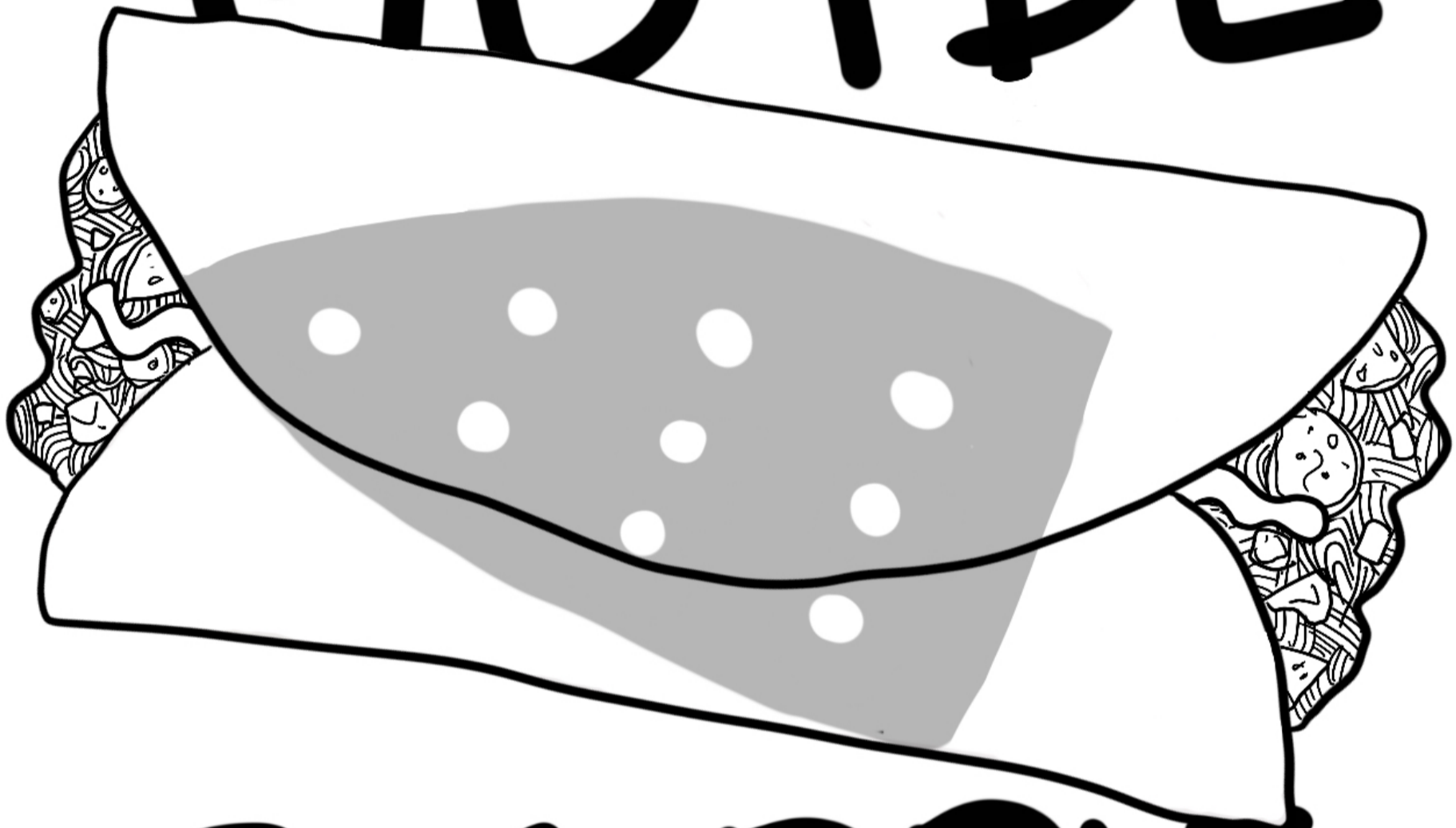
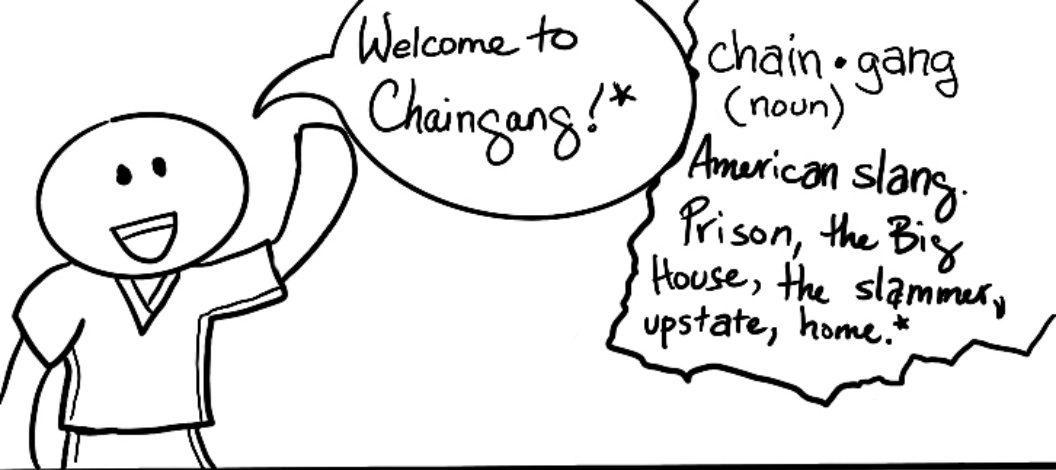


