

JCCoE Food Net



JCCoE Mission

JCCoE is under the command of the Quartermaster General (QMG) and reports to both the QMG and Army Deputy Chief of Staff, G-4 (Logistics). It serves as the single point of contact regarding all aspects of the Army Food Program for garrison, field, and contingency operations (CONOPS) feeding. Major mission areas are listed below;

1. Serves as the Soldier advocate and executive agent for the entire Army Food Program including training and operations for garrison, field, and CONOPS feeding.
2. Develops new feeding concepts for the Army Food Program.
3. Develops standards for menus, nutrition and operational rations.
4. Writes regulations and technical/procedural publications.
5. Implements policies for both active and reserve components.
6. Establishes effective food safety, dining facility design, food service equipment and food service management oversight methods and principles.
7. Represents Army in the joint arena as a voting member in Department of Defense (DOD) Food Program Committees.
8. Evaluates current and proposed food systems; identifies and analyzes deficiencies and shortfalls; and seeks solutions to remedy these deficiencies and shortfalls.
9. Administers Army Food Program competition and recognition programs.
10. Trains enlisted Soldiers in the entire scope of the Army Food Program.

Inside This Issue

- 1 Message from the Director
- 2-3 Message from the DOO
- 4 Message from Army Food Advisor
- 5-34 News from JCCoE Staff
- 35-37 Hail & Farewell to Members
- 38 Upcoming Events

Message from the JCCoE Director

Welcome to the January 2011 issue of the Army Food Net. We hope that you find this issue full of useful, timely, and meaningful information. It's awesome to be an integral part of an organization that has such a tremendous impact on the War fighter.

Please continue to provide feedback on issues you would like to see information on. Lastly, I want to thank the Army Food Service Family for your tireless efforts both on and off of the battlefield. Thanks for keeping the War Fighter First!

God Bless all of you who are serving abroad for the US Army and the United States of America. Feeding The Force!



Message from the Director of Operations

THANKS!

By

Mr. David P. Staples, Director of Operations,
ACES Operations Directorate,
Joint Culinary Center of Excellence



I want to thank all you professional food service personnel, both military and civilian, who everyday go that extra mile in ensuring our customers are provided quality meals in every environment around the world. During this year there have been numerous changes to the food service program; some transparent and others not so transparent now but that will become clearer in the months and years to come. Nothing stands still. It is said that “a rolling stone gathers no moss”, well, in our food service program we are losing some skin as we roll forward. Is this good or bad? This is the ultimate question and will be determined in the future when the reduction of food service positions, 92G Soldiers is complete. In this article I want to recap some of the key actions/initiatives we have worked through this year.

We have developed and implemented an Initial Military Training (IMT) dining facility nutritional program called the “Soldier Fueling Initiative” as part of the total “Soldier Athlete” initiative revamping physical training and concentrating on health and nutrition. While the Soldier Fueling Initiative only affects those IMT dining facilities; its core is having healthy, nutritious product choices, which carry over to permanent party dining facility operations as well. Part of this overall concept was the development of the Department of Defense (DoD) Nutritional Standards approved by all Services for incorporation into their food service programs. AR 30-22, The Army Food Program and DA PAM 30-22, Operating Procedures for the Army Food Program, are being updated to include both IMT and permanent party nutritional requirements and menu standards. Combined, these two actions will provide the catalyst for a total change in Army food service menu development, product selection, recipe preparation and serving standards and become an integral part of your Food Service Management Boards.

As part of the TRADOC action to reduce the number of Field Manuals (FM) our Food Service FMs were not selected to be retained as FMs but changed to Army Tactics, Techniques, and Procedures (ATTPs) and General Subject Technical Manuals (GSTMs). The ATTP and the two GSTMs are now in the publication process and should be available soon. The old FM 10-23 is now ATTP 4-41, Army Field Feeding and Class I Operations and the old FM10-23-2 is split into two GSTMs 4-41.11, Dining Facility Operations and 4-41.12 Food Program Operations.

We are continuing to support Defense Logistics Agency-Troop Support (DLA-TS) in the development of the Common Food Management Information System (CFMS) to replace all Services legacy automated systems. The CFMS will replace our Army Food Management Information System (AFMIS). Currently the testing for the USMC has shifted to the right from Oct 10 to Jan 11 for the user acceptance test. Next will be the Navy ashore and Air Force development in Increment 2 (Deep Dive set for Dec 10) and then the Navy afloat and Military Sealift Command in Increment 3 and finally Army in Increment 4 – sometime in 2012/2013. We’ll keep you posted as the system is developed and implemented to support the Services food service programs and mission.

