

Joint Culinary Center of Excellence Food Net



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JCCoE Mission

Assist in preparing the Quartermaster Corps for the conduct of its logistics support mission through effective and efficient leadership, training and directorship of the Army Food Program.

Train Soldiers, civilians and members of other services/countries in Army subsistence and food service for wartime, garrison and field training, hands-on training, training as we fight and training to standard.

Develop Army subsistence and food service concepts, doctrine, systems, force structure, and material requirements in wartime, garrison, and field training to include sustaining combat ready forces operating in both a joint and a combined environment to meet worldwide commitments.

Ensure the Joint Culinary Center of Excellence sustains, maintains, and optimizes available resources to carry out its mission.

Message from the JCCoE Director

It's Springtime! Food Service Warriors and welcome to this spring issue of the Army Food Net. Springtime within our warzones and at home are still challenging but with the change in seasons a new sense of hope and rejuvenation infuse our efforts. This year, I encourage all of you to persevere in maintaining the pure fabric of our existence of providing exceptional food service to our nation's Warfighter. We are committed to providing pertinent information within each issue. This is only achieved through your perpetual feedback, because we exist to support you. Lastly, Thanks for keeping Soldiers First! Feed the Force!

Message from the Director of Operations

Nutrition Initiative Update
By David P. Staples, Director of Operations,
ACES Operations Directorate,
Joint Culinary Center of Excellence



The Army Food Service Program like our commercial industry counterparts in the restaurant, cafeteria or even the local movie theatre are looking at nutrition and offering their customer's healthier food alternatives. Restaurants/cafeterias are offering healthier choices on the menus; we see it on advertisements on TV, from the 500 Calorie menu options to the "star" on the menu denoting healthier heart choice options. Movie theatres are going to offer healthier choice options to help fight obesity, not just your popcorn, nachos and candy but salads, carrot sticks and fruit. There is a movement to a healthier lifestyle and you cannot turn on your TV and not see a commercial or program dedicated to health and nutrition. Who has not seen Oprah go up and down in her weight, and many new programs that have spun off from Oprah that address weight issues like Dr. Phil or Dr. Oz. Who has not seen Jenny Craig or Weight Watchers commercials with Valarie Bertinelli or Marie Osmond. Last but not least, who has not watched the "Biggest Loser", come on, I know your smiling, yea, you watched it or when you were surfing the channels you stopped for just a minute to watch that weigh in/scale, oh yeah.

The Joint Culinary Center of Excellence (JCCoE), Army Center of Excellence Subsistence Operations Directorate (ACES OD) Quality Assurance Division (QUAD), (wow, I think I lost a pound just typing out our new organizational title), is partnering with Medical Command (MEDCOM) to review, develop, implement and oversee execution of a "Soldier Athlete" nutritional initiative. We have LTC Helinski assigned to JCCoE from MEDCOM to work with our own QUAD dietitian, Ms. Graham, the Army Commands (ACOMs), Installation Command (IMCOM) and the other JCCoE, ACES OD divisions to make this initiative a reality.

This is no small undertaking as it changes our Food Service operations from end to end. It starts with education and ends with education. Education is the key to a successful healthier lifestyle and if we do not communicate and train our minds and our body we will never reach our objective. These changes start at the core of our food service operations in our menu development, catalog of products, recipe card selection, preparation methods, service line setup and our nutritional labeling system. All these areas are impacted by this initiative as well as our food service Soldiers ensuring they are trained from Advanced Individual Training (AIT), BNCOC, ANCOC, SGM Academy, WOBC and WOAC. Additionally, we cannot forget our Lieutenants, Captains, Majors, Lieutenant Colonels, Colonels and Generals as they must also understand these same principles of nutrition and education. Get the picture? We all play a vital role in this nutritional initiative and we must all do our part to ensure the standards and objectives are met.

The JCCoE Team is working to provide you the tools required to meet the program objectives and goals whether you are in Training and Doctrine Command (TRADOC) Basic Combat Training (BCT)/AIT or any ACOM permanent party dining facility. Some menu standards for BCT/AIT will be different from permanent party dining facilities as their training cycle and changes in their physical and cognitive abilities need to be honed. These standards and nutritional changes are being worked now with the TRADOC dietitian, MEDCOM, and all Services (Army, Navy, Air Force and USMC) for Department of Defense (DoD) Nutritional Standards. We cannot just take away food items that we consider comfort items – cake, cookies, fried chicken or soda to name a few, because this will only lead a Soldier to get these items from another source. This is why a standard and education is vital in making the program work from end-to-end.

The Army Program is being developed and will provide the policy and doctrine to be followed with checklists, nutritional posters, rating system for identifying food item nutritional value (Red, Amber, and Green) for easy identification by diners, menu standards and product standards. This could cause changes to your current menus, catalogs and how you arrange your serving lines for product display to name a few areas.

Change can be good so don't feel alarmed or overwhelmed as you will be an integral part of this action as we move forward ensuring that the program will meet both the Soldier diner and Commanders expectations. The JCCoE will provide updates as this action continues to develop in the future thereby keeping you informed and soliciting your input in the process.

So think Healthy and Stay Army Strong!

Message from the Army Food Advisor

MENTORSHIP, “The key to open and lock in success”

By CW4 Georgene Davis
Army Food Advisor

***“If you want one year of prosperity, grow grain,
If you want ten years of prosperity, grow trees,
If you want one hundred years of prosperity, grow people”***



(LtCol Penny H. Bailey, USAF, Air and Space Power Chronicles, 24 FEB 03).

Mentorship is the cornerstone and foundation for the experienced to transfer our knowledge, wisdom, and lessons learned to Junior Officers to enable and ensure their success in the international and global Food Service environment where the customer is the Uniformed Service Member, the Government Employee and the critical contracted employee. The pace of logistical transformation and modernization is swift and hence the requirement to ensure that the life cycle experiential development of the Soldier maintains pace with the rapid changes in: material, doctrine, training, force and Proponency.

Mentorship starts with the accession of the Non-Commissioned Officer into the Food Service Warrant Officer ranks and continues through the Officer Education System-Warrant (OES-W) for the warrant's career.

“Mentoring is the proactive development of each subordinate through actively observing, assessing, coaching, teaching, developmental counseling, and evaluating in such results in people being treated with fairness and equal opportunity. Mentoring is an inclusive process (not an exclusive one) for everyone under a leader's charge.” FM 22-100, Army Leadership, August 1999

Roles and responsibilities of a Mentor is as follows: Competent Professional; Respected Leader; Humble Sage; Passionate Teacher; Reflective Traveler: look back critically on your career; Avid Storyteller; Keen Listener; Optimistic Listener; Optimistic Cheerleader; Trusted Counselor and Consummate Student.

Rules of being a Protégé: Learn from your mistakes; Keep promises; Cherish your mentor's time; Be receptive to feedback; Seriously consider advice given; Maintain confidences; Clarify your expectations; Respect the chain of command; Bring more than just problems; Commit to continuous learning

So what? Why should we Mentor? In the Food Service Community, we may ensure Continuity of leadership; Retention of quality officers; Esprit de Corps; Enhanced efficiency, effectiveness and readiness; and Preservation of our proud traditions and culture through mentorship!

Mentorship is a cornerstone to success for our Junior Officers, the ability to access information and gain a sense of clarity is vital for our Food Service Warrant Officers. The Food Service Program has changed tremendously over the last couple of years to support the demand of the War on Terrorism. New Equipment and changes in how we feed our troops are constantly researched, tested and implemented to meet the demands of our ever changing forces in the Battle Space.

Many times a brand new WO1 graduates from WOBC, deploys within a year, and is charged with managing and monitoring the Food Service Program without the skill-sets to effectively perform the mission. It is our duty as seniors to develop programs that will ensure their success and the success of their unit. Seniors must be readily available and willing to provide that reach-back capability that Junior Warrants so desperately need.

A Mentorship program is in the development stage and will give our replacements the guidance they need in effort to provide them security and a firm foundation to stand upon. Effective 1 April the program will be fully enactive and can be accessed through the QM homepage or BCK. A short synopsis at the link below describes details of the program.

