

ARMY CENTER OF EXCELLENCE, SUBSISTENCE



QUAD OVERVIEW



Topics Of Discussion - QUAD



-- Food Safety & Environmental Issues



-- Operational Rations



-- Nutrition



-- Diet Trends



Food Safety & Environmental Issues



Field Sanitation Training

QMOBC Students



- 8 Hours of Training
 - Lecture Phase (2 hrs)
 - Hands on Phase (4 hrs)
 - Examination and Review (2 hrs)

54 Officers Trained



Essential Hands on Training



**Chlorinate
Water Trailer**

FST Kits

**Noise/Chemical
Hazards**

Most Critical

WBG

7 NCO's

Pest MGT

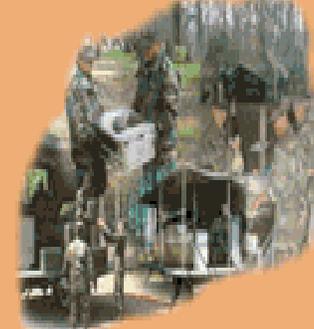
**5 gal Water
Can –Check
Residual**

**Pipe Urinals/
Latrines**



Food Safety Newsletter

Army Center of Excellence, Subsistence



Integrated Pest Management

Measures to prevent the access and harborage of pests within any foodservice establishment are vital in the implementation and maintenance of a pest management program. Most people are familiar with the term pest management. The term integrated pest management describes a more comprehensive program. An IPM program is a planned program that incorporates education, continuous monitoring, record-keeping and communication to prevent pest and disease vectors from causing unacceptable damage to operations, people, property, material; or the environment (DoD Instruction 4150.7)

The key components of an IPM are:

1. **Knowledge** – This is by the far the most important but yet overlooked
.....
2. **Human Safety** – The application of chemicals by a worker is the most



Food Safety Newsletter

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BSE aka “Mad Cow Disease”

www.geocities.com/nursinginquiry2002/darla/Darla1.html

Bovine Spongiform Encephalopathy (BSE), commonly referred to as “mad cow disease” is a progressive neurological disorder in cattle which is believed to result from the spreading of infectious/abnormal protein in the brain (known as a prion). It is similar to the disease that affects sheep and goats known as scrapie. The infectious protein causes normal protein in the brain to change their confirmation. This

Basic “Bird Flu” (Avian Influenza) Information

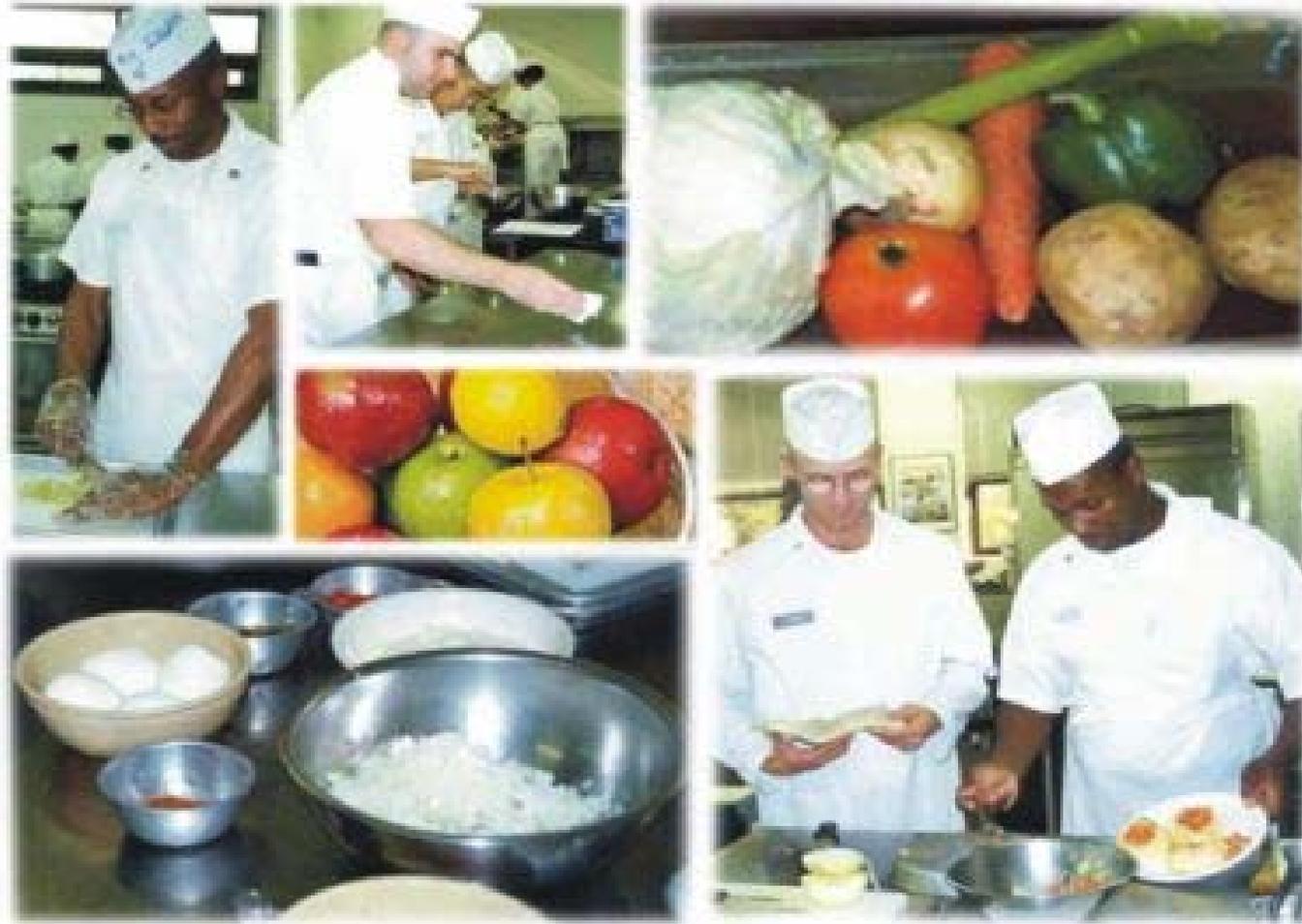
www.oneworld.net/link/gotolink/addhit/51505

