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## Review

# Food norms in Penitentiaries from Romania

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**National Administration of Penitentiaries in Romania aims to improve the conditions of detention of detainees and improve the overall level of safety, in the spirit of national and international advanced standards in the field. The present study was conducted to this end, at the request of NAP. In order to understand developments that occurred in the NAP system in the past 3-4 decades, the study begins by briefly describing the detention conditions and existing feeding in European prisons before the late 1960. The study was conducted with the following research methods: bibliographic documentation on the history and actuality to feed the residents of prisons various countries, focusing on the situation in Romania and other countries; studying regulations on feeding management persons serving sentences of imprisonment in Romania; realization of interviews with residents in prison on detention conditions and to feed the prison; carrying out discussions with specialists from prison on the main difficulties encountered in their specific activity. Calculation by the normative method of the food rules for a private person of freedom.**

**Keywords:** Penitentiary, inmate, social indicators, social reintegration, normative method, food norms.

## INTRODUCTION

The National Administration of Penitentiaries in Romania seeks to improve detention conditions and increase the level of safety in accordance with international norms. These indicators give us an objective image in the area of deprivation of freedom, but also a subjective side felt the target group of the study, the inmates.

At the end of the year 2013, they were in prisons, education centres and penitentiary hospitals, over 33,400 inmates, 27% more than in 2008. Thus, the cost that the Romanian State must bear annually for them has reached one billion lei ([http://www.realitatea.net/penitenciarele-o-gaura-in-bugetul-de-stat-cat-ne-costa-intretinerea-unui-detinut\\_1508824.html](http://www.realitatea.net/penitenciarele-o-gaura-in-bugetul-de-stat-cat-ne-costa-intretinerea-unui-detinut_1508824.html)). For each inmate, the Romanian state allocates monthly the amount of 2,500 lei (the sum of 1,800 lei is intended for personnel and investment costs, 457 lei for maintenance, 140 lei for food, and 83 lei for health), per day on average, how many 60 lei (approximately 19 lei are for accommodation

and security, 6 lei for food, and the rest to pay utilities and transport to the courts).

The International Prisons Study Centre in the United States (<http://www.ziaruldegarda.ro/aplicarea-riguroasa-legii-plaseaza-primul-numarul-arestari/>) shows that in Romania, there are 163 detainees per 100,000 inhabitants, the first place being occupied at this chapter by Americans, with over 700 people incarcerated per hundred thousand inhabitants. Among the states with fewer detainees per 100,000 inhabitants include Sweden, with 60 people behind bars, and India, with only 30.

It should also be noted that, according to the rules in force, **Romania has a deficit of more than 4,000 places of accommodation in penitentiaries.** If we take into account the standards imposed by the ECHR for the space for each inmate, the deficit is an impressive one: 14,000 seats. In other words, the capacity of **Romanian prisons is exceeded by approximately 70%.**

The "International Study" Space 2011 "made periodically by the Institute of Criminology and Criminal Law of Lausanne, for the Council of Europe (<http://www.informatia-zilei.ro/sm/sistemul-penitenciar-din-romania-cat-costa-un-detinut-si-de-ce-nu-munceste/>) (and published in May 2013) shows that the majority of European prisons are full, half of which are even overcrowded. What distinguishes them, however, is the amounts spent by those States for maintaining these devices. Here are some data collected from the recalled study:

-The European average is 154 detainees to 100,000 inhabitants, growing compared to 149 than the year before. Romania has 139 inmates to 100,000 inhabitants, so it is below the European average;

-All prisons are full, on average at capacity –99.5% of 100 seats, and half of them are overcrowded;

-the average age of detainees in Europe is 33 years;

-21% of detainees are foreigners, with a higher concentration in western Europe, where the percentage of foreigners is 30%, and in Eastern Europe of only 2%;

-26% of the penalties are up to one year, another 26% between 1 and 3 years, 48% of the punishments are more than 3 years old, and 14% of the penalties are greater than 10 years;

-The average amount spent daily for an inmate in 2010 was 93 euros. From 3 (Bulgaria) to 750 euros (San Marino). Romania is included in this ranking with 17 euro/inmate/day, the amount that is comprises all the expenses explained in this text. Other states spend: Andorra –174 Euro, Denmark –178 euro, Ireland –193 euro, Lichtenstein – 230 euro, Luxembourg –176 euro, Netherlands –215 euro, Norway –330 euro, Sweden – 260 euro;

-In the 33 prisons in Europe that provided this data for the study were spent 17,000 million with detainees in 2010;

-on average, in Europe there is a guardian at 3 detainees".

