

LEGAL NOTICE NO. 540

THE PRISONS ACT

(Cap. 90)

IN EXERCISE of the powers conferred by section 74 of the Prisons Act, the Minister for Home Affairs and National Heritage makes the following Rules:—

THE PRISONS (AMENDMENT) RULES, 1997

1. These Rules may be cited as the Prisons (Amendment) Rules, 1997.
2. Rule 49 of Prisons Rules (hereinafter referred to as the principal Rules) are amended by deleting subrule (1) and inserting the following new subrule:

Sub. Leg.

Food. 49 (1) Subject to the provisions of section 35 of the Act, every Prisoner shall be entitled to a sufficient quantity of plain wholesome food, in accordance with the prisoners' diet in the First Schedule.
3. The principal Rules are amended by deleting rule 118.
4. The principal Rules are amended by deleting the First Schedule and replacing it with the following new Schedule:

FIRST SCHEDULE

PRISONERS' DIET (MONDAY TO SUNDAY)

	<i>On each 4 days a week</i>	<i>On each 3 days a week</i>
<i>Carbohydrates/vegetable protein</i>	<i>Grams</i>	<i>Grams</i>
Maize or other cereals	570	570
Soya flour	20	20
Beans	225	—
Ndengu (green grams)	—	230
<i>Animal protein</i>		
Fresh meat	—	200
Dried skimmed milk	—	500 ml.
Sugar	20	20
<i>Fats</i>		
Fortified vegetable oil, or fortified vegetable ghee	16	16
<i>Fresh vegetables and fruits</i>		
Green leafy vegetables	120	—
Carrots	—	90

FIRST SCHEDULE—(Contd.)

Irish potatoes or sweet potatoes	—	115
Spring onions	30	30
Capsicum	30	30
Tomatoes	—	30
Lemons	—	15

PRISONERS UNDER ESCORT DIET

Grams

Biscuits	125
Tinned beans	120

CHILDREN'S DIET (MONDAY TO SUNDAY)

On each 4 days *On each 3 days*
a week *a week*

<i>Carbohydrates/vegetable protein</i>	<i>Grams</i>	<i>Grams,</i>
Maize or other cereals	285	285
Beans	60	60
Bread	40	—
<i>Animal protein</i>		
Fresh meat	—	50
Dried skinned milk	500 ml.	500 ml.
Sugar	55	55
Salt	5	5
<i>Fats</i>		
Fortified vegetable oil, or ghee	16	16
Spring onions	15	15
Tomatoes	30	—
Fruits	1	—

Made on the 31st October, 1997.

WILLIAM OLE NTIMAMA,
Minister for Home Affairs and National Heritage.

LEGAL NOTICE NO. 541

THE LAND CONTROL ACT

(Cap. 302)

ESTABLISHMENT OF LAND CONTROL AREAS AND BOARDS

IN EXERCISE of the powers conferred by section 3, 4 and 5 of the Land Control Act, the Minister for Lands and Settlement—

(a) applies the Act to the Municipalities specified in the First Column of the Schedule and constitutes them Land Control Areas;