

Diet for Health (DFH) Snack

1. A Diet for Health snack shall be defined as a sandwich. A Diet for Health snack does not include milk, fruit, or desserts.
2. A Diet for Health snack shall be provided only to insulin-dependent diabetics.
3. A Diet for Health snack shall be provided at the evening meal only. **Anticipating a delay providing the evening meal, a DFH snack will be made available.**
4. Snack Menu
 - Peanut Butter and Diet Jelly Sandwich (1 each) on days 1, 2, 4, 6, 7, 9, 11, 12, 14, 16, 17, 19, 21, 22, 24, 26, 27, 29, and 31.
 - Meat Sandwich (1 each) on days 3, 8, 13, 18, 23, and 28.
 - Cheese Sandwich (1 each) on days, 5, 10, 15, 20, 25, and 30.
5. When preparing a peanut butter and jelly sandwich make sure to use diet jelly.
6. When preparing a cheese sandwich make sure to provide 1 ounce (2 slices) of cheese.

NOTE: **If a patient (offender) refuses his/her DFH tray but requests an evening snack, it shall be provided if the offender is an insulin-dependent diabetic.**
If a patient (offender) refused his/her DFH tray but requests milk, it shall not be provided.