The work of detainees has been affected, as well as the global economy, by the crisis of 2009, but even though in absolute numbers apparently returned to "normal", the number of inmates working continues to remain small in the cases mentioned. The income obtained by the NAP from the work of detainees over the last six years: 2007 – 25,650,621 Lei; 2008 –28,229,664 Lei; 2009 –19,583,527 Lei; 2010 –20,089,484 Lei; 2011 – 25,809,484 Lei; 2012 –29,650,721 Lei.

Another problem is that the funds obtained from the work of detainees do not remain in prisons where they are held, but centralize the NAP, which redistributes them by non-transparent criteria. Some prison executives are dissatisfied with this practice, saying they are not so spurred in any way to look for work for detainees on the local market.

**According to the data provided by the NAP, penitentiaries with the most detainees taken to work**

**in 2012 are: Jilava, Arad, White Gate, Gherla, Timișoara, Iași.** "According to the data provided by the NAP, last year of 31,503 detainees worked on average 8,054, of which only 2,900 were remunerated, the remainder rendering voluntary or household work inside the penitentiary. The law stipulates that a detainee must be paid for the work performed, according to a contract concluded by an economic agent with a minimum wage on economy. From this amount he receives only 40%, the remainder enters the NAP account for various expenses" ([http://www.realitatea.net/penitenciarele-o-gaura-in-bugetul-de-stat-cat-ne-costa-intretinerea-unui-detinut\\_1508824.html](http://www.realitatea.net/penitenciarele-o-gaura-in-bugetul-de-stat-cat-ne-costa-intretinerea-unui-detinut_1508824.html)).

Hiring convicts is not so tempting for Romanian patrons, as the NAP records show. A single big shoe manufacturer, German, uses the work of detainees from several prisons from us, the rest of the Romanian employer proves reluctant with the inmates. That is, despite the fact that they are a rather "good", captive, guarded workforce, even at the workplace outside the penitentiary and for which they must not pay taxes and fees related to a free employee.

## LEGAL FRAMEWORK FOR FOOD IN PRISONS

- Food (<http://www.valerianstan.ro/files/Ghid%20practic%20pentru%20monitorizarea%20locurilor%20de%20detentie%20%28martie%202008%29.pdf>) must be in sufficient quantity and a quality that does not endanger the health of detainees. Food blocks and food warehouses must strictly comply with the hygiene rules, the liability returning to the penitentiary doctors. It is recommended to outsource food preparation (already in several prisons), which would solve several problems: the prison administration is no longer responding to food quality, detainees receive equal portions, suspicion is eliminated of the detainees in respect of the hijackings of their intended products.

- Matters to be taken into consideration if the food is still prepared at the food block: the cleaning state of the kitchen and the annexes; menu of the day (morning, lunch and dinner; food differs by categories of detainees: those who go to work, stationary, sick, those whose religion forbids pork); Condition of the dishwasher (cement, sheet or stainless steel, worn or not, hot water supplied permanently or according to a schedule); The frequency with which lab analyses are being tested to those who work at the food block.