The avian influenza, commonly referred to “bird flu” occurs worldwide and was first identified more than 100 years ago in Italy. Wild ducks are the natural host to this disease and are therefore more resistant to the disease. Turkeys, chickens and other domestic birds are extremely susceptible to the disease. The spread of the avian flu increases via live bird markets or direct contact with live



Army Center of Excellence, Subsistence (ACES)

Food Safety and Protection Certification Course



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QUAD

1st Place



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Operational Rations





ACES Test Kitchen





ACES Test Kitchen



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ACES Test Kitchen



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ACES Test Kitchen



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Participant Survey Form

DINER *TITLE/RANK /AGE /YEARS OF SERVICE Home of Record*

DATE:

INSTRUCTIONS: Please write a number, using the scale below, in the appropriate box. Please complete each box for each item sampled, and answer the questions in regards to the item at the end of this form. Provide any comments at the bottom / back of this form. Your input is important and valued! Thank you.

				NEITHER LIKE				
DISLIKE	DISLIKE	DISLIKE	DISLIKE	NOR	LIKE	LIKE	LIKE	LIKE
LIKE								
EXTREMELY	VERY MUCH	MODERATELY	SLIGHTLY	DISLIKE	SLIGHTLY	MODERATELY	VERY MUCH	
EXTREMELY								
1	2	3	4	5	6	7	8	
9								

SAMPLE: <u>General Tso Chicken</u>	APPEARANCE	ODOR	FLAVOR	TEXTURE	OVERALL QUALITY
• Meat					
• Vegetables					
• Starch					
• Sauce					
• Combined Entree					

Participant Survey Form

Please answer the following question:

	1	2	3	4
Detailed response:	Don't Like It	I don't prefer ----- Foods	I routinely eat ----- Foods	Yes, I Like It

	1	2
When the dining facility is serving ----- food:	I am okay with it	I prefer another choice

For this meal I used:	(Circle Response)	Soy sauce	Hot Sauce	Both
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ADDITIONAL OBSERVATIONS/COMMENTS ON THE REAR



Food Items Tested at ACES



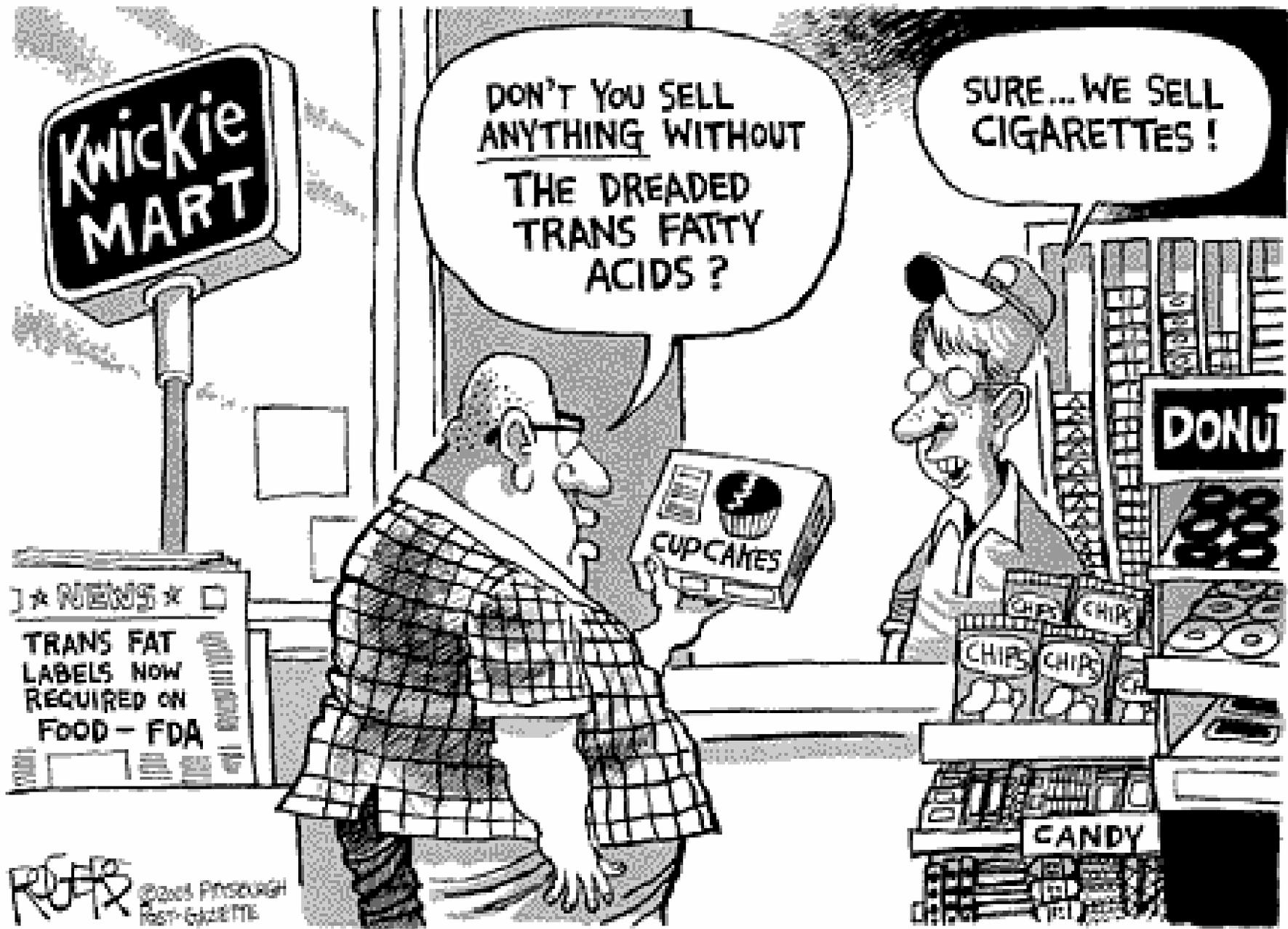
(Included in Rations & Field Tests)

