



Army Center of Excellence, Subsistence
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*The Army Center of Excellence, Subsistence receives direction and guidance from the Army G4 in matters pertaining to worldwide Army Food Service and serves as the executive agent for administration of the Army Food Program.
[Click here](#) for more information on ACES.*



Spring Greetings from the Army Food Net!



Spring is springing! All around us the signs are there. The daffodils are blooming, the grass is greening and the pollen is flying. As the warm and sunny days approach us fast, let us remind you that safety comes first during your times of work and play.

From the ACES Director

Welcome to the April 2008 issue of the *Army Food Net*. We hope that each and every one of you find some interesting and helpful information in this issue. Please take the time to review and read the articles throughout. In this issue, you will find an update on CFMS, find out what it takes to run a successful garrison operation and will find competition results of the 33rd Annual U.S. Army Culinary Arts Competition, along with many other interesting articles and facts.

Being that we are moving into Spring and Summer and the warm weather is very near, I would like to take this time to remind you all of some heat prevention tips:

- remember to use sunscreen and reapply frequently
- drink plenty of water
- wear appropriate clothing
- follow appropriate work/rest cycles
- keep areas well ventilated
- remember to schedule outdoor activities during the cooler part of the day

LET'S ALL REMAIN COMMITTED TO SAFETY AS A WAY OF LIFE!

ACES 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 Army Center of Excellence, Subsistence sustains, maintains, and optimizes available resources to carry out its mission.

From the....
Army Food Advisor's Corner

**Supporting our Personnel
Branch Managers** by CW5
Jack Zanten

We are in the sixth year of OIF and 9/11 will soon be seven years behind us. We are still a nation at war and though we all strive to be assigned to a position of choice or one job as long as is practical, we all most salute the flag and take our assignments (unless there are extenuating circumstances!) and be willing to move forward when duty calls. If you will recall, we were all promoted based on "demonstrated potential for increased responsibility". We must all support our career managers in this regard, as they are under tremendous pressure to fill critical slots in our fighting formations! For the most part the QM WO Corps is doing a great job and moving out smartly. However, we do have

From the...
Director of Operations, Army Center of Excellence Subsistence

Army Food Program Advisory Board (AFPAB)
By Dave Staples

Understanding the functions and responsibilities of the Army Food Program Advisory Board (AFPAB) is important, as it is the direct link to resolving issues within the Army Food Program and its ultimate mission – Feeding the Force. This board was established by the Army Center of Excellence, Subsistence (ACES) in 2000 to provide a forum for addressing operational and policy issues pertaining to the Army Food Program. It is the ACES' responsibility to conduct the board, but it's *your* board.

The Army Food Program, Army Regulation (AR) 30-22, Para 2-20, states: "The Director, ACES receives direction and guidance from the DCS, G-4 in matters pertaining to the worldwide Army Food Service Program and serves as the executive agent for the Army Food Program. As the Executive Agent for the Army Food Program, the Director of ACES will — As the agent of the DCS, G-4, host periodic Army Food Program Advisory Board meetings in order to insure full integration of the tactical and garrison aspects of the overall food program".

This board was established by a former ACES Director, LTC Fitzgerald, to provide a link to both the Army food service community and the Joint Subsistence Policy Board (JSPB). The vision and charter of the AFPAB is to provide an open forum within Army Food Service leadership that acts as a sounding board for the

challenges when folks pull out profiles or non-deployment documents etc. As our Regimental Chief Warrant Officer puts it, “We are Soldiers...we deploy to fight our nations battles...that is what we do. We are akin to firemen who go in burning buildings and police officers who take down bank robbers”. Imagine calling the fire department and them telling you that they can’t respond because the personnel on staff are unable to physically perform their duties. How would you react to a policeman having the attitude of: I’ll stay around as long as I don’t get a dangerous assignment but if I get a call for a dangerous situation I’ll retire in lieu of responding? Our Quartermaster Branch managers are getting such responses when contacting individuals for assignment to units that are scheduled to deploy. Upon notification of an RFO is not the time to decide that you are not fully capable of performing the duties that you are expected to do. Filling a position is of little help to an organization if the individual in that position is not willing to be a part of the team when he or she is needed. If someone finds a reason not to go to a duty assignment, that requirement does not go away. Another fellow Soldier somewhere is going to be tagged to fill that position.

I heard a saying several years ago that has stuck with me over the years: "The Army does not pay us for what we do, but for what we are expected to do”.

discussion of real-time food service issues affecting or impacting all operational aspects of the Army Food Program. There are no subjects that are off limits, decisions are discussed and reviewed at the user level and all stakeholders have a vote in the decision process – no more ivory tower decisions. The AFPAB voting members are the food service leadership of; Army Commands (ACOMs); Installation Management Command (IMCOM)-Headquarters, and individual IMCOM Regions; ACES, and the DCS G4, Chief, Food and Liquid Division.

The AFPAB has evolved from an action group that primarily provided recommendations and solutions to Army specific food service issues, to a committee that addresses issues and actions impacting all services through the Joint Service Policy Board. These two boards act as the heart of the food service mission and the decision making process impacting the Army Food Program. The basic premise or goal was to discuss the Army’s Food Service readiness posture and resolve problems having Army wide implications and application and review future actions that would keep the Army Food Program current and on-track with the needs of our Soldier/ diners and Unit’s mission.

Issues above Army level for resolution affecting the Department of Defense (DOD) Food Program are addressed by Army Food Service leadership to the JSPB for resolution. The functional responsibility for the charter and responsibilities of the JSPB belongs to Defense Logistics Agency (DLA), Defense Supply Center Philadelphia (DSCP) and consists of senior food program leadership of all Services (Army, Navy, Air Force, and Marine Corp - voting Members) and other food service orientated non-voting members.