- **Report on the visit to Brăila Penitentiary** (<http://www.apador.org/raport-asupra-vizitei-la-penitenciarul-braila/>). The food block is a neat and clean building; the only negative aspect observed is the excess steam in the room where the food is actually prepared. The rest of the halls, the storage spaces, the utensils used are in good condition. Refrigerators and food storage were also clean and airy. The food is prepared by

a professional chef and 24 detainees whose health status is verified by conducting medical analyses every 6 months. They have a clean dressing room and a bathroom with a shower where hot water is always available. Lunch menu at the time of the visit consists of vegetable soup and cabbage with meat and jumpers. For the common food norm and for detainees working, i.e. for 620 persons, 49 kilograms of pork were used. The meat is not individually porous so some of the detainees complained about how they were distributed. For dinner were to prepare cheese pasta. Diabetic detainees receive food supplements consisting of cheese and/or apple. The private persons of freedom who discussed with the association representatives complained about the quality of food both as a taste and nutritional value. The penitentiary has no dining room so all detainees serve meals in the rooms.

- **Food of detainees, on-site shop** (<http://www.apador.org/raport-asupra-vizitei-penitenciarul-braila/>). Private freedom people can make daily shopping from the on-site shop. The store was quite well stocked on the date of the visit with food including fruits and vegetables, cigarettes, coffee, juices, hygiene products, including buckets and mops that can be purchased without

the need for approval, stationery, etc. The seller said that food and hygiene products are best sold and that the store is subject to the detainees' requests. They said the prices are very high, especially in fruit, vegetables and toilet paper. The representatives of Apador-CH found that indeed some prices are high compared to those in the community. Thus, a kilo of cucumbers cost 5.40 lei and a high quality toilet paper 2.50 lei. Instead, a 250 gr coffee package of Jacobs costs 14.90 lei, much less than in other penitentiary stores.

- **At the Colibași penitentiary** ([http://www.realitatea.net/penitenciarele-o-gaura-in-bugetul-de-stat-cat-ne-costa-intretinerea-unui-detinut\\_1508824.html](http://www.realitatea.net/penitenciarele-o-gaura-in-bugetul-de-stat-cat-ne-costa-intretinerea-unui-detinut_1508824.html)), they eat well. It assures us of this one of the representatives of the Public Relations Department, who accompanies us through the penitentiary. "Do not think that only steaks are eaten, but the food is tasty.", adds the young lady of the PR. The food rules for each inmate are established by an order of the Minister of Justice. According to this order, the daily mass of a

detainee must comply with some calming rules: contain milk, meat, eggs and vitamins. So, every day, a convict has to consume no less than 2,855 calories, and that's under no circumstances ([http://www.realitatea.net/penitenciarele-o-gaura-in-bugetul-de-stat-cat-ne-costa-intretinerea-unui-detinut\\_1508824.html](http://www.realitatea.net/penitenciarele-o-gaura-in-bugetul-de-stat-cat-ne-costa-intretinerea-unui-detinut_1508824.html)). "The rules of the Colibași are established by order of the Minister of Justice. In the case of a working inmate, it can reach 3,185 calories, while for the sick can be higher. For example, private people with diabetes are receiving six meals a day.", said Viorel

Dinișor. Most of the detainees' menu, but also the one from the penitentiary employees' mess is ensured from their own resources. There are greenhouses, farm farms and a bakery, where inmates work to pass their time. Work can reduce their punishment, but no one is obliged to work. "Like any civilian engaged in a commercial society, inmates who will be able to work, at the eight-hour program, observing the legal holidays and the rest of the day. No one is forced!" says the director of the Colibași. Dressed in white, with bonnets, "bakers" spin coke and tell. One more tells how he learned his job as a baker in detention. He was a driver. He's not saying why he was "put on the yeast" at the Colibași, but wait, chewing on the mixer and patience, to pass the two years before he breathes another air. The amount of 6 lei, allocated to the daily feed of an inmate, makes it unlikely to provide the minimum calorie and protein requirements for maintaining its health status. Inmates can even go shopping, but only at the shop in the inner courtyard of the penitentiary. "The law allows inmates to shop two or three times a week. In the penitentiary there is a rented space of a company that has won a public auction and which brings products, from those permitted by law, which the inmates can buy. No money is used, but check tabs, which are then recovered from the money that each inmate can receive weekly from relatives or money for work hours.", explains Viorel Dinișor, director of the Colibași Penitentiary.

