

- (d) "Fortified vegetable oil" means cotton seed oil, coconut oil palm oil or any edible oil approved by the Medical Department, to which has been added not less than 4,000 international units of vitamin "A" per 30 gms. The same addition of vitamin "A" shall be made if ghee is issued.
- (e) Fresh fruit may be issued in lieu of vegetables on the advice of the Medical Department.
- (f) If there is a deficiency of any one commodity in item (4) above, 25 mgms. ascorbic acid must be issued daily.
- (g) Yeast or other appropriate supplement may be added to the above on the advice of the Medical Department and in such quantities as may be laid down by that Department.
- (h) "Meat" includes the weight of bone.
- (i) 55 gms. of dried meat when obtainable may be issued once a week in lieu of 115 gms. of meat or dried fish.

Made this 11th day of April 1969.

D. T. ARAP MOI,
*Vice-President and
Minister for Home Affairs.*

LEGAL NOTICE NO. 133

THE BORSTAL INSTITUTIONS ACT

(Cap. 92)

IN EXERCISE of the powers conferred upon the Minister for Home Affairs by section 52 of the Borstal Institutions Act, the following Rules are hereby made:—

THE BORSTAL INSTITUTIONS (AMENDMENT) RULES 1969

1. These Rules may be cited as the Borstal Institutions (Amendment) Rules 1969.

2. The Borstal Institutions Rules are hereby amended by the deletion of the First Schedule thereto and the substitution therefor of the following—

FIRST SCHEDULE

RATION SCALES

The scales of diet for all inmates shall be the scales set out hereunder—

SCALE A

(per person)

1. FULL DIET—

	Weekly Issue (Monday to Sunday)	
	On each of four days a week	On each of three days a week
	Gms.	Gms.
(1) Carbohydrates and vegetable proteins:		
(a) Maize or other cereal	570	510
plus (b) beans or groundnuts	225	200
(2) Animal proteins:		
(a) Fresh meat or dried fish	—	115
	Mls.	Mls.
plus (b) Milk	425	425
(3) Fats:	Gms.	Gms.
Fortified vegetable oil	15	15
or fortified vegetable ghee	15	15
(4) Fresh vegetables:		
(a) Green leafy vegetables or carrots	55	55
plus (b) Potatoes or sweet potatoes	115	115
plus (c) Capsicum	30	30
(5) Salt:	15	15

NOTES:

- (a) "Other cereal" includes rice, wheat or millet flour, but does not include "cassava".
- (b) "Beans" includes dried soya beans or dried peas.
- (c) In lieu of 115 gms. of fresh meat or dried fish shown in subparagraph (2) above, an issue of 170 gms. of fresh fish may be made.
- (d) "Fortified vegetable oil" means cotton seed oil, coconut oil, palm oil or any other edible oil approved by the Medical Department to which has been added not less than 4,000 international units of vitamin "A" per 30 gms. The same addition of vitamin "A" shall be made if ghee is issued.
- (e) Fresh fruit may be issued in lieu of vegetables on the advice of the Medical Department.
- (f) If there is a deficiency of any one commodity under Group (4) 25 mgms. ascorbic acid must be issued daily.

FIRST SCHEDULE—(Contd.)

- (g) Yeast or other appropriate supplement may be added to the above diet on the advice of the Medical Department and in such quantities as may be laid down by them.
- (h) Meat includes the weight of bone.
- (i) 55 gms. of dried meat when obtainable may be issued once a week in lieu of 115 gms. of meat or dried fish.