The AFPAB is important and its relevance comes from entire Army food program community, from the individual unit dining facility, to the Installation Food Program to IMCOM-Regions to IMCOM-Headquarters and ACOMs defining issues impacting the Army Food Program from their operational viewpoint. Issues can be submitted directly to ACES or through your Board members in an information paper format. The information paper should provide a purpose, background, discussion and recommendation so the board can fully understand the situation and have enough information to make an appropriate decision. When the board convenes semi-annually, all issues received will be discussed and evaluated for merit, and decisions on a course of action will be initiated with development of a way ahead process for each issue.

The AFPAB is your Board. You must be engaged in the future decision processes affecting how our food operations team

Good food for thought. As leaders, we need to set the example for the junior Soldiers and warrant officers in our ranks. We can't expect them to be willing to be separated from their families and be put in harms way if we are not willing to do the same. Everything in life is about cycles. These operations will end. There is light at the end of the tunnel. But, this is the long war. A lot could happen depending on the outcome of the elections this fall. For now, however, we all need to hang tough. Our country and more importantly, our Soldiers, need us now more than ever. It is human nature to compare our situation to that of others. We tend to compare ourselves to those in a better situation. If we think about, read, and study the long wars of WWI, WWII...read of the hell that those folks went through; our conditions in OEF/OIF are nothing in comparison! We have the best fed and equipped Army in the world.

I would like to thank all of you for your continued service to the Army and this great country of ours. Army Strong!

will accomplish the food service mission, now and in the future. So pick up that pen and tell us how we can make your job in feeding the Army easier and more effective. As the Director of ACES , LTC Allen, often states "At the end of the day it's all about the Soldier", so get involved and tell us how ACES can support you, your food operations professionals, and our the Food Service Soldiers/Leaders.

Personnel Changes in ACES

Congratulations to Mr. David Sherriff for his recent promotion to serve as the Chief of Concepts, Systems and Policy Division. His promotion was effective in February.

Mr. Sherriff is no new face to the ACES family. He has been with us for the past eight years specializing in the writing of Army food service policy and doctrine.

CFMS UPDATE

Development of the Common Food Management System (CFMS) continues to move forward towards User Acceptance Testing (UAT) and functional pilot testing of the CFMS program at selected military service installations.

Background: The DOD Food Policy Council directed DLA / DSCP several years ago to develop and implement a common food management system that will replace the five existing and distinct service automated food management systems currently in operation throughout the military services and Military Sealift Command. The "Common" Food management system currently being developed and adopted for military service use consists of a commercial off-the-shelf (COTS) software program that DSCP CFMS program management staff state "incorporates the best business practices of the commercial civilian food service industry". This software program is being adopted to meet the unique management and operational requirements of each military service. IBM is the prime contractor for the CFMS DLA funded project. The COTS software program being adopted is from Horizons Software International, a leading company in software, services and technologies used by commercial food service operations. Horizon OneSource is the specific program selected by the Joint Food Policy Board for adaptation to the CFMS and is a comprehensive enterprise-wide food management and operations system containing approximately 28 different functional modules for managing food service operations.

Where we are now: Selected Army Center of Excellence (ACES) staff are serving as the Army lead for the CFMS developmental process as it relates to identifying and providing Army unique and general functional operating requirements. Each of the military services has a lead food service activity or agency involved in the on-going development of CFMS. The objective of CFMS is to provide all the services with a single automated food management program that will meet the specific needs of each of the services dining facilities, galleys, or contracted food service operations that meet the service specific needs of end users. CFMS will also provide the Installation Management Command (IMCOM) garrison and regional food program managers with management, oversight, and visibility of the all Army dining facility operations that fall under their operational control. Army G4 will have food program oversight and visibility of all Army dining facility operations and can exercise Army food program management changes at the G4 level. CFMS is being designed to provide food service functionality in both the garrison and field environments. CFMS will also provide the consolidated reporting data via its custom report functionality for garrison, region and Army headquarters now currently provided by the Army's Decision Support System (DSS).

Way Ahead: Scheduled CFMS UAT has now slipped again and dates to be determined in the near future. Based on the results of the UAT process for Army, the pilot testing of CFMS at Fort Eustis and Fort Story could begin by the end of this fiscal year. Pilot test dates are fluid at this time. ACES, continues to work with the DSCP CFMS business process team to ensure that all Army required food program functional operating and reporting requirements are included in CFMS and that UAT and follow-on pilot testing of the CFMS program are successful. ACES will continue to keep you apprised of CFMS developments and actions as Army moves forward to pilot testing.

For more information, contact ACES Concepts, Systems, and Policy Division at Commercial: (804) 734-3390, DSN: 687-3390.

Canola Oil: Good for Every Body!



Did you know that canola oil contains the least amount of saturated fat of any common edible oil? With just 7% saturated fat, canola oil is 93% healthy monounsaturated and polyunsaturated fats. The polyunsaturated fats in canola oil include the essential fatty acids alpha linolenic acid, an omega-3 fatty acid, and linoleic acid, an omega-6 fatty acid. These fats are needed because the body cannot make them. Canola oil is also a good source of vitamins E and K and plant sterols, which may help keep the heart healthy.

Canola oil is made by crushing the seeds of canola plants, which are grown in the United States, Canada and many other parts of the world. Canola was developed in Canada in the 1970's. The name "canola" is a contraction of "Canadian oil, low acid".