- Rule No. 18 on the feeding of sick detainees who must undergo a diet, described in the communication of 21 August 2009 (National Penitentiary Administration refers to the order of the Minister of Justice no 2713/C/2001) (<http://www.avp.ro/rapoarte-speciale/raport-special-reglementari-reeducare-2008.pdf>). Under this regulation, for a sick inmate the daily nutritional intake must be on average of 3 175 calories and must contain in particular bread (550 g), potatoes (400 g), fresh vegetables during summer (300 g) or canned in winter (80 g), milk (200 ml), fresh fruit during summer (70 g) or dried in winter (20 g), pork meat (70 g), one egg, rice (30 g), biscuits (30 g), meat products (30 g), tomato paste (30 g), margarine (20 g), sugar (20 g), salt (20 g) and food oil (15 ml).

- **Menu (jurnalul.ro/special-jurnalul/viata-in-puscarie-a-primului-inalt-demnitar-ajuns-in-spatele-gratiilor-618512.html)**. He wakes up, makes insulin, eats. "Breakfast I eat what I brought home. "Eat from the package?". "For now, yes. I can't eat this stuff. Potatoes, bread, rice, pasta... Now I understand that it will change, ie we receive polenga which has the glycemic index half of bread... I eat flakes, from these, musli, wheat, dairy, there's a shop here, just today I have shopping day, Mondays and Thursdays we go shopping, dairy, juices, both... Canned food. "From the mess you've never eaten?" "No, I haven't eaten yet. All right, I'll eat... a soup I ate, that I had to eat soups, that it did not work, you cannot do... I ate a bean soup. A lot of beans, which is-

that's... In the prison records, Muresan, however, is listed as "the norm of nutrition for diabetes mellitus." After eating read. "Now I read the memoirs of Alexandru Vaida Voievod. Four volumes. "History of the Romans" written by Hitchens, by the English, "The Dictator's Handbook", which just appeared at Polirom... and the books give them a weekly home, after I read them.

"Until now, since I've been here, I think I've read about 12 books. I read a lot. There's nothing else I can do".

- **Romanian detainees receive from prisons** (<http://www.ziuanews.ro/dezvaluire-investigatii/puscariile-foamei-82380>), only two meals a day, this being the first violation of food rules, which provide at least three daily meals. Thus, the inmates take the first meal around 11-12, consisting of a main way, Ciorba, and a secondary kind. Portions do not provide daily calorie or protein, lipid and carbohydrate requirements, provided by the Ministry of Health. For example, a prison lunch means pumpkin soup and zucchini food. The economy is made up to the smallest detail, considering that the bones or the fat are meat and they can provide the entire convictions with proteic need. In the evening, however, around 17-18 hours, only one dish is served, usually what was offered on the previous day or the same day, as a secondary one, at noon. In this way, the convicts receive the next food only the next day, around 12 o'clock. The Meat Loaf is only offered for the holidays, when, on the menu of all days, a sausage or a meatball is added.

- One monthly package, and that subject to restrictions. You might think that inmates are providing food needs from the packages they receive from relatives or from close. It's not like that. Inmates are entitled to one food package per month. Visitors can bring 20 liters of refreshments, six kilos of vegetables and fruits and ten kilos of food. But it's not getting any. There are many restrictions on packages, the directors of Penitentiaries stating that, in this way, they cannot be introduced, in prisons, forbidden objects, such as telephones, white arms and drugs. Therefore, detainees may not, for example, receive coffee, cigarettes, body hygiene products, detergents, eggs, sugar, lemons, oil, dairy, vinegar, minced, sponge cakes. Everything has to be vidat, and some prisons only accept sliced products, which are, of course, much more expensive than the others. Also, cooked food is not permitted under any pretext in some of the prisons, while, where accepted, must be purchased from supermarkets and vidate, with the date of validity inscribed on the packaging.

