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E-mail: veritas@mango.zw

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Statutory Instrument 149 of 2011.¹

[CAP. 7:11

Prisons (General) (Amendment) Regulations, 2011 (No. 9)

IT is hereby notified that the Minister of Justice and Legal Affairs has, in terms of section 130 of the Prisons Act [*Chapter 7:11*], made the following regulations:—

1. These regulations may be cited as the Prisons (General) (Amendment) Regulations, 2011 (No. 9).

2. The Second Schedule to the Prisons (General) Regulations, 2003, published in Statutory Instrument 196 of 2003, is repealed and the following is substituted—

“SECOND SCHEDULE (*Section 50*)

PRISONERS’ DIET

<i>Item</i>	<i>Daily issue</i>
Bread	1/8 loaf
Maize meal porridge* (General observation 6)	100g
Cooking oil*	40ml
or Cooking fat (Dripping)	40g
Fresh vegetables*	200g
Maize meal (Sadza)*	500g
or rice	200g
or pasta	200g
or samp	200g
Salt*	10g
Meat (two times per week)*	130g
or offals (casings)	100g
or fresh fish	200g
or dried fish	140g
or beans	100g
Beans* (five times per week)	100g
or fresh peas or cow peas	100g
Groundnuts*	30g
Milk	100g
Fruit (in season) (once per week)	200g
Lacto (five times per week)	250ml
Tomatoes (General observation 7)	20g
Sugar	50g
Tea leaves	5g
Margarine or jam	10g

General Observation—

1. The quantities stated are for raw mass.
2. Stock for cooking vegetables and meat should be issued as soup.

¹ *Note by Veritas.* This statutory instrument was published in the Zimbabwean Government Gazette of 23rd December 2011. It replaces the Prisoners’ Diet Schedule enacted by SI 97/2011.

3. Fresh vegetables include spinach, cabbage, tomatoes, kale, pumpkins, turnips, tsunga, lettuce, onions, beetroot, carrots, leeks and sweet potatoes.
4. Fruits include lemons, limes, oranges, paw-paws, bananas, mangoes, guavas, watermelons and indigenous fruits.
5. When alternatives are prescribed, the choice of item to be used shall vest in the Officer in Charge, who may determine different alternatives for different prisoners.
6. Porridge shall be issued as breakfast at 100g and whenever possible to enrich the porridge with margarine or peanut butter or fresh milk.
7. Where tomatoes are used they shall be a product of the prison garden.
8. *These eight items (and their replacements) are essential to meet the minimum dietary and nutrient requirements for inmates and must always be prioritised and provided in recommended amounts every day – (100g porridge, 40 ml cooking oil, 200g vegetables, 500g sadza, 10g salt, 130 g meat or beans, 30g groundnuts). All other items can be added to the essential diet as resources permit.”.

3. The Prisons (General) (Amendment) Regulations, 2011(No. 8), published in Statutory Instrument 97 of 2011, are repealed.