THANKS!

By
Mr. David P. Staples, Director of Operations,
ACES Operations Directorate,
Joint Culinary Center of Excellence



We continue to work with NATICK and DLA-TS in the development and fielding of new Operational Rations to support the Soldier feeding mission. We are on Meal, Ready to Eat (MRE) XXXII change; working menu changes for Unitized Group Ration- A (UGR-A) and Heat and Serve (UGR-H&S) to meet Soldier menu choices.

We are working on the future food service equipment and concepts of operation with Combined Arms Support Command (CASCOM) here at Ft Lee and NATICK to ensure we have the right mix of equipment and functionality to support the next contingency operation anywhere in the world. Taking Lesson Learned (L2) from current operational areas, you have identified the requirement for a small cooking capability for outposts supporting 25-150 personnel and we are working these actions with NATICK to ensure we have this capability in the future. We owe it to you to have the best state-of-the-art equipment available to support the Combatant Commander in all contingency operational areas.

We continue to support daily the war zone food service mission by supporting Central Command (CENTCOM), Army Central Command (ARCENT), DLA-TS, and Army Commands (ACOMs) in the operational area providing policy and doctrine in support of mission requirements. From drawdown operations to surge operations in both areas of responsibility we are here to support you and provide you with the best operational guidance and support possible to ensure mission success. Whether it is working policy changes or developing new policy while working with our NATO partners it is all about taking care of the Soldier. You do this every day and we are proud of what you do and the spirit in which you do it, to meet, and yes, often exceed the levels of service to our Soldier diners.

We continue to work the New Cooks Uniform and although this has been an ongoing project for about 2 decades we might have a light at the end of the tunnel. Working with CASCOM, NATICK and DLA-TS we have been able to identify the process. We are working with CASCOM to initiate the requirements document to support new uniform and boots. CW4 Hicks and Mr. Millan have been instrumental in this action. Program Executive Office (PEO) Soldier has assigned a Program Manager to manage the boot requirement separately and has requested funding to support RDT&E efforts for FY11 for the cooks uniform. So stay tuned-- we might be moving into the 21st Century!

These are just a few of the major areas being worked here in the Operations Directorate. So, help us to help you in making the Army Food Service program effective and efficient in meeting your goals and objectives in having a state-of-the-art and a world-class food service operation by letting us know what we can do to make your job easier in supporting our Food Service Program.
Thank you for what you do every day in supporting our Soldiers!

Army Strong!

Message from the Army Food Advisor



Picture taken by: MSG Donald Sparks

Recognizing Excellence in the Field “A 92G Story”

By
CW4 Georgene Davis

As I travel around the world to different Installations I am amazed by the talent and skills of the Food Service Professionals we have in the field and the great things they are doing to serve our Country. Most that I speak of reference a mentor in which all our young Soldiers greatly respect. This situation is no different, there is a great mentor who has groomed and continues to teach and train this awesome Soldier. The mentor is SFC Javier Gonzalez. The outstanding Soldier is SGT Javier J. Rodriguez-Torres. During a recent visit to Germany I met this talented Food Operations Sergeant. His duties included preparing subsistence and working side by side with his Special Operations Unit. SGT Rodriguez-Torres modest in nature shows that cooking is his profession, but first, he is a “Soldier”. This up and coming 92G is the future and lives up to the meaning of the Non Commissioned Officer being the “Backbone of the Army”.

SGT Javier J. Rodriguez-Torres was joined by his wife as he proudly received the Bronze Star Medal on 3 December 2010 for combat actions while assigned to the Special Operations Task Unit in Afghanistan, from 10 December 2009 to 15 June 2010.

SGT Rodriguez-Torres served on a mortar team taking part in five counter battery mortar fire missions effectively suppressing insurgent assaults. During his time at this austere location, he and his unit endured various combinations of RPG, 82mm mortar and 107mm rocket fire by insurgents more than 24 times.

In three separate incidents, enemy mortar rounds impacted within a few meters of SGT Rodriguez-Torres’ position. On each occasion he maintained his composure with disregard to his own personal safety. He managed to assess the status of his local national workers, and then bravely moved to his volunteer position as assistant mortar gunnery man and provided return fire.