Fun Facts

Everyone needs some fat in their diet. It's an important source of energy, a part of cell membranes, and needed for the production of certain hormones. Fat helps the body absorb vitamins A, D, E and K. However, keeping fat intake within dietary guidelines is important for good health. The type of fat in the diet matters just as much as total fat. To reduce the risk of heart disease, health authorities advise eating foods that contain mostly healthy unsaturated fats within the recommended range.

Dietary Guidelines

The *2005 Dietary Guidelines for Americans* recommend no more than 30 percent of total calories from fat, including 10 percent or less from saturated fat and minimal trans fat intake. Cholesterol intake should be less than 300 mg/day. Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fats, such as fish, nuts, and vegetable oils.

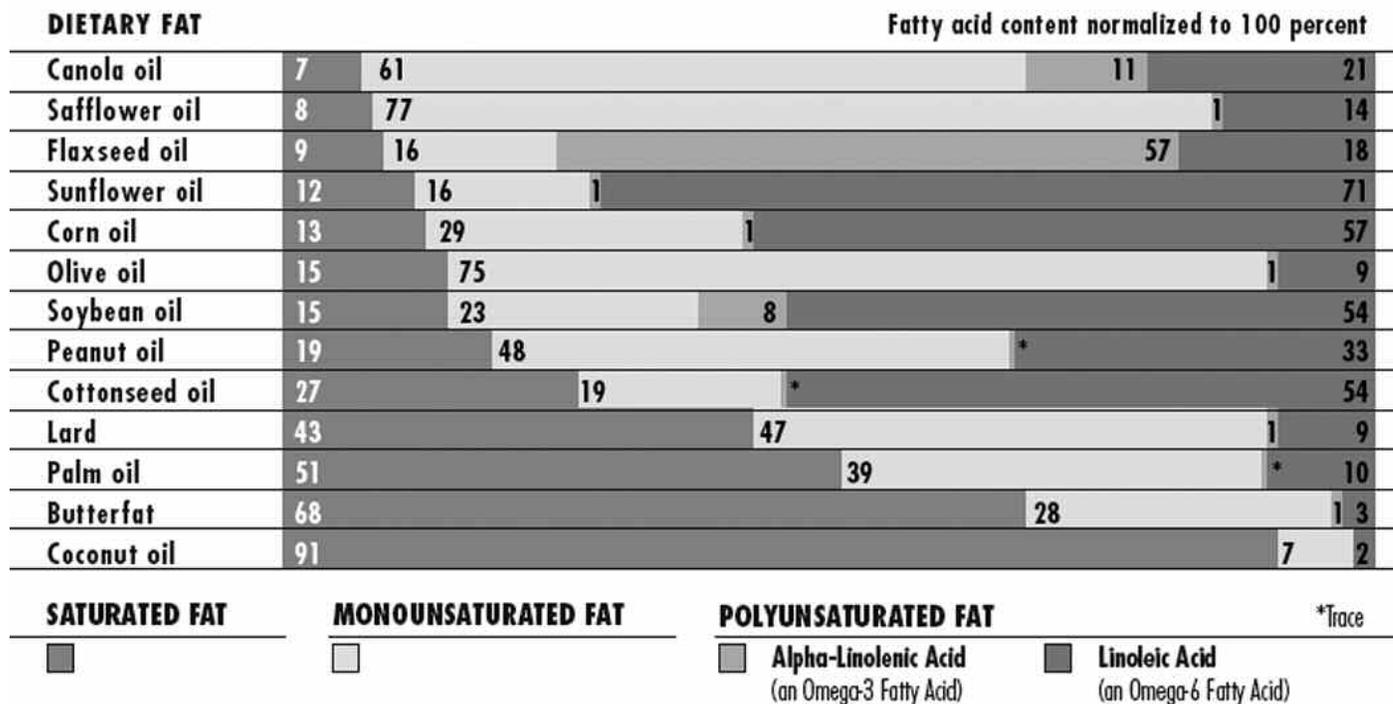
Good News to Take to Heart

On October 6, 2006, the U.S. Food and Drug Administration authorized a qualified health claim for canola oil on its ability to reduce the risk of coronary heart disease (CHD) due to its unsaturated fat content. The claim, which canola oil bottlers and makers of eligible products may use on labels and advertising materials, states:

Limited and not conclusive scientific evidence suggests that eating about 1 ½ tablespoons of canola oil daily may reduce the risk of coronary heart disease due to the unsaturated fat content in canola oil. To achieve this possible benefit, canola oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day. One serving of this product contains [x] grams of canola oil.

This claim offers a simple, affordable and convenient strategy for consumers to reduce their risk of heart disease. The lack of consumer barriers to using canola oil with respect to cost, taste, convenience and availability makes it particularly attractive.

Comparison of Dietary Fats



SOURCE: POS PILOT PLANT CORPORATION

UPCOMING EVENTS

PHILIP A. CONNELLY AWARDS
 3-6 APRIL 08
 DENVER, COLORADO

ACES PARTNERSHIP DAY
 15-16 APRIL 2008
 FT. LEE, VIRGINIA

QUARTERMASTER WARFIGHTER SYMPOSIUM
 14-17 MAY 2008
 FT. LEE, VIRGINIA

33rd Annual U.S. Army Culinary Arts Competition Results

Installation of the Year:

1. Fort Carson, Colorado
2. Team Korea
3. Ft. Bragg, North Carolina

Armed Forces Chef of the Year: Marine Gunnery Sgt. William Allison, U.S. Marine Corps

Armed Forces Junior Chef of the Year: Spc. Brian Lippert, Team Korea

Field Cooking:

1. Fort Bliss, Texas
2. Team Hawaii
3. Ft. Lee, Virginia

Student Skills Competition: Ft. Carson, Colorado

Best in Show Ice Carving: U.S. Coast Guard

Nutritional Hot Food Challenge: Team Korea

For a complete list of the results, visit [www.ima.lee.army.mil.site.pao/08_Culinary
Compention/home.html](http://www.ima.lee.army.mil.site.pao/08_Culinary_Compention/home.html)

Congratulations to all winners of this year's competition!!!