- Food kept on the floor under the beds. It is known that there is no special space for storing food, a place according to hygiene rules, protected from moisture or dirt. Convicts store their food received in packages on foot, under the beds, to be kept "cold" and being sheltered from light. There's no staff to clean up, the ones who wash on foot, only with water, being all inmates. Some of them are luckier, and they "procure" their paws from the inner shops, but the others store the food on the

ground in the cell they share with dozens of convicts.

- Additions of over 100%, huge turnover. All this obliges the inmates to acquire products from the stores in the penitentiary. They have access to these commercial spaces only once a week and can spend up to 300 lei per shopping, which includes, for smokers, and packs of cigarettes. The problem is, however, that commercial additions to the bank are double or even triple than in the outside stores. Basically, for shop patrons, whose turnover can also reach 600,000 lei in just two years, revenues are guaranteed. Success is evident, as long as the food provided by penitentiaries is far below the normal limits laid down by the Ministry of Health and, above all, under European norms, and the packages received from outside are so limited. Moreover, the fact that there is no place for food preservation makes a large part of the food that is received from home to be discarded, so that the purchase of new foods can only be done from the stores in prisons. ZIUAnews (<http://www.ziuanews.ro/dezvaluire-investigatii/puscariile-foamei-82380>) entered into the possession of some tax vouchers issued by the commercial spaces in the court of the Jilava, Colibași and Giurgiu prisons. We have compared the prices on these vouchers, to basic foods, to those in a supermarket, resulting in a number of times the commercial addition exceeds 100%. The food we are going to refer to was bought by the detainees in July this year. For example, the price of an egg reaches 1.5 lei inside the prisons, compared to 0.7 lei, while in supermarkets. A liter of milk costs seven lei, not 3.5 lei, as normal. The price of a kilo of summer salami is 29 lei, while we buy it with 20 lei. Tomatoes and cucumbers cost six lei per kilogram, we pay 3.3 lei, respectively 3.6 lei. The onion is, inside the prisons, 3.5 lei, and in supermarkets, it sells with two lei per kilogram. For a liter of oil, the inmates pay nine lei, and we, six lei. One kilo of sugar is seven lei, but in supermarket we find it with 4.3 lei. Coffee is seven lei more expensive than outside, and vinegar and chocolate have a double price. And body hygiene products are expensive. Suffice it to say that for a toothpaste, convicts pay four lei in excess of the usual price.

- **Starvation of inmates, the employers' business.** The starvation of inmates by the authorities fills the pockets of businessmen who own these commercial spaces. For example, the store in Jilava Penitentiary is owned by SC Best Top Prosper SRL, which is on profit, where associates are Rodica Gabriela Tănase and Ionel Tănase (<http://www.ziuanews.ro/dezvaluire-investigatii/puscariile-foamei-82380>). The turnover of the company reached 597,956 Lei, in 2011, compared with 399,699 lei, while in 2010, after only one year of activity. Another company that makes money on the backs of detainees is SC Andalusia SRL, Giurgiu County. The company has eight years of activity in the food trade at Giurgiu Penitentiary, considered to be one of the most modern in Romania, built by European

standards. The sole owner is the flower of the book and, in the year 2011, the turnover was 4,815,802 lei, compared to 2,770,329 lei, while in 2010. The company's profit in the year 2011 was 9,910 Lei. The store in the penitentiary of the maximum safety of Colibasi was held, until 2011, by SC Auto No Problems 2004 SRL, whose majority shareholder was Gheorghe Floriu, the father of a former inmate, the priest Laurențiu Floriu, convicted in the dossier Permits from Argeș. Subsequently, the commercial space was auctioned, being won last year by SC Express Catering Muntenia SRL, whose majority shareholder is also Gheorghe Floriu, who holds 95% of the shares, while the remaining 5% are owned by the son been detained. The reason for changing the company's name was to get a better price on the organized auction for renting the commercial space.

• **Report on the status of the penitentiary in Iasi** (<http://stiri.telem.ro/stiri/raport-asupra-starii-penitenciarului-din-iasi--5519.html>).