Additionally, SGT Rodriguez-Torres manned the Tactical Operations Center (TOC) during ten combat operations providing critical battle tracking and connectivity to the French Battle Space Owner (BSO). He was quick to develop expertise on TOC communications system and did an outstanding job of recording events which proved critical for the accuracy of post action operation summaries and story boards.

It is imperative that we showcase our Food Service Personnel when they do great things in the field. The Army has great men and women in this MOS and their sacrifices make life changing contributions every day.

Consuming a Quick and Healthy Breakfast

By
Raymond Arnold



Breakfast is often forgotten on tremendously busy early morning work schedules and in heavy traffic. Unfortunately, most people don't recognize that eating a good breakfast is as essential as getting a good night's sleep to keep them focused and in top-form throughout the day. For me personally, breakfast has always been my favorite meal due to the intense amount of physical training that I perform prior to arriving for work.

Whenever I wasn't able to consume a full breakfast, I would rely on some quick and healthy breakfast alternatives for the road. Cereal bars have become a great secondary option for breakfast on the go; however, not all bars are created equal. A huge amount of fat, high fructose corn syrup and sugar are present in many cereal bars. These bars are not good for a body's health. Packages on cereal bars provide the nutritional information to help you choose the right cereal bars. You should avoid bars with trans-fat. High fiber and protein with little calories are perfect bars. Coffee can compliment your bars and provide the extra energy needed for the day.

Fresh fruits are very crucial to maintaining a healthy lifestyle. A healthy breakfast choice to suppress hunger and provide good health is fresh fruit. It can fit anywhere and doesn't require any cooking. Peanut butter, in addition to apples is also a good choice. This will give you a good dose of protein and help you to stay focused throughout the day.

Saving time by using leftovers can get you out the door faster. Prepare a leftover item differently or have different toppings for an item that was also eaten yesterday. An assortment of leftovers and condiments can be used. Leftovers can be ideal for breakfast. Use leftover meat in your fridge. You can fold it into a slice of bread or pair it with some cheese. Not only will the protein feed your brain, but your stomach will feel full enough to keep you strong until you are able to take a break at lunch time.

In closing, no meal is more important than breakfast. Breakfast fuels your body for the day ahead. Many studies have shown that children who have nutritious breakfasts perform better in school. There is no reason to believe that this is any different for adults at work. To enhance work performance, start with healthy eating habits and start with breakfast!

QUALITY SUPPORT

BY

ALPHONZO "RICK" BYRD, CHIEF, QUALITY ASSURANCE DIVISION
JOINT CULINARY CENTER OF EXCELLENCE, OPERATIONS DIRECTORATE

MOST OF US, ADMITTEDLY OR NOT, ARE GENERALLY GUILTY OF AN OPERATIONAL WEAKNESS THAT HAPPENS WHEN WE DON'T USE ALL OF THE AVAILABLE RESOURCES AT OUR DISPOSAL. WITH THAT IN MIND, THE PURPOSE OF THIS ARTICLE IS TO INTRODUCE THE QUALITY ASSURANCE DIVISION AND TO INVITE YOUR USE OF THE ASSETS THAT THE DIVISION OFFERS. THERE ARE SEVEN PERSONS ASSIGNED TO THE DIVISION WITH VARIOUS LEVELS OF DUTIES AND RESPONSIBILITIES AIMED AT IMPROVING THE ARMY FOOD PROGRAM.



CPT MYRA RAIDON IS AN ENVIRONMENTAL SCIENCES OFFICER WHOSE EXPERTISE PROVIDES A POSITIVE RELATIONSHIP BETWEEN FOOD POLICIES THAT SUPPORTS ACTIONS THAT AIMED AT REDUCING THE MEDICAL THREAT. IN HER POSITION, YOUR ISSUES THAT INVOLVE FOOD DEFENSE, PREVENTATIVE MEDICINE AND SANITATION COULD HAVE ANOTHER REVIEW BY THIS TECHNICAL EXPERT AND THE RESOURCES AT HER DISPOSAL.



