**Number 1: Idaho (Breakfast)**

Most prisons serve the same punishment loaf at every meal.

Idaho may be the only state with a breakfast, lunch, and dinner recipe. This breakfast nutraloaf uses traditional morning foods, blending cereal, milk, toast, and even orange juice into a single baked loaf. However, a recent update to the Idaho Department of Corrections, policy dated April 28, 2016 reads, “Eliminate the use of nutra loaf,” and includes a revised menu for alternative meals.

2 oz unsweetened cereal, dry

1 oz granulated sugar

1 ½ oz powdered milk, vitamin D fortified

2 slices (or 2 oz) toast or bread crumbs

½ oz margarine (melted) or vegetable oil

4 oz orange juice

1. Combine all ingredients and mix thoroughly with mixer or by hand.
2. Place mixture into greased loaf pan.
3. Set loaves on lined sheet pans (greased parchment paper).
4. Bake at 325 degrees Fahrenheit, approximately one hour. Loaf should be firm to the touch.

 Yield: 1 loaf (1 serving)

Source: Idaho Department of Correction

**Number 5: Pennsylvania**

This recipe incorporates cooked rice, dry oatmeal, and mashed garbanzo beans. In Pennsylvania, Nutraloaf is called a “behavior modified meal.” It may be served to a prisoner for a maximum of 21 consecutive meals.

1 oz gelatin, any flavor

2 oz whole wheat bread crumbs, dry

1 oz powdered milk, vitamin D fortified

3 oz ground beef, raw

4 oz vegetables, finely chopped and cooked

4 oz canned fruit (any kind), finely chopped

2 oz American cheese, grated

2.5 oz dry beans, cooked and ground

2 oz onions, finely chopped

½ oz margarine (melted) or vegetable oil

1. Combine all the ingredients and mix thoroughly with mixer or by hand.
2. Place mixture into greased loaf pan.
3. Set loaves on lined sheet pans (greased parchment paper).
4. Bake at 325 degrees Fahrenheit, approximately one hour. Loaf should be firm to the touch.

 Yield: 1 loaf (1 serving)

Source: Pennsylvania Department of Corrections

**Number 3: Illinois (Vegan)**

This vegan recipe features an unlikely combination of applesauce, tomato paste, and garlic powder.

People in prison at the Tamms Correctional Center sued the Illinois Department of Corrections after being served this recipe. They alleged cruel and unusual punishment under the Eighth Amendment. Their suit was unsuccessful.

4 oz canned chopped spinach, drained

4 oz canned carrots, diced, drained

4 oz vegetarian beans, drained

4 oz applesauce

1 oz tomato paste

½ cup potato flakes

1 cup bread crumbs

1 T margarine

1 tsp garlic powder or flakes

1. Combine drained vegetables.
2. Gradually blend in remaining ingredients until well combined. Mixture should be stiff but moist enough to spread. Each loaf should weigh 1 ½ pounds precooked weight and be scaled to insure proper weight.
3. Place mixture into a loaf pan that has been sprayed with pan release and lined with filter paper.
4. Each loaf should bake at 300 degrees Fahrenheit in convection/steam oven for approximately 40 minutes or until the loaf reaches 155 degrees internal temperature.

 Yield: 1 loaf (1 serving)

Source: Illinois Department of Corrections

**Number 2: California**

Inmates on a “disciplinary diet” in California jails are served this loaf twice a day. This recipe includes raw cabbage and chili powder. Inmates receive two slices of whole wheat bread and a quart of water with each serving.

Taste-testers at a California culinary school noted that this loaf’s texture was “sticky and strange,” while its taste was “like a pile of canned spinach.”

3 oz. raw carrots, chopped or grated fine.

1 ½ oz. tomato juice or puree

4 ½ oz. raw cabbage

7 oz. lean ground beef, turkey or rehydrated, canned or frozen Textured Vegetable Protein

2 ½ fl. oz. oil

1 ½ oz. whole wheat flour

¼ tsp. salt

4 tsp. raw onion, chopped

1 egg

6 oz. dry red beans, pre-cooked before baking (or 16 oz. canned or cooked red kidney beans)

4 tsp. chili powder

1. Shape info a loaf and bake at 350-375 degrees for 50-70 minutes.

 Yield: 1 loaf (1 servings)

Source: Los Angeles County Sheriff’s Department Custody Division, Food Services Unit

**Number 4: Arkansas**

The *Arkansas Times* filed a Freedom of Information Act request with the Arkansas Department of Corrections, and published the state’s recipe in its February 25, 2016 issue. Arkansas’ “loaf style nourishment” includes beef liver, chopped dates, and dry milk.

4 oz. nonfat dry milk

3 slices homemade bread

¼ cup cornmeal

¼ cup dry oats

6 oz. raw ground beef

3/8 cup raw beef liver

1 med. raw egg

7 oz. shredded potato

4 oz. shredded raw carrot

7 oz. shredded cabbage

4 oz. chopped spinach

2 oz. tomato sauce

4 oz. white beans, cooked and drained

4 oz. black-eyed peas, cooked and drained

20 chopped dates

½ teaspoon iodized salt

4 oz. salad oil

1. Mix all ingredients together lightly and place in a meatloaf pan.
2. Bake at 350 degrees Fahrenheit for approximately 45 minutes or until an internal temperature of 155 degrees is reached.

 Yield: 1 loaf (3 servings)

Source: “Slam bake,” *Arkansas Times*