- | | |
|--|--|
| <ul style="list-style-type: none">• Turkey Cutlets• Oven - Fried Chicken• Rotisserie Chicken• Catfish & Salmon Fillet• Indiv. Fruit/Puddings• Buttermilk Biscuits | <ul style="list-style-type: none">• Bagel w/ cream cheese• Blueberry Muffins• Orange Muffins• Breakfast Cookies• Soy Milk• Flavored Coffee• Peppers & Onions |
|--|--|



Nutrition Issues





DON'T YOU SELL ANYTHING WITHOUT THE DREADED TRANS FATTY ACIDS ?

SURE... WE SELL CIGARETTES !

CUPCAKES

DONUT

CHIPS CHIPS

CANDY

TRANS FAT LABELS NOW REQUIRED ON FOOD - FDA

ROBERT ©2005 Peter Forsyth Post-Gazette

'fat boy'

SUPERSIZING THE
AMERICAN TEENAGER

— By Janet Reitman —

Rolling Stone

Issue 935 >> Nov. 13, 2003 >> \$3.95



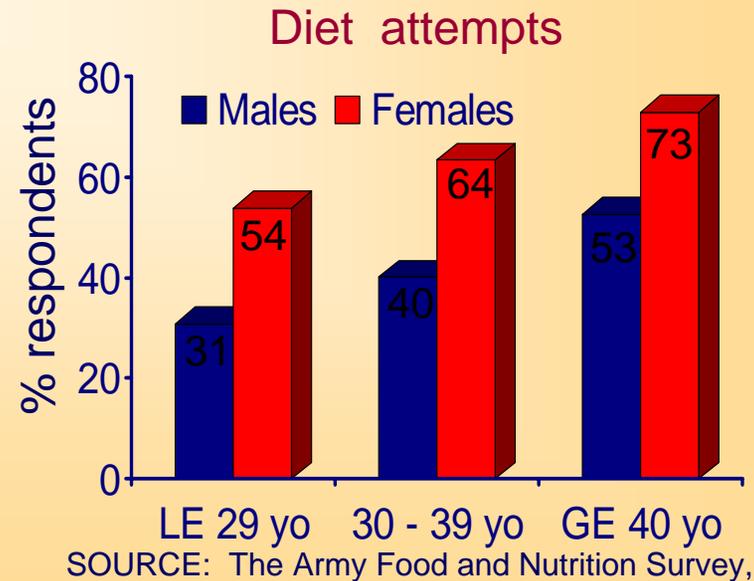
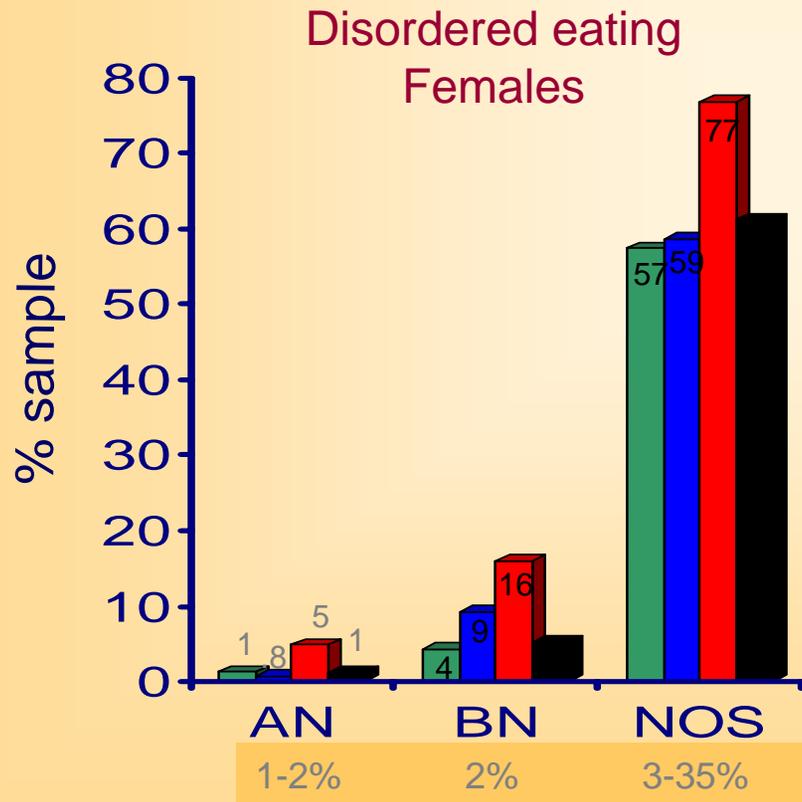
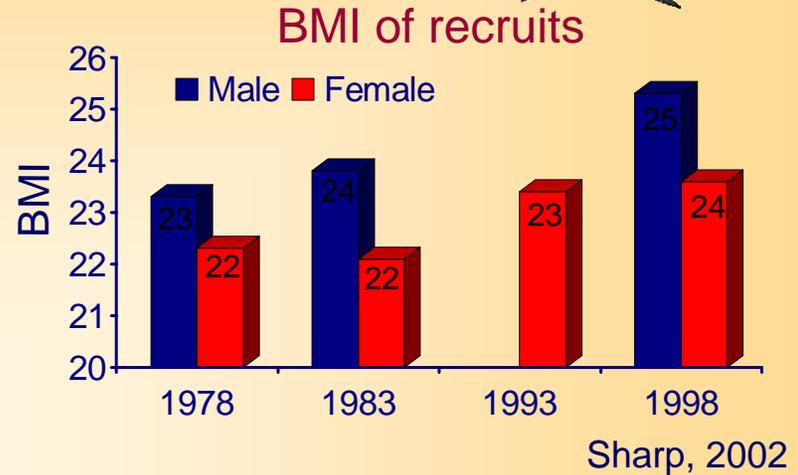
ROLLING STONE, NOVEMBER 13, 2003