Quartermaster Warrant Officer Mentorship program contributed by CW4 Davis at:

<https://forums.bcks.army.mil/CommunityBrowser.aspx?id=1020388> Quartermaster Warrant Officer Mentors volunteer and post your biographies; prospective mentees will have the opportunity to read your BIO send you a request as a potential mentor at: <https://forums.bcks.army.mil/CommunityBrowser.aspx?id=1020393>

Training Update at the Quartermaster School By Mr. Raymond Beu Director, Joint Culinary Training Directorate



As a result of the 2005 Base Realignment and Closure (BRAC), all Service's entry level basic food service training will move to Fort Lee, Virginia. The establishment of the Joint Culinary Training Directorate (JCTD) will realign the training provided from Advanced Individual Training (AIT) to the Enlisted Aide and Advanced Culinary courses provided to all Soldiers, Marines, Sailors, Airmen and Coastguardsmen. Currently, JCTDs training responsibilities focus on training Food Service Specialists in entry level basic food service training for the Army and Marine Corps; however, JCTD will combine all Services (Army, Marine, Air Force and Navy) basic food service schools under one Directorate by Fall 2010 with the first joint classes executing training January 2011. While all Services food service operations are not the same, there are fundamental core skill areas that are the same for all food service personnel. The training objective is to consolidate core skills training, and then each Service will train their Service specific skills and tasks separately. However, the overall training mission and vision will remain the same: "Training the Force". The inclusion of the Air Force and Navy basic food service training results in a construction project to support the additional staff and students. McLaughlin Hall, Building 4200, the current training facility will increase by 45,000 square feet to include six additional cooking laboratories, three additional training kitchens and consolidated dining facility, and multiple general classrooms, computer labs and office space.

Our Army senior level courses for both enlisted and warrant officers have relocated to the Army Logistics University (ALU) which is a composite campus for military and DoD logistics leader education and home to three colleges and an Academy for military and civilian logistics leaders. Food Service Advanced and Senior Leaders Courses are held at the newly established Consolidated Logistics Non-Commissioned Officer Academy (NCOA); The Technical Logistics College (TLC) houses the Food Service Technician Basic and Advanced Warrant Officer Courses; and the Food Service Management Course is provided by the Logistics Leader College (LLC).

While the JCTDs mission is focused specifically at basic and advanced food service training, it still provides technical oversight, lesson plans and Program of Instruction development, Subject Matter Expertise and instructor support to the NCOA, TLC and LLC food service and leadership courses.

35th Annual Culinary Arts Competition

The Quartermaster School's 35th Annual Culinary Arts Competition, the largest American Culinary Federation (ACF) sanctioned competition in the United States, began 27 February 2010 at Fort Lee, Va, and culminated on 12 March 2010 with an award ceremony to recognize competitors. The Joint Culinary Center of Excellence (JCCoE), Joint Culinary Training Directorate (JCTD) hosted 229 individual competitors and 24 teams from every service displaying 629 entries, all competing for ACF medals.

A major change in this year's competition was the number of public days increasing from two to seven which included daily events such as cold plate displays, live cooking demonstrations, ice carvings, Student Skills competition, Enlisted Aide competition, Armed Forces Junior and Senior Chiefs of the Year and the United States Army Culinary Arts Team tryouts.

The Field Competition event consisted of two teams utilizing Containerized Kitchen equipment to prepare 80 three-course five-star meals served restaurant style to diners. The teams served a total of 1120 meals over the seven day period to some very appreciative diners.

ACF judges issued more than 494 individual medals, and 133 team gold medals earning the show exceptional public ratings and great media support.

The Installation of the Year award went to United States Army Europe (USAREUR) this year for their exceptional performance followed by Fort Bragg in 2nd place, and the US Coast Guard team in 3rd place.



Installation of the Year - United States Army Europe (USAREUR) Team.

The Field Cooking Competition was an event that had some great public support. Ticket sales exceeded expectations, and were sold out daily within 10 minutes of opening. Each team created some spectacular meals, and had diners begging for more. The 1st place winner was the team from Fort Monroe with 2nd place going to Fort Bragg and the 3rd place going to USAREUR.



Fort Monroe Field Team – from left to right: BG Cross, SGT Nevins, SSG Spiess, SGT Hight, MSG Camacho, MSG Morgan and CSM Hunt.

The Student Team Skill Competition was awarded to Fort Bliss: PV2 Michael Bravo, PV2 Trimesha Rosser, PFC Joel Fernandez, SPC Jose Rivera, and PFC Carlos Hayes. The team will be returning to Ft. Lee on 12 April to train and prepare for the ACF South East Regional Competition in Huntsville Alabama (24-26 April). They will compete against the other (civilian) Student Teams during the conference, with an opportunity to go the National level in August 2010.



Fort Bliss Student Skills Team from left to right: BG Cross, PV2 Michael Bravo, PFC Joel Fernandez, PFC Carlos Hayes, SPC Jose Rivera, PV2 Trimesha Rosser and CSM Hunt.

The Armed Forces Senior and Junior Chef of the Year competition was one of the toughest and most challenging events of the competition. Each of the competitors did an outstanding job in preparing their meals. The Armed Forces Senior Chef of the Year award went to SSG Joshua Spiess (Army), and the Armed Forces Junior Chef of the Year award went to PFC Antoinette Davison (Army). Both winners departed Fort Lee enroute to New York City to conduct a live cooking demonstration on Fox & Friends morning show on 17 March 2010 prior to returning to their home station.



Armed Forces Junior Chef of the Year from left to right BG Cross, PFC Davison and CSM Hunt.



Armed Forces Senior Chef of the Year from left to right BG Cross, SSG Spiess and CSM Hunt.

The Army Enlisted Aide of the Year competition included a written test, uniform practical examination, a leader's board and a live cook-off event. This year's winner of the Army Senior Enlisted Aide of the Year went to SFC Sherra Jackson, Enlisted Aide to LTG Huntoon Jr., and the Army Junior Enlisted Aide of the Year went to SSG Jose Alves, Enlisted Aide to MG Chambers. The Army Enlisted Aide of the Year will be announced during the 2010 Philip A. Connelly Award ceremony in April during the International Food Service Executive Association conference.



Army Junior Enlisted Aide of the Year SSG Alves (left) and Army Senior Enlisted Aide of the Year SFC Jackson (right) received the awards from BG Cross and CSM Hunt.

Enlisted Aides: A Misunderstood Job Specialty? ***By Stephen J. Primeau***

"Hey Sergeant, Gunnery Sergeant, Master Chief! I heard that the Commanding General/Flag Officer is looking for an enlisted aide". "What is an enlisted aide?" "What do they do?" "How do I become one?" "Could this be my ticket to a quicker promotion?" This scenario or one similar has been discussed in Army, Air Force and Marine dining facilities and Navy ships many times over the years and gets a variety of responses, both positive and negative.

Most of the off-the-cuff answers would be: his butler, maid, cook, bartender, and so forth. However, if I was that Non-Commissioned Officer, I would want to be able to provide my subordinate with a serious answer to this question. This would require some research to find out exactly what the job description and the duties and responsibilities entail. To do this I would look at the Department of Defense Instruction (DoDI) that states the policy to clarify the duties and responsibilities of an enlisted aide.

This is what I would find: According to Department of Defense (DoD) policy, DoDI 1315.09, 2 October 2007, *An enlisted aide is an authorized position with the purpose of relieving general and flag officers of those minor tasks and details, which if performed by the officers, would be at the expense of the officer's primary military and official duties.*

The duties of these enlisted personnel shall be concerned with tasks relating to the military and official responsibilities of the officers, to include assisting general and flag officers in discharging their official DoD social responsibilities in their assigned positions. The propriety of such duties is governed by the official purpose which they serve rather than the nature of the duties.

These duties seem to be fairly ambiguous. Could these duties be described as a person that is at the whim of the Commanding General or Flag Officers? I thought no way! The Armed Services would never condone any duties that could be misconstrued as a form of servitude. In fact, during some research, I found an article, dated October 1983, that summarized a Congressional inquiry concerning this same thought.

This article stated, *“Enlisted aides have always been provided to U. S. officers to relieve them of minor duties. However, present law prohibits Army and Air Force officers from using enlisted members as servants and Navy and Marine Corps officers from using enlisted members in onshore quarters as cooks, waiters, or as other types of servants. The number of aides is annually allocated to each service on the basis of a congressionally authorized enlisted aide ceiling. Each of the services has a program officer responsible for dealing with and coordinating all facets of the enlisted aide program. The ceiling on enlisted aides has been at 300 since October, 1976. All services require that applications to the program be made on a voluntary basis”*.

This information showed me that enlisted aides are governed by policy and are monitored by Congress; which clarified in my mind that instances of abuse would be rare and minor, if at all. Generals and Flag Officers are briefed on DoDI 1315.09 and paragraph 5.1 which clearly states “No officer may use an enlisted member as a servant for duties that contribute only to the officer’s personal benefit and that have no reasonable connection with the officer’s official responsibilities”. In today’s Armed Services, there is too much public awareness for Generals or Flag officers to condone any behavior that would bring negative scrutiny. This is important for me to understand so that I can properly brief my subordinate and give him a good understanding of the potential for this type of job specialty.