# A POCKET GUIDE



TO SUPPLEMENTAL  
MENTAL  
NUTRITION



Welcome to Chain-gang!\*

chain-gang  
(noun)

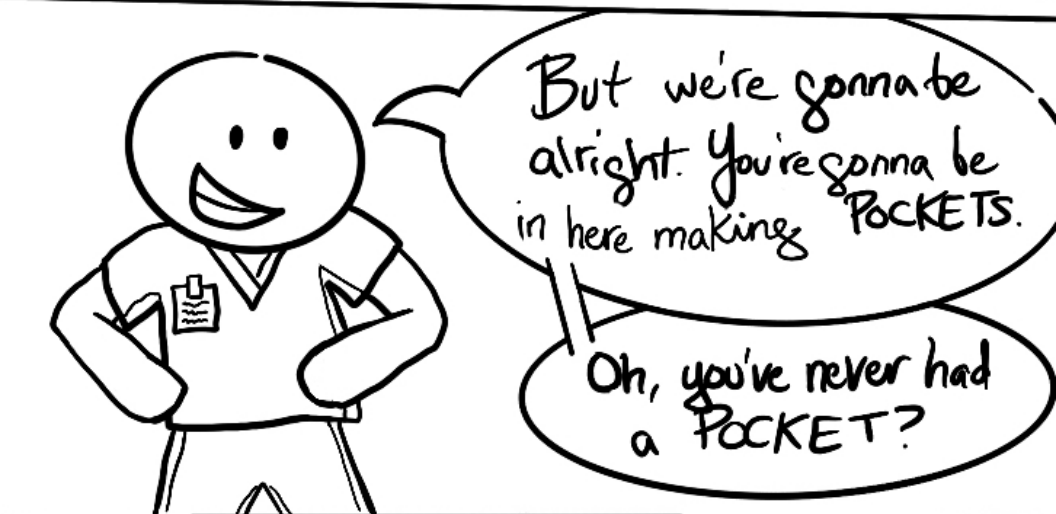
American slang.

Prison, the Big House, the slammer, upstate, home.\*



I bet you're hungry. Most of us are in here.\*\*

GRRR.



But we're gonna be alright. You're gonna be in here making POKETS.

Oh, you've never had a POCKET?

\* 2,300,000 people live in U.S. prisons. In the whole world, only 4.4% of people live in America, but 22% of prisoners do.

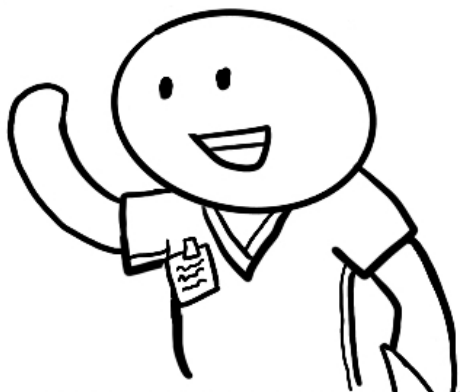
\*\* 60% of incarcerated people report experiencing chronic hunger.