The Liberal senator of Iasi, Marin Burlea with a mandate from the Committee on respect for Human rights, from the Romanian Parliament made a visit to Iasi penitentiary on July 2. The conclusions are simple but harsh.

1. "On the 2nd of July, I made a documentary visit to Iasi penitentiary. I personally wanted to check what is the reality of the penitentiary system in Romania, because the abundance of public space discussions on the subject. My professional experience, 40 years of working in the Romanian medical system, working with people in distress, helped me to make an assessment, I think, objectively the situation in the Iasi penitentiary, in particular, and the entire penitentiary system in the country in general. Of course, I do not expect a visit for a few hours in a penitentiary to give me a complete picture of the existing problems.

My conclusions can be a starting point for a broader analysis of the situation in the system and for adapting legislation in the field to the realities inside it.

I started from art. 3 of Law 254/2013 on the execution of penalties: "The purpose of executing punishments and custodial measures".

2. The aim of the execution of custodial sentences and educational measures is to prevent new offences from being committed.

3. By executing custodial sentences and educational measures, it seeks to establish a fair attitude towards the order of law, to the rules of social coexistence and to work, in order to re-integrate the detainees into the society, or People. "My conclusion is that today the penitentiary system in Romania focuses, almost exclusively, on punishing by the deprivation of freedom of those convicted, being far from the goal declared by law. The biggest problem of the penitentiary system is the failure to comply with minimum rules on detention conditions:

The accommodation is overcrowded, with each inmate claiming less than half the norm of space regulated by the rules laid down by the European Committee for the Prevention of Torture (CPT).

4. CPT reports have shown that "the housing of detainees is often done in high- capacity bedrooms. The bedrooms inevitably imply a lack of intimacy of detainees in everyday life. Moreover, the risk of intimidation and violence is high. Such ways of habitation can facilitate the development of subcultures of a criminal nature and to maintain the cohesion of criminal organizations. They can make it so that, effective control by the staff, it becomes extremely difficult, even impossible. All these problems are extremely accentuated when the number of detainees exceeds a legal percentage of occupancy..." - II General Report CPT/INF (92) 3.

During the visit to the Iasi penitentiary, I find out how true these allegations are. There are many bedrooms with very high capacity (28 people) in confined spaces, the gain of space achieved by overlapping of three beds. The hygiene conditions in these spaces are deplorable both in terms of cleanliness, but, in particular, from the point of view of the equipment, which are completely lacking.

5. Mattresses are worn, used for decades, broken and unhealthy.

The beds are rusted, broken and sometimes impossible to use, to ensure the necessary rest. This aspect becomes even more serious in view of the fact that a prisoner in the closed regime spends the inside of the room about 20 hours a day. The bathrooms are moldy and unhealthy, the sanitary objects being old, damaged and most of the time, not functional. The windows in most rooms are old, damaged and incapable of securing even the smallest thermal comfort. There are no minimum furniture required, detainees holding their personal hygiene and clothing items together with food, bags and bags under the beds, directly on the floor.

6. The amount of 6 lei, allocated for the daily feed of an inmate, makes it unlikely to provide the minimum calorie and protein requirements for maintaining its health status.

7. The overpopulation of the penitentiary does not allow the separation of detainees according to the facts committed and their social danger. Thus, people who ended up in the penitentiary following criminal offences or crimes without violence spend a lot of time together with dangerous, aggressive offenders. This is far from creating the prerequisites for achieving the purpose of detention (that of preparation for reintegration into society). Always, antisocial behavior in such environments is the one that will be imposed in the face of normal, civilized behavior. Thus, the likelihood that the people who ended up in detention following a wrong step in their life would turn into criminals is much greater than the opposite. I consider it compulsory to separate detainees according to the amount of punishments, but to the nature of the facts committed and to ensure different

educational conditions and programmes. Otherwise, prisons, instead of being re-education schools, will become school criminals.