Next, I wanted to review the types of duties that are expected of an enlisted aide and how is it that food service personnel have an edge to be considered for this job.

Enlisted aides may be used to assist with the care, cleanliness, and order of assigned quarters, uniforms, and military personal equipment. This seemed fairly straightforward and something that all cooks should be good at performing. It even seems easier than our normal requirements to clean a kitchen, with all associated equipment, and all field equipment within the companies Military, Table of Organizational Equipment (MTOE). Maintaining uniforms is simple; after all, how hard is it to wash and dry a few clothes or drop them off at the dry cleaners. The only hard part might be ironing or setting up the ribbons on his uniform but I have to do the same for my own uniform. The part about caring and maintaining his military personal equipment seemed to me to be a piece of cake. I was thinking that Generals and Flag Officers don’t get very dirty and they use limited amounts of military field equipment.

Enlisted aides may perform as point of contact in the officer’s quarters, receive and maintain records of telephone calls, make appointments, and receive guests and visitors. These duties are no more taxing than the duties of our administration personnel in the dining facility. We do all these same duties in a daily basis without the benefits of meeting and interacting with many Very Important Personnel (VIPs) or distinguished public officials/people. As I learned more about this job specialty; I began to wonder why I didn’t think about trying these duties when I was a young Sergeant, Corporal, or petty officer.

Enlisted aides assist in the planning, preparation, arrangement, and conduct of official social functions and activities, such as receptions, parties, and dinners. Wow. A young sergeant learning to plan, prepare and arrange important social events could provide him a great basis to learn, grow and gain experience to become a better manager of a dining or mess facility before their peers. After all, how many opportunities would a sergeant have to assume such leadership qualities in a dining or mess facility?

Assist in purchasing, preparing, and serving food and beverages in the officer’s assigned quarters. All of these duties mirror the requirements that food service personnel perform on a daily basis in our dining facility. We might not bartend but I don’t imagine that these duties would be too strenuous. Besides, the Army might pick up the tab for me to attend a bartending school because it is required duty for this position. This could be another skill that might come in handy upon retirement or discharge from the services.

Accomplish tasks that aid the officer in the performance of his military and official responsibilities, including performing errands for the officer, providing security for the quarters, and providing administrative assistance. These requirements all encompass a form of leadership. The General or Flag Officer provides the initial guidance and the aide is expected to perform these duties with little to no direct supervision. I’m sure that since the Aide is working out of the Generals/Flag Officers quarters that he would be interacting with the spouses of these officers. This would require tact and communication skills above that required for most interactions in the dining facility and would be a great benefit for advanced leadership positions. The right type of individual could gain a lot of knowledge and have a better understanding on how the Services work at this high echelon than anything possible in a dining or mess facility.

I called a buddy of mine at the Joint Culinary Center of Excellence, Joint Culinary Training Directorate and found out that they have an enlisted aide program. This program is taught by experienced enlisted aides and provides overall instruction on the duties and requirements for enlisted aides. He told me that they teach basic enlisted aide requirements, utilization/restrictions, protocol awareness, laundering and ironing techniques, uniform set-up, table etiquette, General/Flag Officers quarters situational awareness (cleaning, care of quarters, work orders, lawn care, so forth), basic interview techniques, and security concerns. Another requirement of this program is attendance in the Advanced Culinary Skills course. This course will provide the prospective enlisted aide with enhanced cooking and plate presentation skills. Additionally, I learned that these course instructors are willing to provide guidance and have the contacts with the enlisted aide branch manager to identify and recommend placement of enlisted aides as they progress through the enlisted aide and Advance Culinary skills courses.

Some of the instructors informed me that they are always looking to recruit Soldiers, Sailors, Marines and Airmen to be enlisted aides and they are willing to speak to them prior to the individual submitting an official request for this job specialty. While discussing the enlisted aide program with the instructor, I came away with a better understanding of this opportunity. When I was an NCO, I had some misgivings of Soldiers that had this position and had to compete with them for promotions. I thought; how could an enlisted aide be promoted to Sergeant Major and assume a tactical position in the regular Army? He would be required by position to provide guidance and mentorship to someone that spent their entire career in the tactical environment. The instructors informed me that they always recommend that Soldiers, Sailors, Marines, and Airmen move in and out of the program so that they maintain their tactical and technical proficiency. This made a lot of sense to me and eased my concern over my preconceived perceptions of the enlisted aide specialty.

Now that I had researched and identified the duties and requirements of this position, I needed to find out how subordinates would apply for this position. My personnel folks had me look up the requirements in Army Regulation (AR) 614-200, Chapter 8, paragraph 11 which states, "Certain General Officers (GO) are authorized enlisted aides on their staff to perform tasks and details that, if performed by the officers, would be at the expense of their primary military and official duties. The Chief of Staff, Army, is entitled to four enlisted aides. Other GOs in government quarters are entitled to aides based on budget constraints and requirements of each GO position. Normally, enlisted aides hold Primary Military Occupational Specialty (PMOS) 92G; however, Soldiers with other PMOS may be assigned if requested by the GO. Soldiers may volunteer for enlisted aide duty at any time and will remain in the pool of available Soldiers, provided they meet certain requirements." Some of these requirements include a current food-handlers certificate, graduation from the Food Service Specialist course or like experience, have at least 24 months of active service remaining, have an aptitude area score of 90 or higher, and possess or be able to obtain a driving permit. There are other requirements but each individual that applies will have to have their total personnel record reviewed upon volunteering for this duty. Of course, I only reviewed the requirements for a Soldier to apply for an enlisted aide program but I assume that each Sailor, Marine, or Airmen would have to submit a written request through their respective personnel office.

Some service members believe that being an enlisted aide could lead to faster promotion opportunities. I do know that within the Army sergeants through staff sergeants are recommended by their supervisors for appearance before a promotion board. Each Soldier must meet the requirements of this board and satisfy the board members to get promoted. Sergeants First Class and above are reviewed through a centralized promotion board and must meet certain requirements for promotion and they are competing against their peers. I'm fairly certain that it would not hurt to have a favorable Non-Commissioned Officer Evaluation Report that is rated by a Commanding General but I really don't know if it would lead to a faster promotion opportunity.

Now, I am better prepared to provide guidance to any subordinate that inquires about an enlisted aide position. I have a much better understanding of the requirements and the type of individual that would make the grade as an enlisted aide. That person will need to be self-motivated, dependable, pay attention to detail, and be willing to work with Generals, Flag Officers, and their spouses. These future enlisted aides will need to have great communication skills, culinary skills, and the drive to excel in a demanding but rewarding job. They will gain great experience in leadership techniques through observation and interaction with the General or Flag Officer and the hierarchy of people that he will interact with throughout his performance of duties.

The enlisted aide program is not for everyone, but individuals that want to learn a difficult but self-fulfilling position will always have an opportunity to volunteer to work in this program. Once in the Enlisted Aide program, Soldiers, Sailors, Marines and Airmen can move from General/Flag Officer to other General/Flag Officer or they could work in some of the Department of Defense dining facilities or Mess Halls, the White House, and so forth as part of an elite team. This program offers an alternate route toward a career in the military and can provide a very rewarding experience to the well-spoken, self-motivated individual.

An Effective Army Food Safety Training Program

By Mr. Ronald Bellamy

The Food and Drug Administration (FDA) is an agency with the U.S. Department of Health and Human Services. It consists of six product centers, one research center, and two offices. One of the FDA's key areas of responsibility for protecting the public health is assuring the safety, effectiveness, and security of our nation's food supply. The FDA routinely inspects food facilities, often in partnership with state regulatory policies. The frequency of this inspection depends on the type of facility, the type of food being processed or handled, and the public health risk. Despite having this system in place, there remains a significant amount of food safety recalls, alerts, or cautions. Unpredictable events, mechanical and human error, and environmental conditions all play a role in the problems observed by the FDA. The FDA works with industry to ensure products that may cause harm are recalled immediately, thus reducing the chances of an even bigger problem. Systems for the detection of food borne illness continue to evolve and improve; however, the organisms at the very root of food borne illness evolve at a similar rate and remain a challenge (US Food and Drug Administration). Contributing to these recalls may be a lack of dedication to or effective food safety training. Too often, food processors tend to look at such training as a cost center and provide the absolute minimum required to cut costs in an increasingly competitive environment. This thought process is a major mistake because inadequate training in the present environment is an invitation to disaster.