Well, you got two ways you can eat in prison: you go to the chow hall\* or you pay to buy your own food at the commissary.

If you can afford the commissary, you make POKETS.

If you aren't making POKETS, you're eating what they're feeding you: food that is tasteless at best, raw or rotten on a bad day.\*\*

\*Chow hall:  
(noun)  
American slang.  
The cafeteria,  
the mess,  
where they  
slings the slop.



The chow hall serves 'meals' like rottweiler sandwiches...



2x sandwich:  
"meat"



1x sandwich:  
peanut butter



1x carton:  
hopefully  
fresh milk



1x banana:  
green

Or shank...



2x biscuits:  
dry



1x drizzle:  
gravy



1x scoop:  
turkey  
chunks

Or this meal, one that's so small that it doesn't even get its own name.



1x slice:  
bread



1x plop:  
grits



$\frac{1}{2}$  x egg

\*\*The C.D.C. reports that incarcerated people are 6.4x more likely to contract food-borne illnesses.

That menu looks rough, so we're hitting the commissary. But, be prepared to spend a lot\* to eat a little. This spread looks like a lot, but as hungry as you'll get it'll be gone in a week.

Summer Sausage

RAMEN  
instant noodles

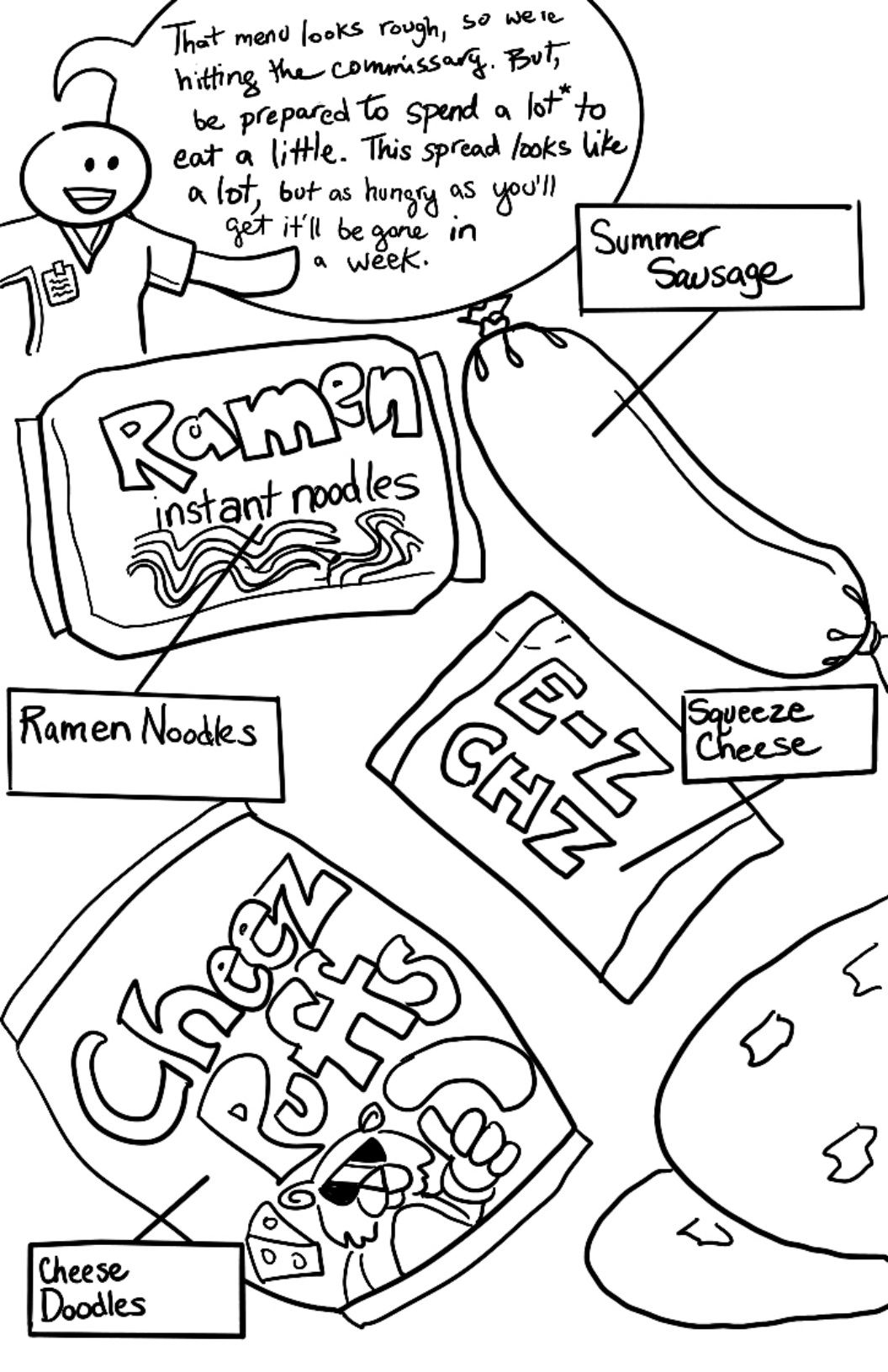
Ramen Noodles

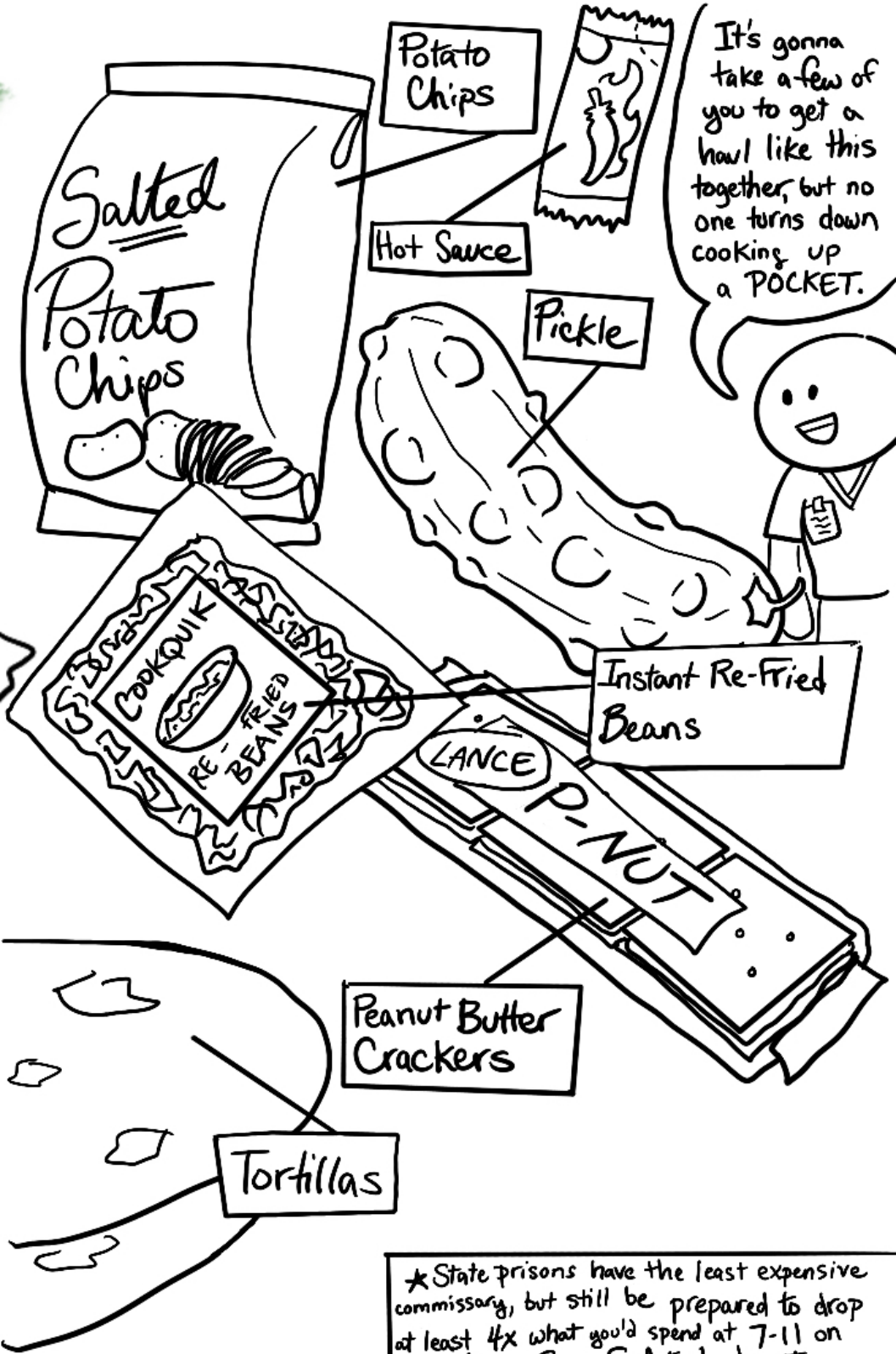
Squeeze Cheese

E-Z  
CHEESE

CHEESE  
DOODLES

CHEESE  
DOODLES





Potato Chips

Hot Sauce

Pickle

Instant Re-Fried Beans

Peanut Butter Crackers

Tortillas

It's gonna take a few of you to get a haul like this together, but no one turns down cooking up a POCKET.

★ State prisons have the least expensive commissary, but still be prepared to drop at least 4x what you'd spend at 7-11 on everything from food to deodorant.





Ramen is popular for **POCKETS** because it is everywhere and so versatile.

But sometimes you need some sweet with your savory, so bust up those peanut butter crackers, too.



Pour all of your crushed noodles and crackers into an airtight plastic bag and set it aside. You don't need to do anything to the beans, just toss 'em in.

You probably need about 4 ramen packs to make some decent **POCKETS**, and don't forget those PB crackers.