Reserve Component Food Service Workshop Successful!

This year's RC conference and workshop was held 25-29 February 2008 in Sparks, Nevada. The purpose of this workshop is to improve the Army National Guard and Army Reserve Food Service Program. This workshop is beneficial in many ways. To name a few, it is used as a tool to exchange information and lessons learned, provide updates on feeding concepts and policies in Iraq and Afghanistan and to discuss concepts for field feeding equipment.

The workshop was open to all Army Reserve and National Guard food service personnel both military and civilian. There were a total of 458 Soldiers and DA Civilians in attendance. The keynote speaker for this year's conference was Brigadier General Jesse R. Cross, the 50th Army Quartermaster General.

Major highlights of the workshops included recognition of the USAR Culinary Team, USAR and ARNG Philip A. Connelly winners and runner-ups 2008, the Reserve Army Food Management Information System and Food Service Contract Management.

Overall, the RC conference and workshop was successful. Comments received from General and senior officers, distinguished DA civilians, senior food service noncommissioned and warrant officers and participants all indicated this year's workshop was the best they've participated in, in recent years.



The Department of the Army and the Army Center for Excellence, Subsistence at Fort Lee is proud to announce the winners of the 2008 Philip A. Connelly Awards for Excellence in Army Food Service.

The winners and runner-ups in the five categories are as follows:

SMALL GARRISON WINNER:

Main Post Dining Facility, Headquarters Garrison, Fort Riley, Kansas

SMALL GARRISON RUNNER-UP:

1st Battalion, 10th Special Forces Group (Airborne) Dining Facility, Panzer Kaserne, Stuttgart, Germany

LARGE GARRISON WINNER:

ASG-Qatar Dining Facility, Third Army, Forces Central Command, Camp As Sayliyah, Qatar

LARGE GARRISON RUNNER-UP:

Headquarters Operations Company, 527th Military Intelligence Brigade, Camp Humphreys, Korea

ACTIVE ARMY FIELD KITCHEN WINNER:

188th MP Company, 94th MP Battalion, 501st Sustainment Brigade, 19th Sustainment Command (Expeditionary), Camp Walker, Korea

ACTIVE ARMY FIELD KITCHEN RUNNER-UP:

Headquarters and Headquarters Troop, Regimental Support Squadron, 11th Armored Cavalry Regiment, Fort Irwin, California

US ARMY RESERVE FIELD KITCHEN WINNER:

143rd Sustainment Command (Expeditionary), Orlando Florida

US ARMY RESERVE FIELD KITCHEN RUNNER-UP:

376th Personnel Services Battalion, Long Beach, Florida

US ARMY NATIONAL GUARD FIELD KITCHEN WINNER:

Troop E 192nd Cavalry, Puerto Rico Army National Guard, Salinas, Puerto Rico

US ARMY NATIONAL GUARD FIELD KITCHEN RUNNER-UP:

110th Maintenance Company, Massachusetts Army National Guard, Devens, Massachusetts

Thanks to the dedicated men and women in these units, Soldiers in Iraq, Afghanistan and on U.S. Army installations around the world can receive a brief respite from the rigors of training and combat.

Gone are the days of the typical Army cook portrayed in movies on the silver screen. These professionally are trained and dedicated Soldiers bring quality and exceptional services to our fighting men and women.

The Connelly program is named in honor of Philip A. Connelly, past president of the International Food Service Executives Association (IFSEA), highly regarded as the driving force behind obtaining IFSEA sponsorship for the Department of the Army's recognition of excellence in Army food service.

The program is co-sponsored by the Department of the Army and IFSEA. IFSEA representatives participate in the evaluation of finalists in five dining facility categories - Small Garrison, Large Garrison, and field kitchens in the Active Army, U.S. Army Reserve and Army National Guard.

U.S. Army Center of Excellence and Subsistence (ACES) and IFSEA evaluators traveled around the world for approximately three months to obtain first-hand knowledge of how Army food service

personnel perform their jobs.

All the finalists were evaluated in a number of areas including food preparation, taste, nutrition, service and sanitation.

For this year's competition, a total of 27 finalists were selected for evaluation.

The winners and runner-ups will be honored in a ceremony at the Denver, Colorado, Adams Mark Hotel Saturday, April 5, 2008.

Water We Supposed To Do?

“Water, water, every where, nor any drop to drink”

- *The Rhyme of the Ancient Mariner*
Samuel Taylor Coleridge (1772-1834)

Water is the most abundant compound on the planet; covering over 70% of the earth's surface. It is found on the earth, beneath the earth, and in the atmosphere above the earth. Water is the major component of not only humans, but of nearly all living things. Water accounts for approximately 60-70% of the human body and without it death would come in just a few days.

Although water is the most abundant chemical compound, it is very unique in the way that it behaves. Most materials expand when heated, and contract when cooled. This is why you can take a torch to a nut that is stuck on a bolt and it will often come loose on the next turn of the wrench. The metal contracts when cold and expands when heated; therefore heating the nut makes it easier to turn.