A Look at the Army Food Safety Training Program

The Army Food Program shares the same vendors as industry and has significantly been affected by the high number of recalls as well. In 2009, there were 144 recalls reported in the military system, and thus far in 2010 there are a total of 20. These recalls range from Yogurt to Chow Mein Seasoning Mix (<http://www.dscp.dla.mil/subs/fso/alfood/afamess.asp>). The Army Food Program receives food safety alerts and recalls through the Department of Defense (DoD) Hazardous Food and Non-Prescription Drug Recall System known as All Food/Drug Activities (ALFOODACT). Headquarters, Defense Logistics Agency (DLA), through its primary level field activity, Defense Supply Center, Philadelphia (DSCP), acts as the sole agent for DoD to coordinate recalls which may involve the military services. The DoD ALFOODACT system is designed to provide worldwide distribution of recalls on items that may be in military accounts. The messages contain specific information and instructions on how to identify and dispose of the products. An Army dining facility manager (DFM) receives food recalls from the local Food Program Manager via email. Once the DFM receives the message, they must follow the instructions on the ALFOODACT. At a minimum, the DFM will be instructed to secure recalled items in a "medical hold" status pending further guidelines from DSCP.

The essential components of food safety training are closely linked to a Hazard Analysis Critical Control Point (HACCP) plan. Food safety training protocols can only be implemented after an effective HACCP plan has been developed and instituted. The Army uses various doctrines to detail the requirements for food safety and training and those include the following: Army Regulation (AR) 40-657 Veterinary/Medical Food Safety, Quality Assurance, Department of the Army Pamphlet (DA PAM) 30-22, Operating Procedures for the Army Food Program, and Technical Bulletin Medical (TB MED) 530, Occupational and Environmental Health Food Sanitation. Chapter 3-7 of DA PAM 30-22 is the reference document that outlines the standards for the Army installation food protection programs: Food Risk Management, Food Safety and Sanitation Program, and Integrated Pest Management. By employing a proactive approach to food safety we can prevent, eliminate, or reduce the risk of food-borne illness to our diners. This can be accomplished by establishing a basic Army Food Risk Management Program that will address the prescribed time and temperature controls for cooking and holding of potentially hazardous foods.

The Army Food Risk Management Program parallels the principles of HACCP and serves as the system of checks and balances to ensure food safety standards as outlined in the TB MED 530 are employed. The system known as HACCP involves identification of food hazards (Hazard Analysis) associated with food preparation. Food safety hazards fall into one of three categories: biological, chemical or physical. Biological hazards are the greatest threat to our diners since they attribute to about two-thirds of all food-related illness. Therefore, this system requires DFMs to identify potential hazards associated with food preparation and steps in that process to control those hazards identified. Each step identified is called a Critical Control Point (CCP).

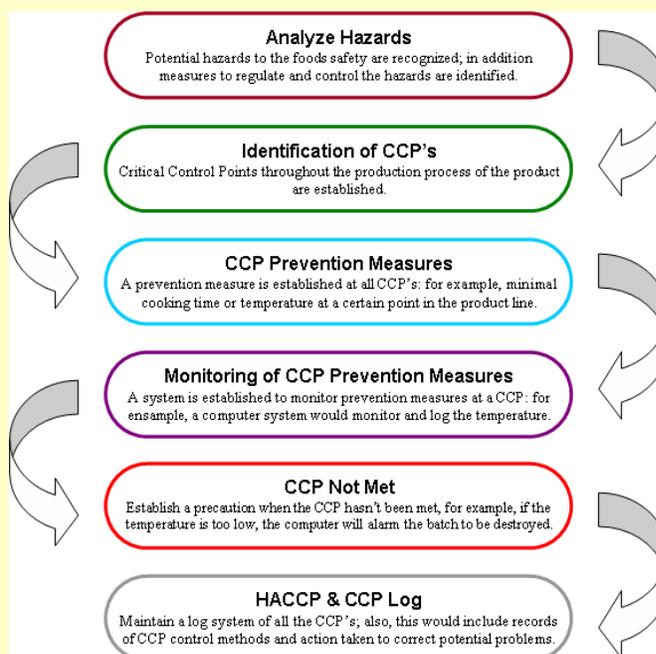
The CCP is the last step in food preparation where a hazard can be prevented, eliminated, or reduced to a safe level. The most common CCP is cooking, where DFMs designate critical limits (CLs). The critical limits are the minimum standards prescribed in TB MED 530 for controlling bacterial growth. It is important to set controls, monitor procedures and use the appropriate documentation as outlined in DA PAM 30-22, 3-7 and Table 3-1 throughout the food preparation process. Faithfully applying these procedures will assist with the continuum of providing nutritious and safe meals to our diners. Food Program Managers (FPMs), DFMs, food service personnel know their facility the best and the more that knowledge is developed, the better their training and food safety program will be.

For the Army Food Program the most important piece of a food safety training program is establishing an Installation Food Protection Program that everyone adheres to. The FPM will establish an installation food safety and sanitation program IAW with the standards in TB MED 530. The FPM will coordinate with the supporting installation Preventive Medicine activity in the development and execution of the Installation Food Safety and Sanitation Training Program. Consequently, if the FPM views this program as simply a regulatory obligation or just more paperwork, then their food service personnel will also take on the same sentiment with the end result being poor training and declining standards in the dining facilities.

HACCP is not a new concept. It is a process of food safety that was developed in the 1960s (TB MED 530, Appendix C-1, 7b.). HACCP is a technique and a thought process that treats storage, preparation, and food service as a continuous system. This system is broken down into logical components. Each is evaluated by principles of risk analysis. If each step of the process is carried out correctly, the end product will be safe food. The seven principles for the establishment of any HACCP plan are:

1. Assessment of hazards and risks
2. Determination of the CCP(s)
3. Determination of the Critical Limit for each CCP(s)
4. Establishment of procedures to monitor the CCP(s)
5. Establishment of corrective actions when limits of the CCP(s) are not met
6. Establishment of an effective documentation system
7. Establishment of procedures to verify that the HACCP plan is working

The flow diagram below is representative of HACCP for the food service industry; the HACCP program has also been adapted for Army food service as well.



Food Risk Management

At a minimum, a basic Army installation Food Risk Management Program will address the prescribed time and temperature controls for cooking and holding of potentially hazardous foods. This is achieved by applying the monitoring procedures, identifying critical temperature limits, and by appropriate documentation on DA Form 7458 (Risk Management Data Log-Cooking) and DA Form 7459 (Risk Management Data Log-Hot or Cold serving). These forms are filled out by the DFM and designated Shift Leaders and First Cooks at the dining facility level. In contract dining facilities the forms are filled out by the Shift Leaders on each shift.

The most important consideration in building a training program is acquiring expertise. Training is an increasingly complex undertaking and it requires constant repetition and creativity in delivering the message. This can be provided by medical personnel, experienced food service training professionals, or third-party providers can be contracted to set up and run a training program. These are just general recommendations; circumstances vary widely from installation to installation. However, using your medical assets for training programs is the most cost effective approach to training in food safety and sanitation. A team effort, applying principles, and monitoring is the best guarantee for safe food.

Who should be trained?

The short answer is: Everyone. Food safety is Job One and all food service personnel at some point touch the food safety system. In accordance with (IAW) TB MED 530, 2-18, The Person-In-Charge, the Contract Officer Representative (COR), the Quality Assurance Evaluator (QAE), and the Food Service Supervisor are required to:

- (1) Attend a formal certified training program in food sanitation that is equivalent in content and scope to the Education Foundation of the National Restaurant Association's *Applied Food Service Sanitation* course (*ServSafe*).
- (2) Pass a written test for certification as a Food Service Manager
- (3) Renew training certification every 4 years or complete 12 hours of continuing education approved by the Medical Commander or designated representative.
- (4) A trained and certified Person-In-Charge is required to be present at the food establishment during all hours of operation.

The Joint Culinary Center of Excellence (JCCoE) Quartermaster School offers a Food Safety and Protection Certification Course (FSPCC) that will meet the required training and certification.

- (1) The FSPCC is the first JCCoE distance learning course offered over the web and is a cost-effective means of training a large target population and to facilitate renewal of certification.
- (2) The purpose of this course is to facilitate food sanitation certification for Army food service supervisors worldwide IAW TB MED 530.
- (3) The course is geared toward military food service, provides instruction regarding the unique food safety standards applicable to field feeding and force health protection.
- (4) It is cost free, self-paced, and students must take the proctored exam within six months of registering.
<http://www.quartermaster.army.mil/jccoe/training>
- (5) The FSPCC certification is accepted for all military and contract DFMs and supervisory personnel.