Focus on weight

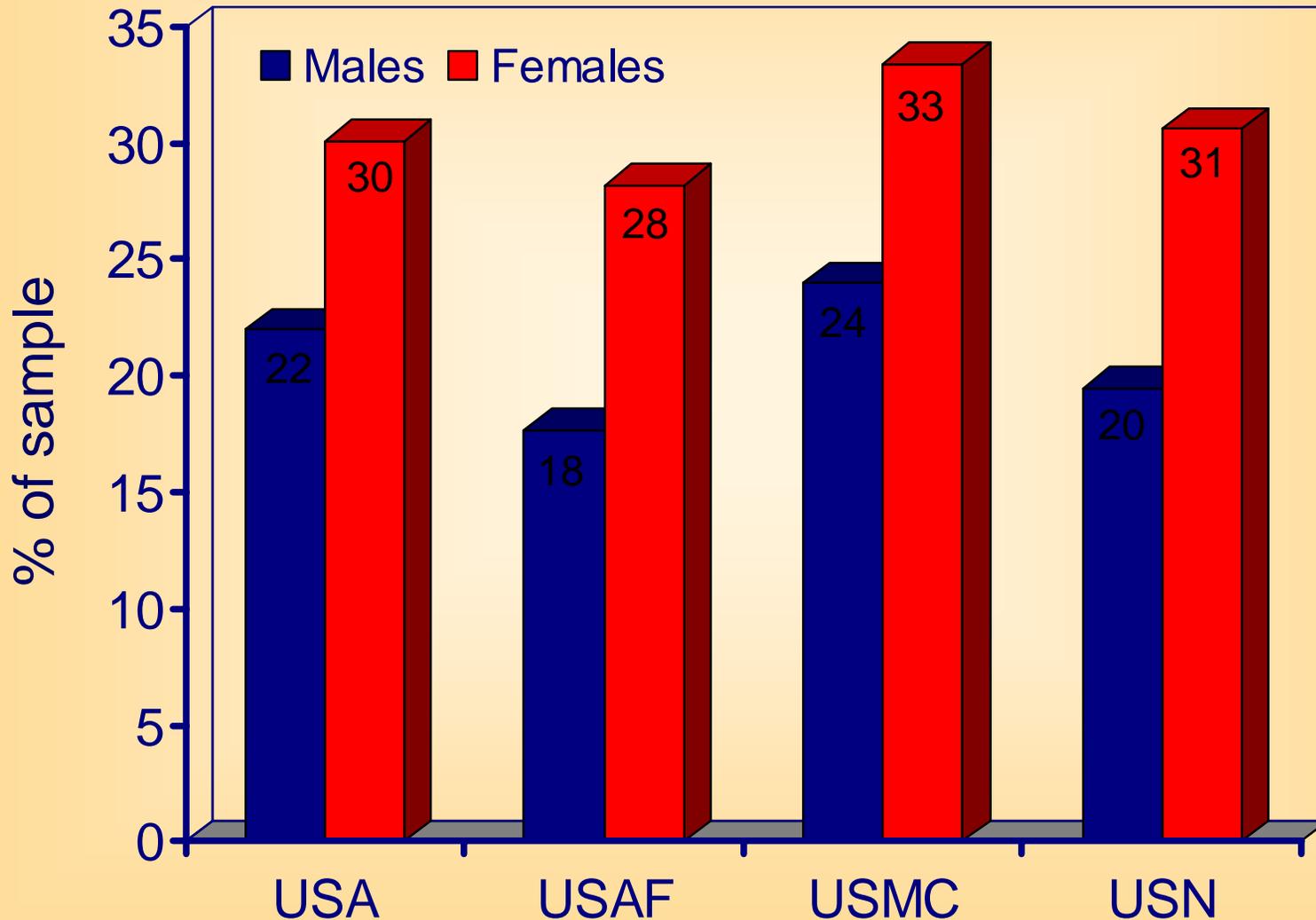


- Army recruits are heavier today.
- Soldiers are dieting to avoid exceeding their screening weight and being 'taped'.
- Extreme eating practices exist.





Prevalence of taking weight loss supplements



DoD Survey of Health Related Behaviors Among Military Personnel, 2002

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THE TIMES



November 18, 2002

