



FOR IMMEDIATE RELEASE  
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## Food and Nutrition Inspection Reports – Youth Custodial Services in Tasmania 2020.

The Office of the Custodial Inspector Tasmania today released findings from the latest inspection report into food and nutrition services provided at Ashley Youth Detention Centre (AYDC).

Custodial Inspector Richard Connock said that in late September 2020, his office conducted an unannounced inspection against food and nutrition standards of the Ashley Youth Detention Centre.

“The inspection found that for the most part, the provision of food and nutrition at AYDC is of sufficient quality and met overall nutritional needs, including those requiring vegetarian, religious, cultural and special diets,” said Mr Connock.

“There has been a strong and noticeable commitment by AYDC management to lift and improve the provision of food and nutrition for residents and for that they should be commended,” he said.

“Meals provided at AYDC are of good nutritional value and the menu planning aligns with dietary guidelines for younger people as well as accommodating varied dietary needs, allergies and intolerances,” he said.

“Of particular note, it was pleasing to see that AYDC had implemented the recommendations made in respect of Food and Nutrition in the 2017 Inspection Report,” said Mr Connock.

“It is also evident that the engagement of dietitians and nutritionists at AYDC has had an obvious impact with considerations given to kilojoule consumption, variety of foods offered, meal intervals and portion sizes to ensure appropriate nutritional offerings for varied ages and genders,” said Mr Connock.

“A review carried out by Nutrition Solutions Tasmania (2019) and a report from the University of Tasmania nutrition students titled ‘*Explore the Ashley Youth Detention Centre Food Environment*’ published in September 2020 have also provided further insight and assistance for specific nutritional guidelines to be implemented,” he said.

Mr Connock said the inspection also evaluated the promotion of healthy lifestyles through programs, recreation and structured education sessions throughout the facility.

“Healthy lifestyles have been actively promoted throughout the Centre by means of existing classes and programs but these should also be supplemented by nutritional education for staff and residents,” he said.

“The opportunity presents for AYDC to implement a coordinated approach around already established programs to adequately prepare residents for when they return to the community,” said Mr Connock.

“AYDC currently offers a great range of options for residents to build on essential life skills including cooking classes, barista classes and gym sessions providing the perfect platform for further education on nutrition and healthy food choices,” he said.

[Office of the Custodial Inspector Food and Nutrition Inspection Report – Youth Custodial Services in Tasmania 2020](#)

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