But water doesn't behave this way. It expands when it is cooled. Think of putting a soda can in the freezer. If you let it go for too long, you may end up with a mess as the expanding liquid bursts the container.

You can thank this characteristic of water for potholes in the road. The water seeps down into cracks in the asphalt where it freezes and expands; breaking apart the asphalt, making holes in the road, and ruining our vehicles. This characteristic of expanding when cooled makes water very “rare” in the field of chemistry, even though we see and use it everyday.

If water did not act this way, life as we know it would cease. Most liquids freeze from the bottom up. The solid sinks to the bottom, and the liquid floats on top until it all freezes. Water freezes from the top down. That is why you can go ice fishing. The ice on top of the pond keeps the fish under the water from being frozen. If water behaved like most liquids, the fish would slowly rise to the surface on top of the ice; once the pond was frozen solid the fish would be exposed to the open air and would die.

As stated earlier, water is both common and unique. It is found almost everywhere, and it is a vital nutrient essential for life. Water is not, however, regarded as a subsistence item. Unlike subsistence items, water is not part of the US Department of Agriculture's (USDA's) MyPyramid. It is generally not listed on the menu in a restaurant, unless in the bottled form. Unlike subsistence items, water is normally given away for free in

restaurants and in other business establishments, both for drinking and for other important uses.

As the Army G-4 Executive Agent for the Army Food Program, ACES has long maintained that water is not a subsistence item and is therefore not purchased in garrison dining facility (DFAC) operations using Military Personnel, Army (MPA) subsistence funds. It is piped into the DFAC as part of the dining facility operations and is paid for using Operations and Maintenance, Army (OMA) funds, just like other utilities such as electricity and gas.

There is no provision for using MPA dollars to buy water in Army garrison DFACs. Powdered beverage bases and syrups are bought with MPA dollars and mixed with the OMA funded water as part of the standard beverage service as detailed in DA Pam 30-22 para 3-70.

Currently, there is an initiative in some Army DFACs to provide a flavored water vitamin drink to Soldiers. While the desire to provide vitamins and minerals to our Soldiers is to be commended, it must be pointed out that these beverages are merely vitamin dense water that is bought and mixed with regular potable water to form a drink. This still represents an unauthorized purchase of water using MPA funds.

One may argue that they are merely buying the flavoring and vitamins in the water. There are numerous flavored beverage bases that come in a powdered or syrup form that are authorized for purchase. These can be purchased, mixed with water, and served in Army DFACs. Regarding the vitamin component purchase, there has never been authorization within the Army Food Program to purchase vitamin supplements either in solid or liquid form. In addition, vitamin supplements are not necessary for most people when eating a balanced diet in accordance with the USDA's "MyPyramid". It is ACES position that the Army should provide healthy dining information and choices rather than offset unhealthy eating habits by offering vitamin-supplement water purchased with MPA subsistence funds.

One could argue that soda syrup is merely water with sugar and flavoring in it and that this vitamin water product is no different. Using this same reasoning, one could also argue that milk is merely water with lactose and colloidal milk solids in it. The main difference is that soda syrup and milk have caloric values and are therefore considered to be subsistence items.

As the organization responsible to the Army G-4 for the management of the Army Food Program, ACES has determined that these vitamin water products are just that---water products---and that they should not be purchased using MPA funds. Will this position ever change? There has been some discussion on this issue, but as it stands today the prohibition against purchasing water using MPA funds applies to flavored, concentrated, vitamin-supplement water as well as any other water purchase.

These water based vitamin drinks may be fine products and appropriate under the right circumstances, however whatever these circumstances may be, they do not at this time include Army garrison dining facilities.

For more information, contact CSPD at 804-734-4862

*Considerations for the Operation of a Successful
Installation/Garrison Food Program
By Michael Damico*



The Army Food Program is the largest food management and food operations program within the Department of Defense (DOD). One of the largest aspects of the Army Food Program's scope deals with the efficient, effective administration and management of the Army Food Program at the regional and installation level of operations. To be successful at the regional or installation level of food program management requires the Food Program Manager (FPM) to have technical expertise and knowledge in many functional areas including; dining facility design, dining facility equipment, menu standards, quality oversight of subsistence, subsistence supply management operations, automated food management systems, food operations contingency planning, contracting for services, annual and out-year operational and subsistence budgeting, and the development of overarching food program policy and doctrine. Quite a plate full for one person! One person is typically the TDA staffing level assigned by the Installation Management Command (IMCOM) Regions and Installations to ensure the successful operation of an installation or region multi-million dollar annual food program. It's been my experience that a FPM has little time during their week for anything other than focusing on food program issues. This article provides some reminders and considerations for FPM which can sometimes be overlooked in the daily rush to ensure that bottom line food program Soldier /diner feeding meet Army menu standards and support the commanders food service mission guidance.

In past articles, we have discussed the importance of dining facility management at the dining facility and installation level and how methodical management skills are required at the garrison dining facility management level to ensure individual garrison accounts are solvent. As the FPM your individual management abilities and skills impact on the quality and content of the center of the plate provided to your Soldier/diners. In this article let's go one step further and

discuss food program management considerations that impact on the overall operation of the Army Food Program at the IMCOM Regional and Installation management levels.



Based on the scope and size of the Army Food Program, the operational management and program oversight is decentralized with responsibilities assigned and accomplished at many levels within the Army's force structure. Army G4, Army Service Component Commands, IMCOM Regions and IMCOM installations are all involved in the operation and management of the total Army Food Program.