US Troops Are Losing Battle of The Bulge

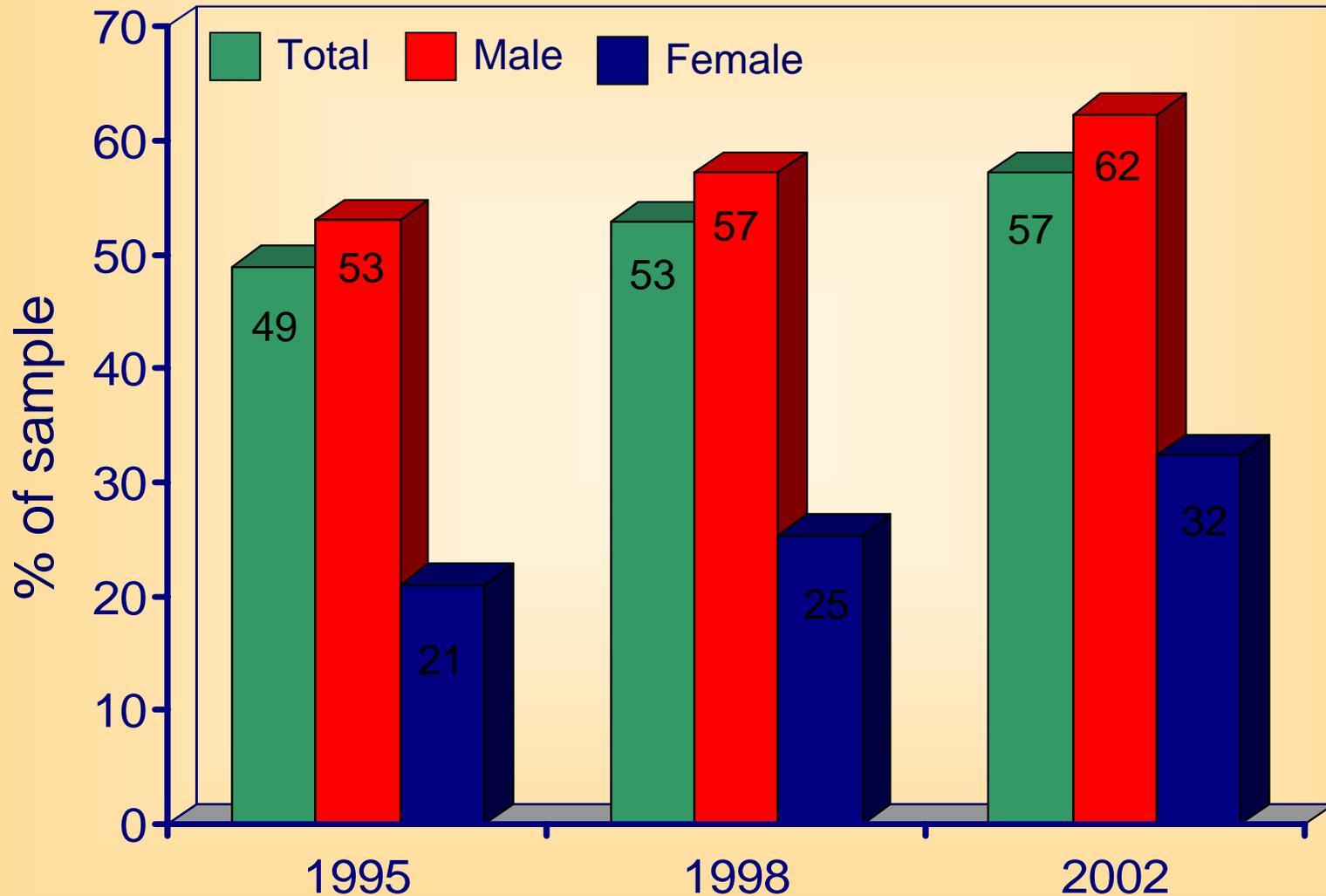
- 53.9% of US military personnel....too fat to fight
- Admitting such flabbiness....embarrassing and costly for the Pentagon
- Negative implications of perceptions of readiness
- Loophole – Armed Forces to ignore the federal standards
- Possible to have a BMI > 27.0 and be considered in good enough shape to sweat out a battle in the Iraqi desert