The FPM should serve as the lead coordinating agent by identifying certification needs among food service personnel and consulting with the supporting installation Preventive Medicine activity to schedule certification training as outlined in TB MED 530.

Note: This article is for information purposes only and is part one of a two-part series on effective Army Food Safety Training.

Customer Service

By SGM Michael A. Dixon

Customer Service is the provision of service to customers before, during and after a purchase. It is a series of activities designed to enhance the level of satisfaction, the feeling that a product or service has met the customers' expectations. Military dining facilities must take stock in the notion of providing service to its Service Members. Good customer service is paramount to winning the customer over and drawing them back for a subsequent visit. This article will address Customer Service in military establishments in three parts: entry process, serving and eating experience, and the manager.

Customer service starts with the premise of providing quality food to our service members and the intent on seeing them again. The Dining Facility Manager must understand that he or she is the most important person in this process. It is their job to ensure quality products are provided to all diners. It is the manager's responsibility to manufacture an "Eating Experience!" If done correctly, the eating experience usually transcends to the "Wow" factor. The "Wow" factor is the ultimate experience of the diner. The "Wow" factor can be observed by watching the diner as he or she completes their meal. This is usually followed by tummy rubbing, stretching and a large smile. Now that the manager has achieved the "Wow" factor, let's discuss how to achieve it.

The Dining Facility Managers ensure the establishment is clean and presentable at all times. They must be well staffed and organized. Above all else, they must love the job and the service they provide. The outside of the establishment is what the diner notices first. The outside area should be free and clear of trash and debris. Entrance ways of the dining facility should be clean, clear and free of cumbersome items. Entrance areas that are disorganized will render an unfavorable impression from the diner, thus run the risk of losing his or her patronage to other facilities. Plants, paintings and organized arrangements of information will help to deliver an inviting entrance. This is the initial step of the Dining Facility Experience (DFE).

The second step of the DFE is the serving line. Have you ever noticed how civilian establishments present their serving line? It is the manager's duty to emulate, if not exceed, the standards of civilian establishments. We should always start with a greeting. The greeting lets the diner know they are appreciated and it also sets the tone for the eating experience. As the diner approaches the serving line the servers should ask the diner "what would you like" or "how may I help you?" The server should always ask this question with a smile. This method puts the diner at ease. Ultimately the diners will reciprocate with the same.

The food on the serving line should be garnished and the food should be hot. As the diner gazes over the many choices, the server should be attentive and ready to fill their request. Once the request has been filled and the food is placed on the plate, the server should respond with, "Enjoy your meal."

The most important person in the dining facility is the Manager. The manager must be a recognizable figure and always present during the business period. He is the most knowledgeable person in the establishment and always works to improve the next meal. He is the person with total responsibility for the entire building. Good managers are highly trained in presentation of meals. Their overall goal is to ensure the meals have eye appeal and are extremely appetizing to the diner. Good managers monitor the entire meal. They are constantly talking to their kitchen staff, the Dining Facility Attendants, and most importantly, the diner. The manager avails himself to the diner to create a rapport. His goal is to gather information or a critique of the meal served. This information will ultimately be used for future meal planning and methods to exceed the previous meals.

As a member of the Food Management Assistance Team (FMAT), I often see good customer service during our scheduled visits. The FMAT recommends complete visibility of dining facility managers during the serving periods. Interaction with customer shows the manager cares and creates a stress free environment. As a result, customers will appreciate the gesture and are guaranteed to return. A restaurant or a dining facility can prepare and serve the greatest meals on the planet. However, without the customer service piece of the entire staff, the greatest meals will eventually become less than favorable. Remember, our establishments are only as good as our previous meal served.

Managing DFAC Operations During Deployments

By Mr. Jose Millan

The Army's recent experience with deployments and LOGCAP dining facility operations in the Army Central Command (ARCENT) area of responsibility (AOR) has generated utilization concerns for Army military food service personnel (92Gs). The noted impact of cyclic deployment schedules of 92Gs in sustaining feeding requirements in garrison before, during, and immediately after deployments have affected 92G utilization and training in garrison dining facilities. Critical issues such as maintaining 92G skill sets at garrison dining facilities (DFACs) coupled with Logistics Civil Augmentation Program (LOGCAP) feeding operations in Iraq and Afghanistan and other locations make it very difficult for 92G Soldiers to maintain their military occupational specialty (MOS) skills. Additionally, training challenges have also made it difficult for commanders to prepare these Soldiers for new duties and responsibilities as contract officer representatives when they deploy.

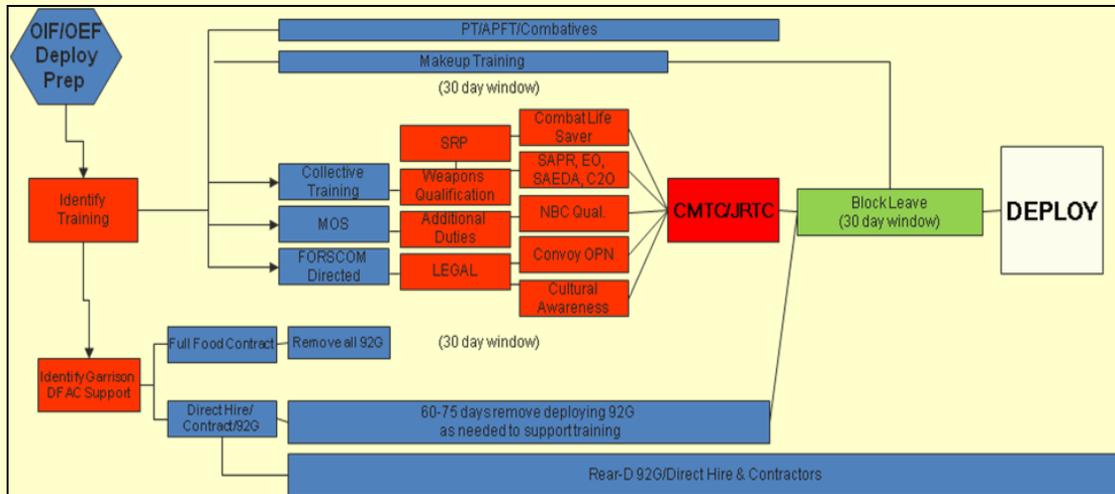
There are several options to support operating garrison DFACs when units deploy. One option, which US Army Europe (USAREUR) and Installation Management Command (IMCOM) at Ft Bragg, Ft Stewart and other installations have adopted is to assume DFAC responsibilities from commands and give the responsibility to direct-hire, contracted civilians or utilizing existing food service contract operations. These options for maintaining DFACs operation with civilian or contracted staff have been met with resistance at some installations as it increases operations costs.

The Department of the Army Prototype for Food service contracts available at <http://www.quartermaster.army.mil/jccoe/publications/contract/pws.pdf> provides guidance and Performance Work Statement examples for contracts. Commanders and Senior Food Advisors need to know how to properly incorporate civilian personnel into garrison feeding operations. The option of mixing Soldiers, contractors, and direct hire civilians provides a variety of solutions that support the following:

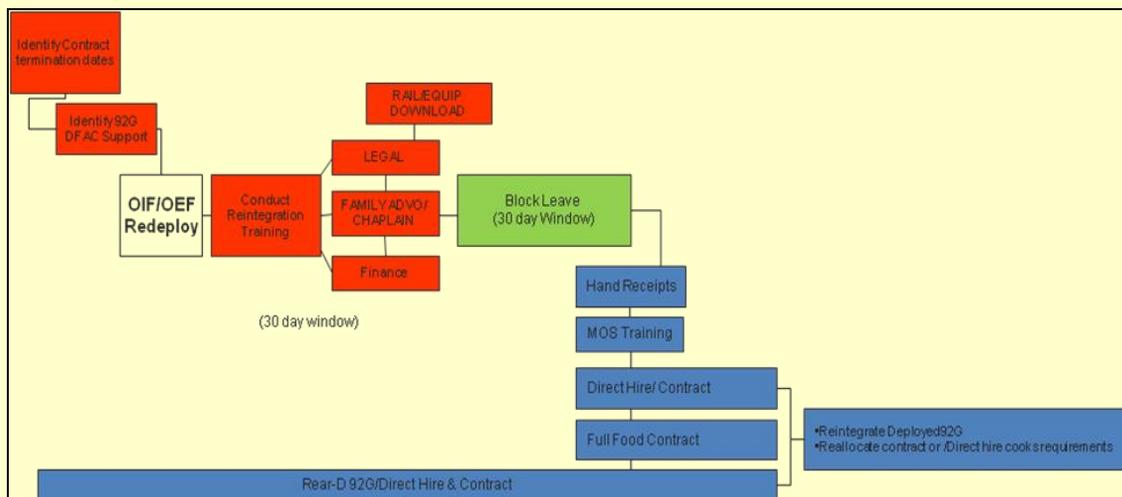
1. Supplementing 92G shortfalls with civilian hired personnel before, during and after deployments.
2. Allows commanders to conduct analysis, which ensures staffing requirements for DFACs are based on 92G strengths, facility design, and feeding capabilities.
3. Commanders have options to retain operational control of DFACs while in garrison and deployed to support feeding mission.