2. RESTRICTED DIET—	<i>Daily</i>
Maize meal	455 gms.
Ascorbic acid	25 mgms.
Water	As required

SCALE B
(per person)

(1) FULL DIET—	<i>Daily</i> <i>Gms.</i>
(1) Carbohydrates and vegetable proteins:	
(a) Bread (standard)	170
or wheaten flour	130
plus (b) Rice	185
plus (c) Beans	85
or soya beans	55
plus (d) Sugar	55
plus (e) Dhall	85
(2) Animal proteins:	<i>Mls.</i>
(a) Fresh meat (<i>see note (d)</i>).	
(b) Fresh milk	425
(3) Fats:	<i>Gms.</i>
(a) Ghee	55
(4) Fresh vegetables:	
(a) Vegetables	255
plus (b) Potatoes	170
(5) Tea	5
(6) Salt	15
(7) Curry powder	5

NOTES:

- (a) The diet shall be divided between the morning, mid-day and evening meals at the discretion of the Officer-in-charge.
- (b) "Beans" includes dried haricot beans.
- (c) Vegetables shall be the same as in scale D.
- (d) 115 gms. of fresh meat, including bone shall be issued five times a week, and shall be either beef or mutton.
- (e) In a prison situated at the Coast 115 gms. of dried fish or 170 gms. of fresh fish may be substituted for the meat ration on one day each week.
- (f) "Ghee" means clarified butter of animal origin.

2. RESTRICTED DIET—	<i>Daily</i>
Flour	455 gms.
or rice	225 gms.
Ascorbic acid	25 mgms.
plus water	As required

FIRST SCHEDULE—(Contd.)

SCALE C

(per person)

(1) FULL DIET—	<i>Daily Gms.</i>
(1) Carbohydrates and vegetable proteins:	
(a) Bread (standard)	170
or wheaten flour	140
plus (b) Rice	170
plus (c) Beans	115
plus (d) Sugar	55
(2) Animal proteins:	
(a) Fresh meat	225
	<i>Mls.</i>
plus (b) Fresh milk	425
(3) Fats:	<i>Gms.</i>
(a) Butter	45
(b) Cooking fat	15
(4) Fresh vegetables:	
(a) Vegetables	285
plus (b) Potatoes	170
(5) Tea	5
(6) Salt	15
(7) Curry powder	3

NOTES:

- (a) The diet shall be divided between the morning, mid-day and evening meals at the discretion of the Officer-in-charge.
- (b) "Beans" includes dried haricot beans, dried peas and dried soya beans.
- (c) Fresh meat shall be either beef or mutton, and includes the weight of bone.
- (d) 255 gms. fresh fish may be issued in lieu of meat on one day in each week.
- (e) Vegetables shall be the same as in Scale D.

2. RESTRICTED DIET—	<i>Daily</i>
Bread (standard)	455 gms.
Ascorbic acid	25 mgms.
Water	As required

FIRST SCHEDULE—(Contd.)

SCALE D (per person)		Daily Gms.
1. FULL DIET—		
(1) Carbohydrates and vegetable proteins:		
(a) Bread (standard)	225
or wheaten flour	170
plus (b) Oatmeal	55
or rice	55
plus (c) Beans	85
plus (d) Sugar	55
(2) Animal proteins:		
(a) Fresh meat	285
		<i>Mls.</i>
plus (b) Fresh milk	425
plus (c) Egg	1 Unit
(3) Fats:		
(a) Butter	45
(b) Cooking fat	15
(4) Fresh vegetables:		
(a) Vegetables	285
plus (b) Potatoes	225
(5) Tea		
		5
(6) Salt		
		15

NOTES:

- (a) The diet shall be divided between the morning, mid-day and evening meals at the discretion of the Officer-in-charge.
- (b) "Beans" includes dried haricot beans and dried soya beans.
- (c) Fresh meat shall be either beef or mutton, and includes the weight of bone.
- (d) 285 gms. of fresh fish may be issued in lieu of meat on one day in each week.
- (e) Vegetables shall consist of fresh cabbage, cauliflowers, onion, parsnips, carrots, peas, beans or turnips.
- (f) Fresh fruit may be issued in lieu of vegetables on the advice of the Medical Department.
- (g) In addition, a weekly ration of 15 gms. each of mustard, baking powder and pepper shall be allowed.
- (h) 3 gms. of curry powder may be issued when rice forms part of the ration.

2. RESTRICTED DIET—

		Daily
Bread	455 gms.
Ascorbic acid	25 mgms.
Water	As required

Made this 11th day of April 1969.

D. T. ARAP MOI,
*Vice-President and
Minister for Home Affairs.*