Trend for Overweight in DOD



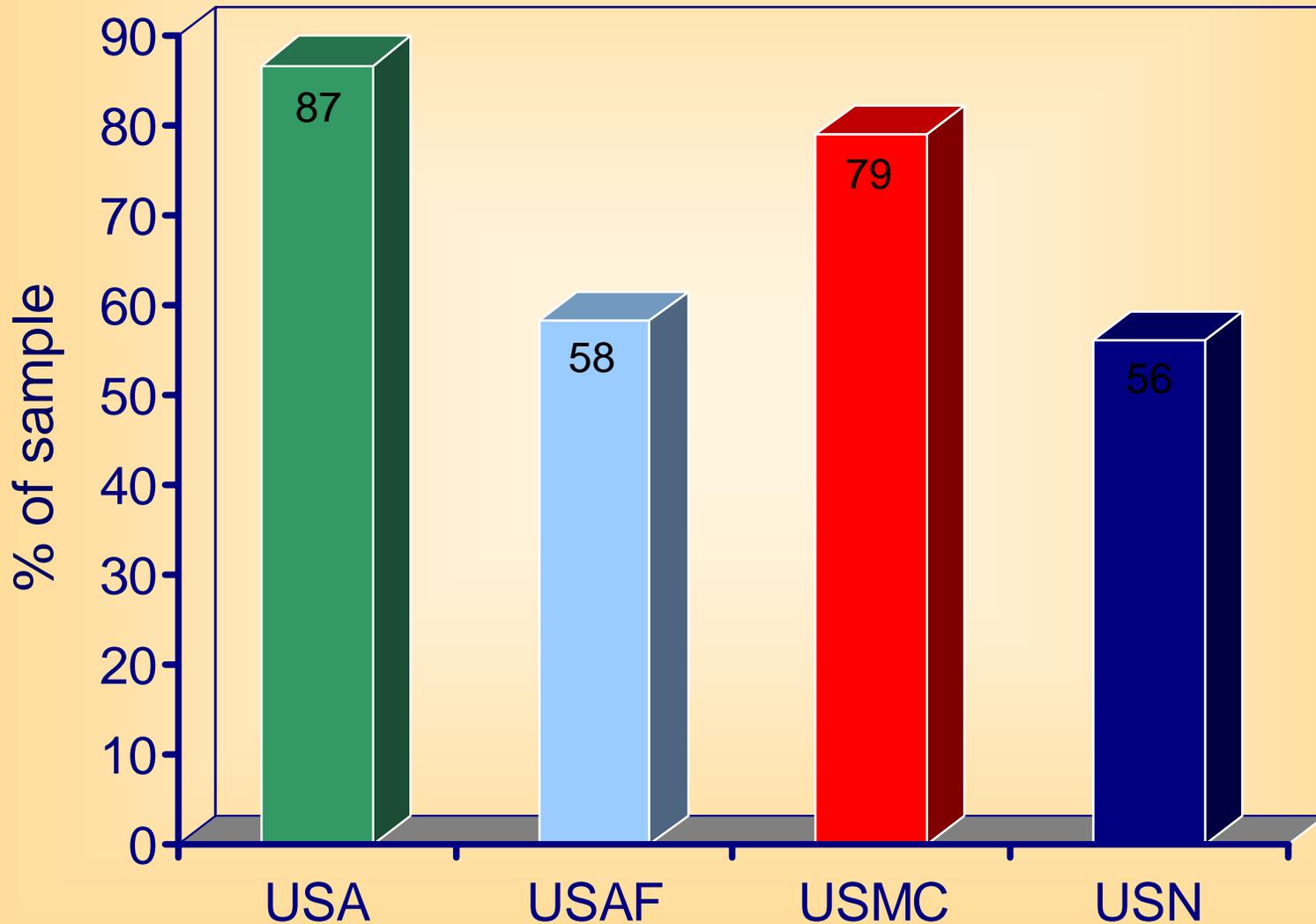
(BMI \geq 25.0 kg/m² past 30 days)



DoD Survey of Health Related Behaviors Among Military Personnel, 2002



Prevalence of involvement in strenuous exercise (past 30 days)



