researched and examined by our certified food staff – ensuring every step of our manufacturing process meets strict guidelines for, what we call, “Project Guardian” – meaning safety, value and quality.

Call CI Foods today to obtain a complete list of our alternative food products.



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## Healthier Lives

CI Foods incorporates flavorful and nutritious food products into a convenient and affordable well-being plan that can put you on the road to a more balanced lifestyle. We have many prepared meals to choose from, and the list of available items is updated regularly.

We offer many items in addition to our prepared meals, such as:

- **USDA Certified Meats:** CI Foods has a full line of fresh or frozen meats and poultry products cut from USDA inspected beef, pork and fowl. This includes roasts, steaks, meat patties, chicken breasts, sausage, bacon and more. We can also provide you with special cuts of meat upon request.
- **Pre-Cooked Entrees:** Heat and serve entrees including baked chicken, meatloaf, Salisbury steak, meatballs, stews and sauces.
- **Whole Grain and Baked Goods:** We can supply you with popular varieties of breads, pastas, cereals, oatmeal, baked goods and confectioneries, including cupcakes, cookies, cakes, brownies, fruit bars, rolls and muffins.

With CI Foods we can customize and prepare your daily, weekly or monthly meal menus. Let us demonstrate how healthful foods can fit into an overall approach to wellness that is enjoyable, practical and achievable. It's all part of our ongoing effort to promote healthier lives.



## Providing Industry Experience

CI Foods has been involved in the corrections industry for years and brings together registered dietitians, product managers and engineers into a center for research and quality. These culinary specialists focus on nutrition, protein science and sensory insights with a passion for continuous improvement and innovation. We view nutritional improvements as more than just decreasing sodium, sugar, fats and calories. In many cases, we're also boosting fiber and protein in ingredients and vegetable content in meals. Our ongoing proactive focus leads to nutritious foods that are an integral part of a more balanced lifestyle.



## Why Buy From CI?

CI Foods produces quality foods while providing offenders with job experience, developing a positive work ethic and an opportunity for offenders to succeed once released. These work opportunities provide the means for offenders to pay court ordered financial obligations, victim restitution, their cost of incarceration, family support and build a mandatory savings account. Your purchases from CI lower the costs associated with operating the state's criminal justice system and provide offenders with a chance to change their lives forever – breaking the cycle of recidivism.



### FOOD HANDLERS SMOCKS

Easy slip-on design ties at the waist.



### FOOD SERVICE POLOS

100% preshrunk cotton with your screen printed logo.



### CHEF'S APRONS

Long sleeve apron with snap or velcro closures.



### PREPARED FOOD TRAYS

Disposable food trays are easy to prepare and are recyclable. No dirty dishes!

## PROJECT GUARDIAN

All of our foods meet corrections security requirements and are manufactured under the controlled conditions of our processing facilities with safety, security audits and certification processes at every step.

## OTHER PRODUCTS AND SERVICES

In addition to making delicious foods, we also offer a broad assortment of food handlers' smocks and aprons, hand towels, cleaning supplies, gloves, hair nets, plastic ware, embroidery and screen printing services.