Army Food Program responsibilities are outlined in Army Regulation (AR) 30-22, The Army Food Program. AR 30-22 details Army Food Program responsibilities from the Assistant Secretary of the Army down to individual unit commanders, food program managers and food operations sergeants or dining facility managers. All Army management levels of organizations responsible for the operation of the Army Food Program should consider how their guidance, action or inaction impact on the ability of the DFAC manager to meet the objectives of the Army Food Program. The objectives of the Army Food Program remain the same; promote the operational efficiency of garrison dining facilities, while providing Soldiers and diners safe, nutritious and appealing meals in an environment, which equals any quality commercial cafeteria. The closer we get to the actual operator level of the dining facility, the more apparent any actions or inactions, taken or overlooked by higher echelons of management become apparent, since the bottom line impact of those actions is realized the closer you get to the DFAC operator level.

Since one of the primary objectives of the Army Food Program is to promote the operational

efficiency of garrison dining facilities, let's explore some considerations that may assist FPMs in accomplishing their mission at the regional and installation FPM levels.

Considerations:

The Subsistence Prime Vendor Program is a DOD mandated program, required to be used by all services. Regional / Installation Food Program Managers are familiar with the program and the vendor catalog of subsistence items that were cataloged to meet their individual food program menu standards.

Let's review some basic considerations all food program management staff must analyze and review when cataloging subsistence items for use in their Army garrison dining facilities.

Procedures for requesting and adding new subsistence items to the installation food program are contained in DA Pam 30-22, paragraph 3-12. Some areas to consider are:

- Do the vendor's products meet Army quality requirements for grade and standards?

Review DA PAM 30-22 Appendix I for these standards.

- What is the product cost per serving? Is this item the best value for your installation food operations sergeants or dining facility managers, and does this product fall within the parameters of the overall Basic Daily Food Allowance (BDFA)? Be careful of pre-prepared commercial desserts and flavored coffees.

- Is the product offered by the vendor really required on your catalog to support Soldier feeding?

- Bulk size containers of products such as condiments, salad dressings, coffee, cereals, frozen vegetables, frozen potatoes, poultry, seafood and meat products (40 pound cases, #10 cans or 20 pound cans) are usually significantly less expensive per serving, than individual serving size packages or smaller (10 pound) cases of products. Cataloging products in bulk (based on menu repetition) avoids increased costs by reducing the distribution fees paid for delivery and related other agency recovery fees assessed on each case, box or container delivered to the dining facility, as part of the Subsistence Prime Vendor contract. Remember these fees are recovered from your installation BDFA dollars.

- Can my dining facilities afford to serve this item? Some commercial pre-made desserts and pastry products cost .75 - \$1.75 + per serving. Not many garrison DFACs can support the use of these products – Why catalog the item?

Equipment: Considerations all food program management staff should review when considering the use of vendor furnished dispensing equipment vice Army procured equipment:



- Be advised that vendors do not provide you free equipment or maintain their "Beverage programs" equipment free of charge. The cost of their equipment and any maintenance program is built into the cost of the products they are offering you.

- Ensure you are aware of exactly what this cost will be over the continuum and discuss that cost with the vendor and do the math. It may be more cost effective for the garrison to procure the equipment, obtain a local maintenance agreement to maintain similar dispensing equipment, such as soda, coffee, juice, slushy, and soft serve dispensers. In some OCONUS locations, where Army and Air Force Exchange System (AAFES) produces ice cream in bulk and individual ice cream servings, they will provide the frozen food dispensing cabinets for the individual novelty ice cream bars at no cost, as long as you buy the AAFES produced ice cream (Sweet Reflections) bars. That is a good deal! AAFES ice cream novelties are consistently lower in cost and equal in taste and quality to any commercial product available.

- Query vendors regarding what is the “value added” that you will realize by using their products? How will using their products improve the quality of service in your garrison dining facilities (DFACs)? How will they support and assist you in marketing their products in your DFACs? If they can’t fully explain this to you, I would look elsewhere for a supplier. Your BDFA dollars are limited.

- DLA central contracts such as Coke and Pepsi products used in garrison DFAC’s. These are high volume big sellers on an annual basis, based on this fact alone, ask the Coke or Pepsi vendors to supply you with dish washer safe 16oz plastic tumblers to support and market your use of their products. If you don’t know who to contact, contact the DSCP account manager who manages the prime vendor or central contract for assistance or POC’s.

This action saves you installation expandable supply dollars and assists in marketing the particular soda products being offered, the same situation holds true for all high moving beverages. If you don’t ask, nothing happens! Most vendors won’t volunteer the support. Remember every penny saved around the center of the plate allows the dining facility management more flexibility to improve the quality of the entrée in the center of the plate.

Considerations all food program management staff should review when considering the use of pre-prepared or heat & serve commercial products in garrison dining facilities:



- The cost of the product. Boil in the bag and heat and serve products are convenient; however, there is a cost associated with that convenience in product and Soldier / Cook training. There is a place for these items in the garrison DFAC; however, you must balance the cost impacts against the benefit. Skills acquired in garrison are demonstrated in other cooking situations such as in the field or during deployments where these items may not be available. Heat & serve biscuits, bacon, omelets, French toast, chicken, pot roast, sausage, meat loaf, hot breads, pies,

hamburger patties, pancakes, cookies, all are easy to prepare, but at what BDFA and training cost? Again, there is a time and place for all these items in the garrison DFAC; the professional knows which are cost effective and when they really need to use them. A Soldier / Cook who has heated precooked biscuits for the last year may not have the skills necessary to prepare biscuits if only flour, water, baking powder, salt, and shortening are available from the subsistence prime vendor or field Class I break point.