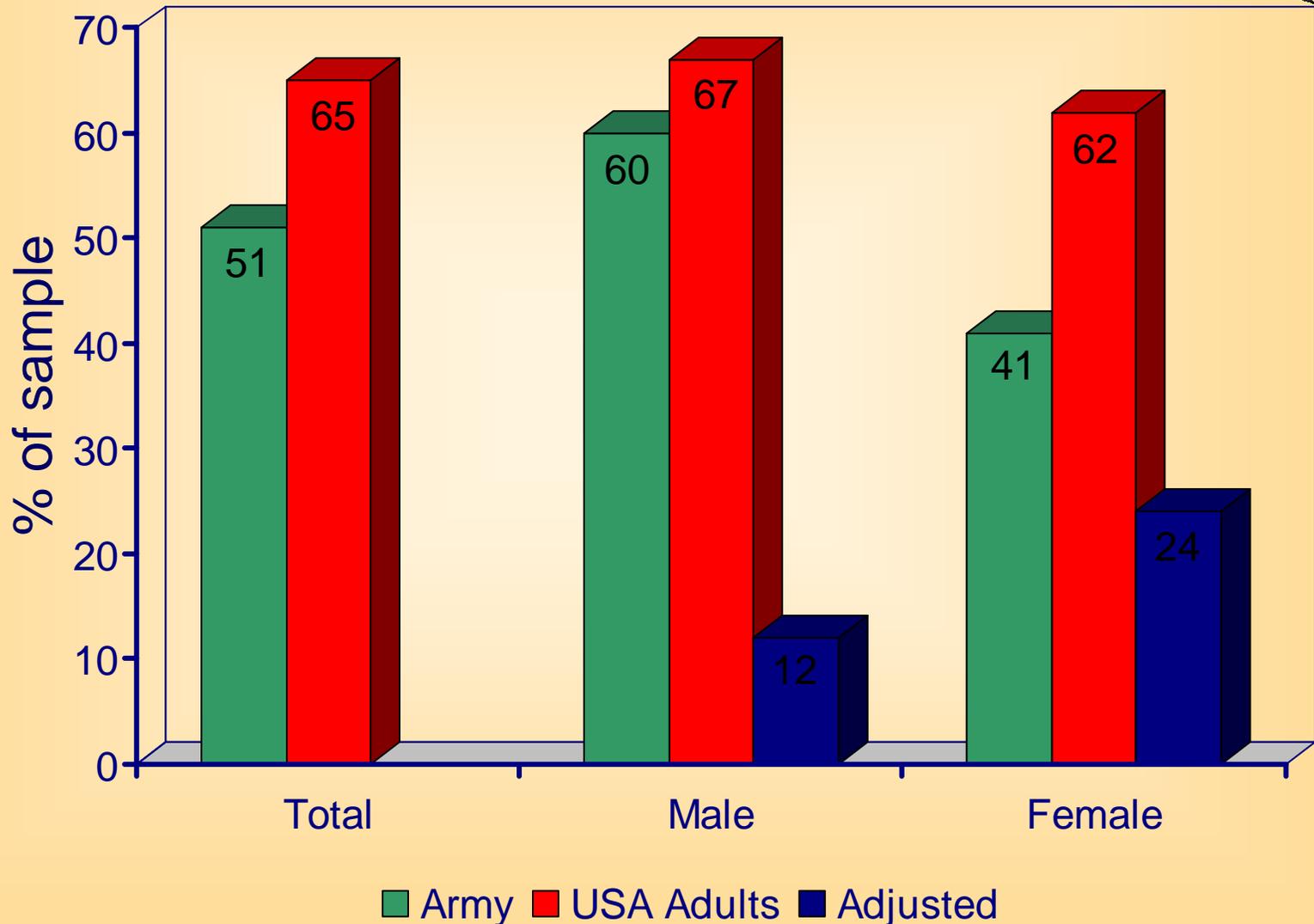
DoD Survey of Health Related Behaviors Among Military Personnel, 2002

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Soldiers are Not overweight (BMI \geq 25.0 kg/m²) and overfat





The Army Food Program Corporate Vision



Ensure high quality meals
in garrison and the field.





Guidance for Nutritional Menu Planning



Most important to patrons:

- Nutritional Requirements
 - Most important factor in menu planning
 - Dietary Guidelines for Americans
 - The Food Guide Pyramid
- Food habits and preferences
- Food Characteristics
 - Presentation
 - Flavor
 - Consistency
 - Serving temperature
 - Color
 - Texture and shape
 - Preparation method



Industry Guidance for Nutrition and Menu Standards



- U.S. Dietary Guidelines for Americans
- The Food Guide Pyramid



Military Guidance for Nutrition and Menu Standards



- **AR 40-25: Nutrition Standards and Education**
 - 2-6: Reduced calorie menus
- **AR 30-22: The Army Food Program (AFP)**
 - 3-22: Menu Planning
 - 3-57: Menu Standards (Food Guide Pyramid)
- **DA PAM 30-22: Operating Procedures for the AFP**
 - 3-70: Menu Standards
- **Army Nutrition Policy on Folic Acid**



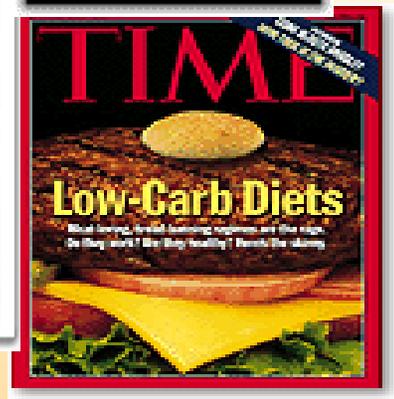
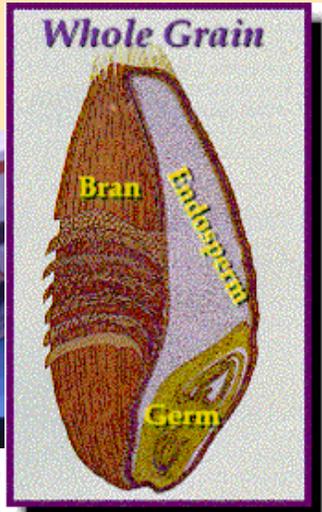
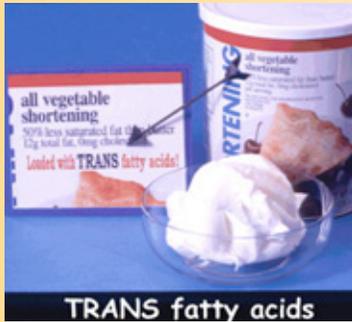
Menu Standards