A helpful tool that can assist food advisors in outlining procedures, planning timelines and ensures garrison DFAC operations requirements are accomplished is a creating template. The illustration below depicts a sample timeline template that food advisors can use to plan deployment and redeployment for garrison feeding operations:

Deployment Template: Deployment schedules will vary; the template below illustrates a method to manage operational requirements for deploying units and sustaining garrison feeding without loss of quality of service for supported Soldiers. The commander must adjust schedules accordingly in order to facilitate requirements and cost to support augmenting 92Gs in garrison. Generally, it may take 60-75 days to support training requirements and deployment preparation; this factor may vary as some of these events may occur simultaneously



Redeployment Template Redeployment planning for 92Gs should be discussed prior to deploying in order to plan for contract closeout/change procedures, reopening of closed facilities and reintegration training for deployed 92Gs. Redeployment schedules should be reviewed at least 30 days prior to the redeployment window. The commander must adjust schedules accordingly in order to facilitate requirements and cost to support augmenting 92Gs in garrison. Generally, it can take up to 60-75 days to perform reintegration requirements, leave and responsibility handovers; this factor may vary based on activity and the Food Service personnel (92Gs) should be returned to DFAC duties and responsibilities sooner if reintegration activities are completed.



Type of Rear-D DFAC Operations:

Full Food Service Contract: Historically, most Full Food Service Contractor operated dining facilities are located at TRADOC Installations for initial training locations (Basic Combat Training and Advanced Individual Training). Due to continuous deployment operations in Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF); there has been an increase in contracted facilities at installations that would normally use military personnel to operate facilities.

- Full food service allows commands to remove their 92Gs 60-75 days prior to deployment to train with their units in deployment mission.
- Upon redeployment contracted facilities are returned to military staff 60-75 days after reintegration and block leave periods are accomplished or sooner if these reintegration actions have been completed.
- LOGCAP DFACS are Full Food Service Contracted.

Direct Hire: Direct hire operated dining facilities are used to supplement existing military staff or to provide performance assessment of contractor personnel. Due to continuous deployment operations in OEF/OIF there has been an increase in these operations that would normally be military operated only.

- Direct hire allows 92Gs to work side by side with hired staff, thus keeping those 92Gs performing their skill set if they are not part of the deploying unit.
- Direct hire staff can assume DFAC operations 60-75 days prior to deployment and allows commands the flexibility to remove their deploying 92Gs to train with their units in deployment Mission.
- Upon redeployment, direct hire personnel are normally placed in limited staffed facilities where 92G shortfalls require additional support. Military assume management responsibilities 60-75 days after reintegration and block leave periods are accomplished or sooner if these reintegration actions have been completed.

92G/Direct Hire/Contractor Mix (USAREUR Template): This proposal is a viable option because of the current deployment tempo of 92G and base realignments.

- IMCOM manages direct hire and contractor personnel.
- IMCOM takes over feeding operations from units to be managed by direct hire personnel who can oversee contractor and military performing cook duties.
- The 92Gs assume all duties and responsibilities of the DFAC operations and the direct hire support will assume Assistant Management Position. When deployed the Direct Hire Assistant Manager takes over all duties and responsibilities until the unit returns.

92G/Contractor Mix: The newest update to the Department of the Army Prototype outlines military/contractor mixed operations and provides a performance work statement for dining facilities to be supplemented with contractor staff. The most important factor that military food service personnel must remember when working with contract workers is that they do not supervise the contract workers. The Government has a contract with the contractor as written by the contracting officer (KO). Prior to contracting the service, IMCOMs will conduct a commercial activity study whenever DA civilians perform the food service tasks and duties. Contractor personnel perform a specific task to support the overall feeding operation in commands and work side by side with 92Gs. Due to continuous deployment operations in OEF/OIF there has been an increase in need for these types of operations.

In closing, due to current deployments cycles as the result of the global operations, it is critical for food advisors and commanders to address 92G training requirements to maintain proficiency of MOS skill sets when not deployed – get them back into the dining facility as soon as possible. This provides a continuous base for honing their 92Gs skill set and reduces cost of operations. Even though current LOGCAP operations have greatly reduced the need for 92Gs to perform their cooking duties in theater, it is still necessary to ensure these Soldiers have a valuable training location in garrison to use their skill in future operations and to ensure proficiency in food management skills when working as CORs and COTRs. Future proposals to reduce the logistics footprint may ultimately mean that we may require military food service staff to do more with fewer personnel. It is definitely to the advantage of all commanders and senior food service personnel to identify and close gaps in food service requirements. Using the above-mentioned techniques will enhance the Army's strategic feeding program in future operational environments.



Perk Up Your Menu with In Season Produce

By LTC Dianne T. Helinski
Nutrition Advisor, Army Food Program



Spring has sprung! Chefs across America look forward to this time of year to visit local farmers market for the freshest fruits and vegetables to add to their culinary creations. Unfortunately, food service personnel within the Army can't shop at local Farmer's Markets for the freshest produce, but we can be aware of what is in season and incorporate those items into our monthly menus. Here is a list of the fruits and vegetables that are in season April through June: apricots, asparagus, broccoli, collard greens, corn, fennel, green beans, honeydew, mango, mustard greens, oranges, limes, pineapple, rhubarb, snow peas, spinach, strawberries, snap peas, and Vidalia onions.

These treats from the garden will perk up the flavor and color on your serving line. They will also add to the nutritional value as well. Most of the produce listed above are excellent sources Vitamin C and foliate. Vitamin C boosts the body's ability to absorb iron, so that is an added plus when you combine Vitamin C rich foods with iron-rich foods such as lean beef. By adding a citrus chutney as a topping for a lean cut of beef, chicken breast, or pork loin, you can triple the amount of iron the body will absorb from those lean meats. Each quarter we will highlight a fruit or vegetable that is in season for you to consider adding to the menu. April's fresh produce of the month is...drum roll... RHUBARB!



RHUBARB

Rhubarb is a relative of buckwheat. Throughout the centuries, it has been used to make medicines. Its tartness adds a depth to a dish's flavor. Rhubarb is especially recommended for dessert recipes as a crumble, crisp, pie or cobbler. It can be mixed with other fruits, such as strawberries, blueberries, apples, and peaches. You can substitute chopped rhubarb for half of the fruit in any dessert recipe. One pound of rhubarb equals about 3 cups chopped. Rhubarb is an excellent source of vitamin C, calcium and potassium. For best results, cook rhubarb in stainless steel or glass, or in pots with nonstick or enamel coating.

Be creative next month and add a recipe highlighting rhubarb. Your customers will enjoy seeing something new and different that perks up their taste buds! Happy Spring!



Walk-in Refrigeration Goes High Tech: It's Cold in There
(Part one of two)
By Ryan Mebane

New Regulations and Technology Changes Come To Walk-Ins

Most dining facility managers throughout the Army rarely give their walk-in refrigerators and freezers a second thought as long as they performing the task they are intended to perform...keeping food cold and safe. For the most part walk-ins are very self-sufficient. The best thing about walk-ins is they tend to last forever. Being a member of the Facilities and Equipment Division (FED), of the Army Center of Excellence, Subsistence (ACES) Operations Directorate, in my travels, I have seen walk-ins at various Army installation around the country that are 25+ years old and going strong. However, even though your dining facility's walk-in(s) is(are) running at peak performance today, the day will come when it (they) will have to be replaced and now is a good time to start **"thinking"** about your next walk-in purchase.