\* The recommended daily sodium intake for an adult is 2,300 mg. One packet of ramen is up to 1,800 mg by itself.

How to crush your chips:

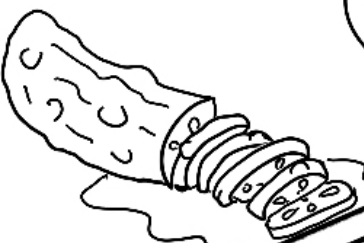
1. Poke a small hole in the bag.
2. Slowly step on bag with socked feet until every chip is crushed to crumbs.



Crush up your cheese puffs, too. We're prepping the flavor for your **POCKET**, so make sure every thing is small enough to mix right.



Slice that pickle into perfect crunchy chunks, too.



Add all these prepped ingredients to your ramen mix.

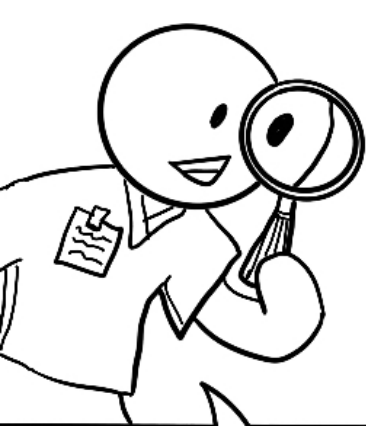
Remember those ramen flavor packs? Let's get those in there, too.

1. Pour powder into cup of hot water.
2. Pour cup into ramen mix.



Now, hold the top of the bag of ramen mix and shake it to stir it all together.

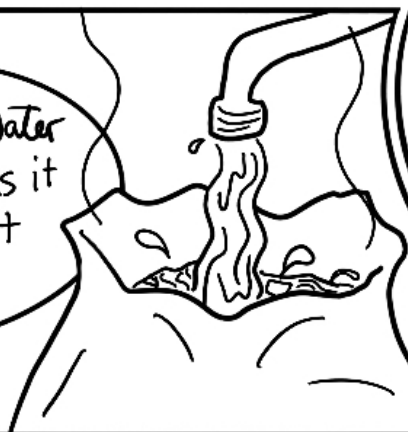




Now, this part's really important. Before you do anything else, make sure you don't have any holes in your bag.

We're making **POCKETS**, not messes.