AR 30-22 / Ch. 3-57

- To ensure appealing, nutritious, and wholesome food choices
- Application of standards is mandatory for all meals
- Meals will include choices from each food group
- Posted caloric value of each menu item in readily visible locations
- DA PAM 30-22:
 - Meal and menu standards
 - Menu planning guides
 - Subsistence product and preparation guides



Hot Topics



- Trans-fatty acids
- Whole-grains
- Fruits and vegetables
- Functional foods
- Low-Carb diets
- Soy foods



Marketing Nutrition



- Creativity is the key to success
- Must be communicated to:
 - Staff through training
 - Customer through menu, displays, and upon request
- Methods of promotions:
 - Advertising (verbal and written)
 - Point of selection (POS)
 - Publicity



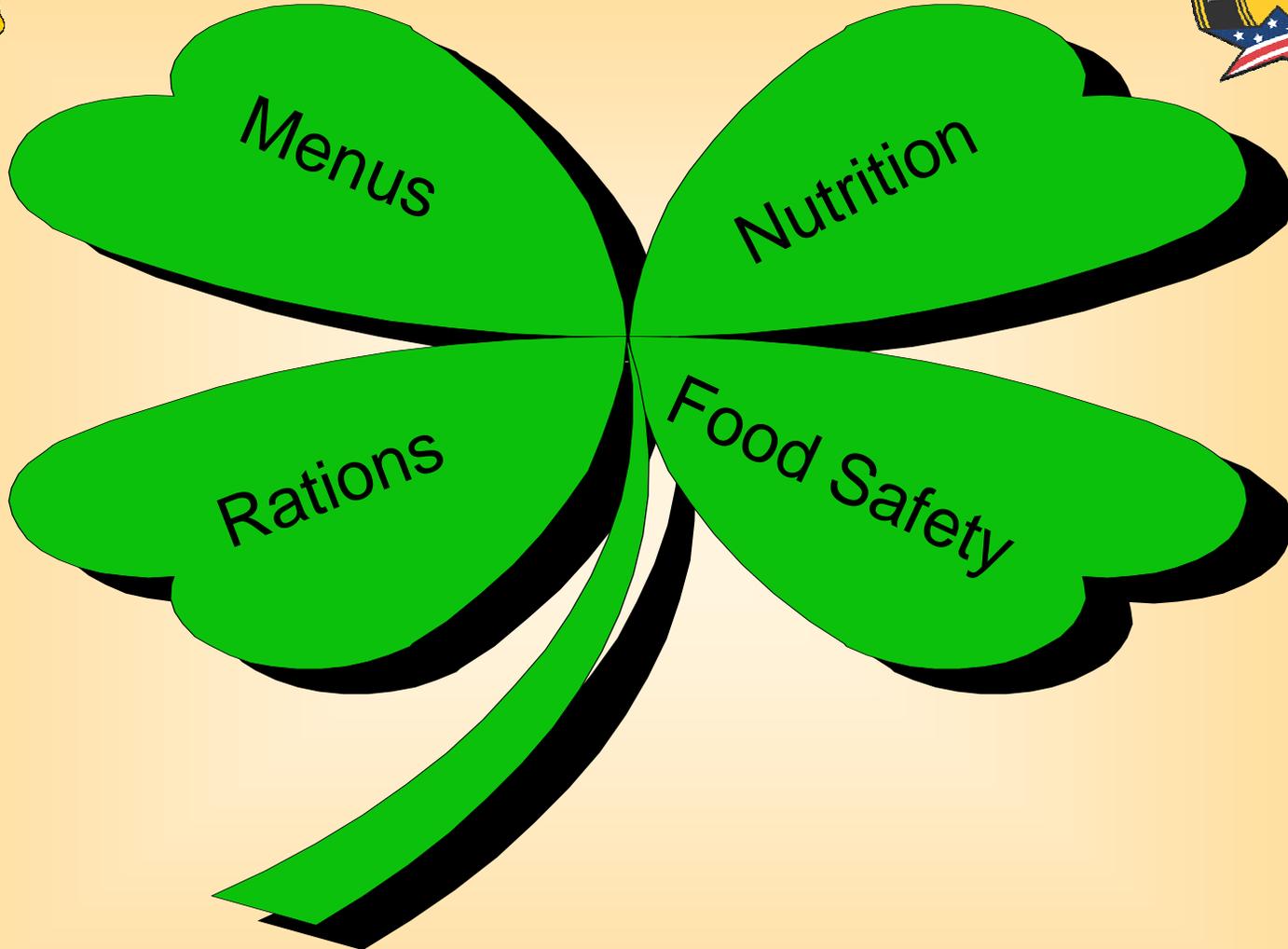


QUAD Staff



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ANY QUESTIONS?



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