- Know your plate costs; all commercial activities and professional food operations management staff know what it costs echelons them to serve menu items.



The Army Food Management Information System (AFMIS) provides you with all the management tools required for determining and programming meal-service costs. This is based on the types of menu products you offer for service at each planned meal throughout the accounting period. The new Joint Service Common Food Management System (CFMS) is required to do the same when it is fielded.

Management practices all installation food program management should be reviewing, managing and tracking at the installation level.

- The repeated use by dining facility management of the Financial Liability Investigation of Property Loss (DD Form 200) (FLIPL) is not the answer for adjusting overspent dining facility accounts occurring because of mismanagement or fraud. The FLIPL when liability is not assessed to an activity or individual is a direct cost to the MPA subsistence account and the Army Food Program. FLIPL are initiated in many cases by organizations to “**fix**” poor dining facility management practices and the resulting mismanagement of Army MPA subsistence funds. They do not address the underlying root cause of the problem that is in many cases is, just plain poor management at the operator level. Food program management professionals at all levels must ensure that the dining facility account status and menu planning in our garrison dining facilities are making every effort to manage the dining facility within established regulatory policy guidance.

- Garrison food program managers or assigned food advisors working with dining facility managers will determine during their review of accounts if additional management training and

mentoring is required. Food program leadership is charged with the responsibility of providing assistance as required to assist facility management to be successful. Garrison food program managers and food advisors at all levels from garrison to region or Army level can access the Army Food Service Decision Support System (DSS) which is one of their tools for reviewing dining facility status. This tool provides insight to your dining facilities well being, but it does not replace the hands on approach needed to advise and train our food service personnel. The Army Food Program policy and procedures (AR 30-22 and DA PAM 30-22) provides the responsibilities for oversight and corrective actions to be initiated if accounts are under/overspent. We must get back to the basics of management and provide this training and leadership to ensure our food service professionals have the tools to maintain and operate dining facilities in today's fluctuating environments. If you are an installation or regional food program manager and you don't have access to DSS contact the Army Center of Excellence Subsistence (ACES), Concepts, Systems and Policy Division.

Be advised because your installation is balanced or under spent does not relieve the installation FPM or food advisor from the responsibility of individual dining facility accounts being within required account tolerance factors. Any dining out of tolerance at the end of the FY requires a FLIPL to determine why the account was out of tolerance. Remember at end of FY Contractors operating garrison dining facilities are responsible for the overspent account status- contact the responsible contracting officer for adjudication. Copies of all FLIPLs exceeding \$4,000 dollars must be sent to ACES, in accordance with AR 30-22.

There are many assets available to assist you in meeting these management requirements from individual mentorship from food service Warrant Officers or Noncommissioned Officers (NCOs) to the Installation Management Command regional food program leadership or from ACES. ACES can provide additional training either by Video Teleconference or during the ACES, Management Assistance Division scheduled Food Management Assistance Team (FMAT) visit. Use the FMAT to assist you in developing a tailored training and support program for any food service operation needs from menu development, account management, BDFA training to the needs of your personnel and operations. The FMAT is just a phone call or e-mail away.

Last but not least is the annual budget process for dining facility equipment, expendable supplies and equipment. Installation Food Program Management should ensure all garrison dining facility equipment is included in their annual budget program process and equipment status reviewed quarterly. The equipment replacement program must be managed and is a major annual expense. The same holds true for expendable supplies. Track costs of these items and ensure they are included in your installation budget build. (Program Objective Memorandum (POM)). Recommend the installation food program manager develop a standard annual budget format for use by all who provide input into your annual budget process. Food Service training as well as culinary arts and recognition program participation should also be factored into the budget process.



The operation and management of a successful regional or installation food program is a full time job with huge responsibilities. Our Soldier/diners, installation, regional and Army leaders look to the FPM to ensure the objectives of the Army Food Program are in place and being achieved in all Army food service facilities and activities. The considerations discussed within this article will only enhance your knowledge and provide you with the tools for success.



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IT IS DIFFICULT TO WALK THE CONTRACTING OFFICER REPRESENTATIVE (COR) LINE

The position of Contracting Officers' Representative is a job many shy away from. The hours are long, paperwork is plentiful and recognition is minimal. Often a COR may find themselves overworked and underpaid. The stress of this job can lead one to be tempted or forced to wander across the boundary of right and wrong. Unless you live without television or newspapers you have probably heard about the many government employees (active duty and civilian) spending time in what we affectionately call the "orange

jumpsuit” or department of corrections inmate uniform.

How does this happen? Why are so many individuals falling into the dangerous pit of the Gratuities clause? Why are individuals directing contractors to perform outside the legal parameters of the contract? The answers to these questions are often hard to find. What I can tell you is that the majority of government employee pitfalls are caused by a lack of training. This does not account for those who can not say no to large sums of money for looking the other way, but it does explain additional unauthorized tasks being placed on our contractors.

Often CORs are put into difficult positions by their military chains of command. Many feel pressed to carry out tasks that are beyond the legal boundaries of the contractual agreement. A trained COR knows what exceeds the legal agreement but is often caught between the need to serve two chains of command: that of the contracting officer and the Commander. This can stem from the higher chains of command being unclear as to what the contract for their particular area actually states. If the higher echelons were trained in general contract law it is my humble opinion that the number of illegal contract incidents would be greatly reduced. When all parties are clear as to their role in the contract arena more effective and efficient contract administration can result.