8. Another aspect of a great sensitivity and which needs to be urgently resolved is to maintain the social and family ties of detainees. This is where we should start from the idea that, when a person is convicted by deprivation of liberty, the state must make the suffering as little as possible on the family, especially on underage children or elders. In this respect, there is a need for legislative measures to regulate social relations between detainees and their families, and on the other hand, where the law permits it, it applies to them, not to the detriment of them. I refer to the following situations:

The law provides for the possibility of a period of maximum 13 days for detainees in closed conditions and up to 30 days for open-label detainees. However, the practice of the NAP is to grant very hard and very rarely these rewards and limit them to maximum 5 days per year (from the information that I have, the average of the voyages is maximum 2 days for an inmate). Or, this reward is in my opinion, extremely motivating for the detainees and crucial for maintaining social, family and subsequent reintegration in society. The lack of granting of this kind of reward can lead to the dissolution of families and serious consequences in the psychic plan for children and minors. Of course, this kind of reward must be granted strictly within the limits of the law, not referring to inmates with violent or high-risk behavior.

9. Another aspect is the visits in rooms with separation device. Where the detainee does not have an increased degree of risk, if it is visited by a minor child or by older parents, the visit should take place without that separation device. It is crucial for a child not to be restricted to direct interaction with the mother or father. Such situations could cause minors irreparable trauma, they often cannot understand why they cannot embrace their parents. This provision should at least be regulated for children from the age of 0-12 years old, as well as for the elderly.

10. These are just a few things, found in the little time that we had available on this visit, without the claim that these are the most relevant problems of the system, and much less that it would be the only one.

The prison staff gave me a very good impression. They are experienced people who know very well how to tackle the world beyond bars, but who cannot do more, if the system cannot be changed from a legislative or organizational point of view, and especially, as long as it suffers from chronic underfunding.

#### **FOOD NORMS FOR ROMANIAN PENITENTIARIES CALCULATED WITH NORMATIVE METHOD**

Researchers from the Research Institute of Quality of life use various methods and research tools, including the

normative method (Mihăilescu, 2012), which helps us to identify the segments of the population in difficulty and who do not can still help themselves but need state intervention through special measures of social protection. The normative method allows us to calculate the values of the decent living standard. In case of food norms of penitentiaries there are included: pork, beef and chicken products, as well as meat derivatives (salami and parizer); Cow's milk and milk derivatives (sheep and cow wire, yogurt and butter); Fish, eggs, oil and lard, vegetables (carrot, onions, garlic, parsley, potatoes, and dry and green beans), fruit (apples), sugar, sweets and coffee in the quantities established by the nutritionists from the Institute of Hygiene and Public Health in Bucharest (see table 1). The food falls between 2,700 and 3,200 calories per day. But because a minimum consumption option was needed, the calculation stopped at 2700 calories/day/adult.

**Table 1.** Monthly food requirements for person in detention

<b>Crt.no.</b>	<b>Specification</b>	<b>U.M.</b>	<b>Quantity</b>
1.	Milk Cow	L	6,60
2.	Sheep Wire	Kg	2,00
3.	Cow wire	Kg	1,40
4.	Yogurt	L	3,00
5.	Butter	Kg	0,50
	Total		13,50
6.	Pork meat	Kg	1,80
7.	Beef	Kg	1,50
8.	Chiken meat	Kg	1,00
9.	Parizer	Kg	1,00
10.	Salami	Kg	0,70
	Total		6,00
11.	Fish	Kg	0,75
12.	Eggs	Buc	15,00
13.	Oil	L	0,66
14.	Margarine	Kg	0,69
	Total		1,35
15.	Carrots	Kg	5,00
16.	Onion	Kg	5,00
17.	Garlic	Kg	0,10
18.	Parsley	Kg	0,10
	Total		10,20
19.	Apple	Kg	4,80
	Total		4,80
20.	Dried beans	Kg	0,21
21.	Bread	Kg	9,00
22.	Pasta	Kg	2,40
	Total		11,61
23.	Sugar and sweets	Kg	2,10
24.	Potatoes	Kg	6,90
25.	Coffee		0,100
	Total		9,10