Thanks to a confluence of events in and concerning the commercial food service industry (i.e. new federal regulations and advances in technology) new state-of-the-art walk-ins are more energy efficient than ever, and a lot greener (eco-friendly). Manufacturers are adding plenty of new features and offering more buttons, gizmos, and gadgets than ever before. As you will see today's walk-ins aren't just big boxes that keep stored cold foods but they have evolved into sophisticated pieces of equipment that can help dining facility managers and the Army save money.



New state of the art walk-in refrigerator or freezer

Cooler New Rules

The big news in walk-ins is that two years ago new energy efficiency rules originating out of California and later adopted by the federal government, have raised the bar for walk-ins. These new rules are forcing makers and manufacturers to design and build walk-ins very differently than they did just a year ago.

Cooler New Rules

The big news in walk-ins is that two years ago new energy efficiency rules originating out of California and later adopted by the federal government, have raised the bar for walk-ins. These new rules are forcing makers and manufacturers to design and build walk-ins very differently than they did just a year ago. California's Title 20, pieces of which took effect between Jan. 1, 2006, and Jan. 1, 2008, set prescriptive design remedies for walk-ins that now include higher insulation values, automatic door closers or strip doors, electronically commutated motors (ECMs) for evaporator and condenser fans, and specific requirements regarding the use of glass in doors and anti-sweat heaters around doorframes. (Food Service Equipment Report (FSER): Feb 2009). As illustrated by Mike Sherer in the February 2009 issue of FSER, California did not set any specific efficiency standards, since there is no standardized test method yet for walk-ins, but the state figured the prescriptive measures would likely save energy anyway. Sherer goes on to explain that ECMs have been shown to use about 40% to 50% less energy than the old single-phase pole motors. By increasing minimum R-values of insulation to R-28 for walk-in coolers and R-36 for freezers, the state pretty much assured users that new refrigeration equipment sold in California would be more efficient, too.

The federal regulations that went into effect January 2009 as part of the Energy Independence and Security Act of 2007 mimic California's rules in almost every way except one. The difference is that the federal standards for insulation aren't quite as high, with R-values of R-25 for coolers and R-32 for freezers. Connecticut, Maryland, Rhode Island and Oregon also adopted the California Energy Commissions standards therefore; walk-ins and freezers sold in those states are to be constructed with the higher R-value insulation.

As the higher standards are implemented refrigeration manufacturers are still contending with the phase-out of R-22 refrigerant and other HCFCs (Hydro-chlorofluorocarbons). Note: R-22 is not used in refrigeration systems themselves, but some manufacturers used it to blow the polyurethane foam insulation into the doors, walls and ceilings of refrigeration equipment. As a result, R134-a has become the standard in foodservice refrigeration, widely used due to its effectiveness, relatively low cost and green properties compared to older CFCs and HCFCs. As an HFC, R-134a is considered a non-ozone-depleting and energy-efficient refrigerant. It has been noted in various food industry publications that while R-134a is better for the atmosphere, using it has caused a loss in R-value in insulation. Over the past 20 years, the R-value of insulating materials used in refrigeration panels has decreased by about 18%.

According to Foodservice Equipment Reports, in recent years, walk-in manufacturers have started to increase the thickness of walls of their walk-ins to get the same insulation value as before. In addition, some manufacturers are switching to new polyurethane blends and foamed-in-place methods that minimize the decrease in R-values. A new HFC, 245fa, gives blown polyurethane a slightly higher R-value than R-134a, which represents the first time R-values have increased since '87, but as of now HFC-245fa costs more to use in manufacturing.

It's In The Box

Mike Sherer points out that the biggest step manufacturers have taken is adding electronic control systems to walk-in coolers and freezers. These systems are capable of monitoring the performance of various components within the equipment; these systems adjust to changing conditions and thus help save energy. Conversely, older systems used thermal expansion valves to allow the refrigerator to cycle properly. These systems operated by using pressure that cycled automatically. By switching to electronic expansion valves, new systems can monitor refrigerant based on the requirements of the whole system, resulting in cycles that are more efficient. Now defrost cycles operate only when the evaporator temperature requires it, which equates to fewer defrost cycles and more energy savings. Another new technological advance is reverse-cycle controls. Reverse-cycle controls improve the efficiency of the defrost cycle by reversing the flow of the refrigerant through the lines, which in turn uses hot gas to accomplish much of the defrosting.

. Some other new and neat advances include fan controllers that can be set to turn off cooler fans when the temperature inside the box reaches a set point. Compressors with floating head pressure are another new technology being put to use on equipment in some areas of the country. Head pressure might be set for 95°F plus 15°F, or 110°F, ambient temperature. When the ambient temperature outside is close to freezing, though, the compressor ends up working too hard. Compressors with floating head pressure lessen the workload when the outside temperature goes down.

Some companies are adding vent and fan blower systems to their units. These integrated systems bring in outside air when the ambient temperature goes below a set temperature, usually 35°F, to help cool the box interior. More cold ambient air means less work for the compressor. The company that retrofits walk-ins says the system only pays if you are in an area of the country with at least 2,000 hrs/year of temperatures below -35°F. There are a couple of negatives to this method: 1. Untempered dry winter air can evaporate moisture in food products unless they are tightly sealed, and 2. outside air should be filtered if the vent is anywhere near engine exhaust or noxious air borne agents.



Vent and fan blower system

While this technology seems fairly new to the foodservice industry, much of the technology now being used in commercial foodservice walk-ins has trickled down from large-scale industrial operations like warehousing and supermarkets. Expect to see more of this technology in the foodservice arena soon as it becomes more cost effective.

Note: this article was written for information purposes only and is not intended to direct Army food service personnel to purchase or replace current equipment with the equipment discussed in this article.

Deep Fat Frying Oils—Is There a Difference?

By: Renita Graham, Registered Dietitian

Do you know the type of deep fat frying oil you are using for your facility? You may be thinking oil is just oil, so it doesn't matter, right? On the contrary, the type of deep fat frying oil you use does matter! It is no secret that deep fat frying in itself provides a lot of calories and fat; however, the type of oil used for deep fat frying can have an impact on the overall health of diners, if the right oil is not used. The DA PAM 30-22 specifically requires the use of emulsified blend of canola and corn oil when deep fat frying. So why was this specification made? Well let's start with discussing the basics of fats and oils.



Oils contain different types of fat—*saturated* fats, *trans* fats, and *unsaturated* fats. *Saturated* fats and *trans* fats are considered the “bad fats” which are associated with increasing risk of heart disease and cholesterol. An easy way to distinguish between *saturated* and *trans* fats are *saturated* fats are solid at room temperature (i.e. butter, coconut oil, and shortening). *Trans* fat are chemically “**transformed**” from a liquid fat to a solid fat (i.e. margarine). You may have also heard of “partially hydrogenated fat” which is another word for *trans* fat. So you may be asking yourself can frying oil be labeled *trans* fat free but still have partially hydrogenated oils which is still *trans* fat? Yes it can, and here is why. The Food and Drug Administration allows products that contain less than 0.5 grams of *trans* fat per serving to display a reading of 0 grams of *trans* fat on the label **even if** the product contains “partially hydrogenated fats.”



Now, let's discuss the “good fats” also known as *unsaturated* fats. *Unsaturated* fats are healthy fats that help with decreasing cholesterol levels. *Unsaturated* fats are liquid at room temperature and are classified according to their chemical structure into polyunsaturated fats and monounsaturated fats. Some examples of these fats are canola oil, olive oil, soybean oil, corn oil, safflower oil, and sunflower oil. Lately, a lot of attention has been given to *omega-3* and *omega-6* fatty acids which are essential polyunsaturated fats that we must obtain from food. *Omega-6* is found abundantly in our modern diet in refined vegetable oils, and soybean oils. Although these are healthy fats, getting too much *omega-6* without enough *omega-3* can create an imbalance which may contribute to heart disease, cancer, and various other chronic diseases. In our diets today, we do not get enough *omega-3* fatty acids found predominately in **canola oil**, fish oil, flaxseed, and walnuts. A proper balance of *omega-3* and *omega-6* is vital for maintaining optimal health.



So, why the fuss over *trans* fats and *omega-3* fatty acids? Remember the type of deep fat frying oil specification in DA PAM 30-22—“**Emulsified blend of canola oil and corn oil will be used for the deep fat frying process**”. This specification is not a suggestion but a required product and preparation standard. The blend of these oils provides the *omega-3* fatty acids predominantly found in canola oil while providing the right balance of omega-6 from the corn oil and are *trans* fat free. For deep fat frying oils, it is important to evaluate the label for *trans* fat and the type of oil. Although oils of the unsaturated type are healthier (peanut, safflower, soybean, sunflower), we must look one step further in that we want to choose oils that provide a higher *omega-3* fatty acid content and are *trans* fat free. Now, go check your deep fat frying oil and remember our Soldiers, customers, and diners deserve the healthier oils even when the food is fried!