Get your water going as hot as it gets and add it to your bag.



**ProTip:**  
Add just enough water to make everything mash together.



Tie your bag up tight...



Sink your tied bag into a bucket of hot water.



Let your bag cook in the bucket until your **POCKET** locks up, thirty to forty minutes.



If you're feeling rich, you get a summer sausage. It makes your POCKET taste like real food. And wouldn't you know it, it's a special occasion: your first POCKET!



# SUMMER SAUSAGE

First, find your cleanest pencil and skewer your sausage.



Now roast that sausage!

About 5 minutes should do it.



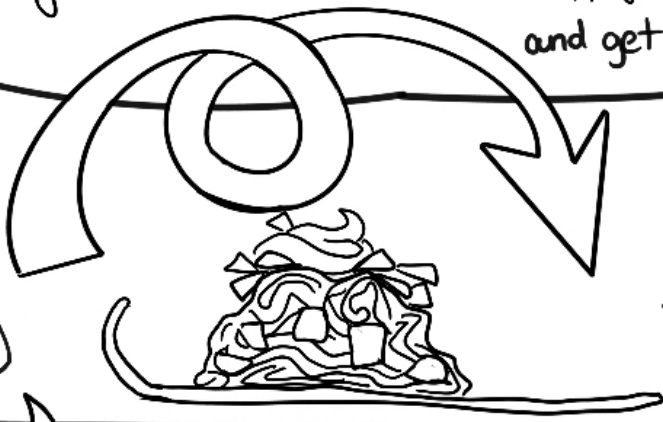
Once it's cooked, slice it up! Sausage is only for special occasions, don't over-do it.\*

\*Cured meats are also super high in Sodium. Between them and soups, be careful. High blood pressure is the most common chronic disease for incarcerated people.

# TOPPING!



Place your ramen mix, meat, and toppings on your tortilla...  
and get rollin'!



**Pro Tip:**  
If your tortilla isn't rolling right, try warming it up on the grill.

I bet you got one these at home. You may call it something else there, but here it's our grill.

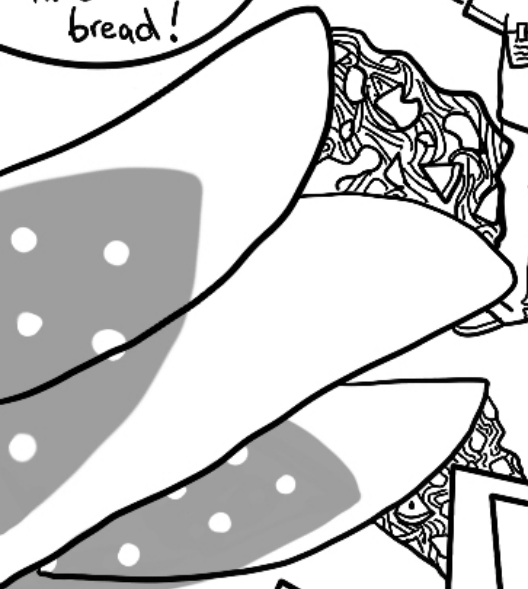


About 5 minutes.

Once you're rolled up tight, set your hot grill on your **POCKET** and toast it until the tortilla is a crisp golden brown.



Your first POCKET!  
Time to break  
bread!



There are as many recipes as there are prisoners.\* They are known by different names in different places. Wherever you're locked up, you'll find a POCKET, or something else to fill your stomach.



Don't worry if your POCKET looks a little different or you can't get the same ingredients. There is no wrong way to make one, long as it's tasty and filling. Here's some alternative preparations:



**OPEN-FACED**  
(no tortillas)



**STEW**  
(too much water)



**CRUMBLE**  
(not enough water)



**LOAF**  
(well done)

\*Again, that is 2.3 million incarcerated people in the U.S., more than China and Russia combined.

It's Friday night and a few people are hanging out.

I tell them: 'I'm hungry.'

They are too.

'I got some soups.'

'I got some chips.'

'Let's make a POCKET.'

No one turns down a POCKET.

As we cook, we talk. We tell stories about our lives, the people we've loved, and most importantly, we kill some time. Then repeat.

Sincerely,  
Inmate #  
1000036111  
7-13-19



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