As for the accepting of gratuities/bribes, continual ethics training will remain on the forefront. With the diligence of our many government agencies in their pursuit of wrongdoers we will continue to see those who can not say know to temptation receive the consequences of their actions. Trained personnel are the Army’s best asset for high quality contractor performance. If your unit is preparing for deployment and you have personnel that need Food Service Contract Management (FSCM) training please contact the Army Center of Excellence, Subsistence (ACES) through CSPD at 804-734-4842.



Lettuce Talk



Do you believe that just because you are eating a salad that you are eating healthy? Have you ever thought that changing the primary ingredient of your salad could increase your health benefits greatly? Well, if you are like many others, you are maybe thinking that lettuce is lettuce and therefore you are eating well. To the contrary belief, there are various types of lettuces of which some are more nutrient enhanced than others.

There are five common types of lettuce: Leaf lettuce, Romaine lettuce, Butter-head lettuce, Endive lettuce and most commonly used Crisp-head or iceberg lettuce. Lettuce consists of macro-nutrients such as water, fiber, protein, sugar and carbohydrates. It also comes packed with micro-nutrients such as calcium, iron, magnesium, sodium, potassium and phosphorus. Beta-carotene, lycopene and lutein are a few of the phyto-nutrients found in lettuce.

There are great health differences among these various types of lettuce. Oddly enough the most commonly used lettuce, iceberg lettuce, is the least nutritionally beneficial. Although it does contain nutrients, it’s comprised mostly of water. Romaine, Butter-head and Endive lettuces are more nutrient rich.

Leaf lettuce ranges in many colors from dark green to dark maroon. It can have round edges or come with frills and ruffles. One and a-half cups of red leaf lettuce can offer you 40% of the Recommended Daily

Values (based on a 2,000 calorie diet) for vitamin A, 6% of vitamin C, 4% of calcium and 1 gram of protein.

Romaine lettuce is a heart-healthy green. It not only helps to protect the heart, it also helps support normal cholesterol and blood pressure levels. The high levels of vitamins, minerals, phytonutrients and fiber found in this lettuce are good for many common health problems. Two cups of this lettuce offers 55% of vitamin A, 19% of vitamin C, 2% of iron and 1 gram of protein.

Butter-head lettuce is smaller than the other lettuce varieties. This lettuce has a smooth, light and “buttery” flavor. This lettuce is most commonly referred to as “Boston lettuce”. Butter-head lettuce offers a great source of vitamins, magnesium, calcium, potassium and iron. One cup of this lettuce provides 36% of vitamin A, 3% of vitamin C, 2% of calcium and 4% of iron.

Endive lettuce comprises of a large rosette of toothed, curved and wavy leaves. Endive is very rich in nutrients and compounds that are a boost to your immune system. They also help to detoxify the body, promote regularity and protect the heart. Endive also provides folate which is proven to help prevent birth defects and decrease heart disease.

So the next time you decide to make yourself a salad, make it a healthy one for your body. Begin making it a habit in buying a more nutrient rich lettuce like Romaine, Butter-head or Endive.

For more information, contact CSPD at 804-734-4839

AUDITS

Do you actually know the quality of the subsistence you are receiving from your Subsistence Prime Vendor? Does it meet Army standards? One of the best training opportunities I have experienced was attending a National Food Audit of a Subsistence Prime Vendor sponsored by the Defense Support Center, Philadelphia (DSCP). These audits are conducted by product specialists from the United States Departments of Agriculture (USDA) and Commerce (USDC). These experts provide a wealth of information on poultry, processed fruits and vegetables, seafood, and meats. Whether you buy food for our Soldiers or just for your own family, you will learn something that can save your wallet or provide you with the knowledge to get the best quality for your bucks.

For example, why is it best to buy ground chuck, ground round or chopped sirloin? These ground beef products contain skeletal muscle and skeletal trimmings. Other ground beef products may contain additional fat, head meat, cheek meat, and other additives such as organ meats. These are all pure beef but when a label says it is pure beef it just means it came from the cow. The contents of ground beef are limited by the label and name used. If you do not know these variances you may not be making the most nutritious or economical purchases.

Did you know that Ground Beef may contain up to 30% fat with no notice on the label? Why do we consider

85% lean ground beef a better buy than 90% lean? Ground beef is made up of three components: protein, fat and water. The first thing that dissipates when cooking is water. What you are left with is protein and fat. This actually increases the level of fat, in the finished product, from 10% to 12% for 90% lean ground beef. When you cook 85% lean ground beef, the ratio remains at 15% fat because of the make up of ground beef.

This is just a small portion of what you can learn at an audit. I cannot overstress how great an audit is for the Army, for Soldiers, for you. Attend your Subsistence Prime Vendor audit whenever possible.

For more information, contact CSPD at 804-734-4839

***REMEMBER MISSION FIRST
SAFETY ALWAYS!!***

April is Injury Prevention Month

May is National Military Appreciation Month

June is National Safety Month



SHOW TIMES

The Grill Sergeants debuts every **Monday at 1200 ET**.
The show encores at the following times:
Tuesday at 1830 | Wednesday at 2200 | Thursday at
0300 | Friday at 1200 | Saturday at 0130, 0600 & 1830 |
Sunday at 0400, 1230 & 1730

We hope that you find the information contained in *Army Food Net* both interesting and useful. Your comments and suggestions are always welcome. Additional information regarding ACES and the entire Army Food Program is available on the ACES website at

[http:// www.quartermaster.army.mil/aces/](http://www.quartermaster.army.mil/aces/) .

Archived issues of “Army Food Net” are on the website as well.