National Guard on Board with AFMIS

This completes the Army Food Program Automation Circle

By Mr. Rickey Frazier

The Army National Guard (ARNG) is now no online with active duty and Army Reserve food service operations around the world. After months of debating and careful consideration the ARNG has signed on to use the Army Food Management Information System (AFMIS).

The ARNG had certain apprehensions' about the system at first because of their unique structure and it would be too costly and labor intense to convert 3007 different locations. They were also concerned the system would be incapable of supplying information required for Installation Status Reporting (ISR). However, after ensuring the National Guard Bureau (NGB) AFMIS could deliver everything they required and more; the ARNG agreed an automated system would improve as well as expedite approval, ordering, and reconciliation of subsistence orders for Drill weekends and Annual training missions. The system would also provide an automated inventory accountability process that would allow managers and food advisors real time on hand inventory status. One of the major selling points of AFMIS was that NGB and the seven Regional Food Advisors would have access and visibility on their subordinate commands from their work stations. This is done through the Decision Support System that provides daily status of dining facility operation which in some cases meant their living room.

Once the ARNG adopted AFMIS as their official food service operating system they needed a launch site to validate system. CW2 John Bruce, Florida State Food Advisor, volunteered Florida. Software Engineering Center Lee (SEC-L) began training 15 August 2008 in St. Augustine, Florida. Approximately 50 Soldiers, Military Technicians and DA Civilians were trained on how to operate AFMIS. A month later the entire State of Florida was using AFMIS as their food management operating system; thus validating the functionality of the system. According to CW2 Bruce, AFMIS has streamline the request, approval and reconciliation process of requisitioning Class I subsistence; greatly improving the overall efficiency of managing food service operations at the State level. CW2 Bruce also noted the accuracy of subsistence accountability and reporting has increased by 30 %; and the amount of time it takes to receive end of the month closeout reports has decreased from one month to 2-5 days.

Since the launch of AFMIS in August 2008, the ARNG has 15 of 54 States and territories trained and operating AFMIS. That number literally increases daily as NGB and SEC-L are currently fielding AFMIS to the remaining States and territories. NGB and SEC-L are projecting to have AFMIS completely fielded by the end of 2010



Picture was taken during one of Florida's AFMIS food management training sessions Mr. Charles Selvidge – Florida FMAT Leader:

ATTENDEES:

(Front Row) SFC Debbie Mekkelsen – 1-111th AV BN, Food Operation SGTCW4 Keith Dobson – 83rd Troop Command, Food Advisor, SFC Rick Bailey – 53rd Brigade Support BN, Food Operation SGT, CW2 John Bruce – Florida State Food Advisor, Mr. Rickey Frazier – Reserve Component Food Advisor, CW2 Cindy Southard – 164th Air Defense Artillery Brigade, Food Advisor, CPT Arturo Galang – USPFO-FL, MMB Manager, Ms. Ruth Rozier – Florida FMAT Member, MSG John Strasburg – 50th Area Support Group, S-4 NCOIC

(Back Row) SFC Jonny Johnson – CBJTC-CDF, Manager, MSG Ronald Copley – 53rd IBCT, Food Service NCOIC, SGM Marshall "Tony" Smith – 164th Air Defense Artillery Brigade, Food NCOIC, SFC Ivan DaVila – 1-265th Air Defense Artillery BN, Food Operation SGT, MSG Jack Little 50th Area Support Group, Food Service NCOIC, SFC Thomas "Tommy" Pomerleau – Ration Distribution Section Manager, 1LT Mark Sullivan – Office of the State Surgeon Representative, CPT Christopher LaManna 50th Area Support Group, S-4

JCCoE Welcomes New Members to our Family

Alphonzo “Rick” Byrd
Chief, Quality Assurance Division
Operations Directorate, Army Center of Excellence, Subsistence
Joint Culinary Center of Excellence (JCCoE)
Fort Lee, VA



The Directors of the JCCoE are pleased to announce the selection of Mr. Rick Byrd to a lead position in the Army Food Program. Mr. Byrd brings a vast amount of foodservice experience to this important position. Since 1983, Mr. Byrd served the U.S. Army Quartermaster School as an instructor in the areas of Commissary Management, Troop Issue Subsistence Activity Management, Subsistence Supply Management (MOS 76X) and the Army Food Management Information System. During that time he received honors as the TRADOC Instructor of the Year (1990).

In 1992, Mr. Byrd joined the Menu Development Division which later became the Quality Assurance Division. As a Quality Assurance Specialist (GS-1910), Mr. Byrd employed his experience of retail foods and Army supply management to initiate the development of Army feeding programs which include the Unitized Group Ration – A (UGR-A). For his efforts, he is a recipient of the Colonel Rohland A. Isker Award from the Research and Development Associates (R&DA) in 2000 and other Army commendations and medals.

Mr. Byrd served in the United States Air Force and attended Norfolk State University with a major in Biology. He is married to the former Queenie Morgan of Dinwiddie, Virginia. They reside in Prince George County, Virginia and have three children, Ida Marie, Terence Nathaniel, and Ryan Christopher.

The tenets of the Quality Assurance Division include Menu Planning, Warfighter Nutrition, Field Feeding, Food Safety and Food Defense.

JCCoE Welcomes New Members to our Family

Renita Graham
Registered Dietitian, MS
Joint Culinary Center of Excellence (JCCoE)
Fort Lee, VA



Renita is a graduate of Georgia State University with a Bachelor of Science degree in Nutrition and a Master's of Science degree in Health Promotion, Education and Behavior from the University of South Carolina; she is also a member of the American Dietetic Association. Renita was commissioned as a Second Lieutenant in the Army Medical Specialist Corps in July 2001. She completed her Dietetic Internship at Walter Reed Army Medical Center.

Renita's past assignments include Clinical Dietitian at Walter Reed Army Medical Center, specializing in renal and liver disease, organ transplant; Chief, Nutrition Care Division at Moncrief Army Community Hospital at Fort Jackson, SC; Chief, Clinical Dietetics at Dwight D. Eisenhower Army Medical Center at Fort Gordon, GA where she managed clinical dietetics operations and provided nutrition education and counseling to Soldiers, Veterans, and family members on weight management, diabetes, and cardiovascular disease. During her military service (2001-2008), Renita received three Department of the Army Commendation Medals and two Army Achievement Medals.

Upon leaving active duty, Renita was employed as a Dietitian with the State of Virginia Department of Behavioral Health and Developmental Services. Before coming to work for JCCoE she worked as a Clinical Dietitian specializing in Diabetes Education at the Durham Veterans Administration (VA) Medical Center in Durham, North Carolina.

Throughout her 7 years as a registered dietitian, Renita has directed, organized and participated in several major nutrition education and health promotion fairs for military members, child care centers, Veterans and various community organizations.

JCCoE Welcomes New Members to our Family

Jose Millan
Food Service Systems Analysis
Concepts, Systems and Policy Division
Joint Culinary Center of Excellence (JCCoE)
Fort Lee, VA



Retired CW4 Jose A Milan joins the JCCoE, CSPD team after completing a 24 year Army career. Jose enlisted in the United States Army in 1985. Jose held a wide variety of tactical duty positions ranging from food service specialist to Division Food Advisor. He most recently served as a Combat Developer at the Sustainment Center of Excellence (SCoE) for Material Systems Directorate, Sustain Division, where he was responsible for providing technical expertise on new and current field feeding equipment concepts that will support the fighting force in the future.

Jose's assignments include Division Food Advisor for the 3rd Infantry Division; Brigade Food Advisor 3rd CAB Hunter Army Airfield; Brigade Food Advisor 1BCT 1st Armored Division; Brigade Food Advisor 2nd BDE 101st Airborne Division and a variety of assignments from cook to Food Operations Sergeant. He also served in a variety of assignments overseas which include two tours in Iraq, a tour in Kosovo and deployed in support of Operations Desert Storm/Shield.

He holds a Masters degree in Acquisition and Contracting from Florida Institute of Technology and Bachelors in Interdisciplinary Studies with Columbia College.



Upcoming Events

Defense Supply Center Philadelphia Subsistence Worldwide Customer Conference & Food Show	15 & 16 June 2010
Army Food Service Workshop	17 June 2010
Army 235th Birthday Celebration	14 June 2010