MRS. PRISCILLA DOLLOFF-CRANE IS A FOODSERVICE SPECIALIST AND FOOD ECONOMIST. FROM HER DESK COMES THE BASIC DAILY FOOD ALLOWANCE, SPECIAL EVENT AND HOLIDAY MENUS. SHE REPRESENTS THE ARMY FOOD PROGRAM ON THE JOINT SERVICES RECIPE COMMITTEE AND RECEIVES AND PROVIDES FEEDBACK TO THE REQUIRED SUBMISSION OF INSTALLATION MENU BOARD MINUTES AND IS A DOD MEMBER OF THE DIETARY SUPPLEMENTS COMMITTEE.



MRS. RENITA FRAZIER IS THE DIVISION'S REGISTERED DIETITIAN. SHE REPRESENTS THE ARMY FOOD PROGRAM ON THE DOD NUTRITION COMMITTEE, TRADOC IMT NUTRITION PROGRAM AND DEVELOPS PLANS FOR IMPLEMENTATION ON THESE POLICIES IN ARMY DINING FACILITIES. RENITA IS ABLE TO ASSIST YOU WITH ISSUES AFFECTING SOLDIER NUTRITION.

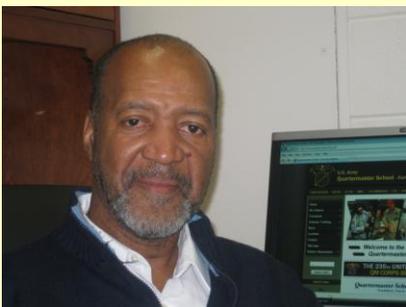


MRS. BEVERLY HAMLETTE IS THE QUALITY ASSURANCE SPECIALIST FOR THE ARMY FIELD FEEDING PROGRAM. HER DAILY EFFORTS INVOLVE SUPPORT TO OPERATIONAL RATIONS AND FEEDBACK PROGRAMS AIMED TO IMPROVE SOLDIER FEEDING.



CW4 SEAN LONNECKER IS A VETERINARY FOOD TECHNICIAN WHO IS THE ARMY FOOD PROGRAM LIAISON TO THE PUBLIC HEALTH COMMAND. CHIEF LONNECKER SUPPORTS FOODSERVICE LEADERSHIP AND FELLOW FOOD INSPECTORS WITH ISSUES RELATED TO FOOD SAFETY AND SUBSISTENCE AUDITS.

ONE VACANCY EXISTS FOR A SENIOR FOODSERVICE NONCOMMISSIONED OFFICER WHO SUPPORTS RECORDS MANAGEMENT AND ALL ASPECTS OF THE ARMY FOOD PROGRAM.



AS A THIRTY YEAR VETERAN OF THE ARMY FOOD PROGRAM AND QUALITY ASSURANCE DIVISION CHIEF, I INVITE YOU TO CALL ON US TO PROVIDE ASSISTANCE WITH ANY FOOD SERVICE ISSUE. WE MAY SUPPORT YOU DIRECTLY OR FACILITATE YOUR ISSUE TO THE APPROPRIATE EXPERT IN THE JCCoE. WE ARE PROUD TO PROVIDE INFORMATION AND SUPPORT TO THE ARMY FOODSERVICE OPERATORS. IN THIS ISSUE, WE ADDRESS FOOD SANITATION INTERVENTION, ABUSES IN FOOD SUPPLEMENTS, NUTRITION UPDATES, QUALITY FEEDBACK REPORTING, AND FOOD RECALL INFORMATION. AS A RESOURCE, WE ARE AT YOUR SERVICE!



Do You Need An Intervention?

By
CPT Myra Rairdon

How often is your facility inspected?

The easy answer for the PVNTMED inspectors is “monthly”. If every food operation, except vending machines, is done on the same schedule, you may not be getting the best support. TB MED 530, Appendix B, details that each food establishment be evaluated annually. Based on that evaluation, a risk of foodborne illness for each food establishment is assigned and an inspection program is developed. For many food operations, this inspection program can include both formal and informal inspections and interventions.

What is an intervention?

In terms of health and sanitation, an intervention is an attempt to promote good behaviors or to prevent bad behaviors that help lead to positive outcomes. Regulatory personnel in conjunction with dining facility management may use an intervention to target a specific need or needs within a facility.

An Intervention May Substitute For a Routine Food Establishment Inspection

A thoroughly documented intervention may be substituted for a routine inspection (DA Form 5162-R-Routine Food Establishment Inspection Report). TB MED 530, chapter 12, paragraph 12-15c states that interventions may include:

- a. Full or modified HACCP training. The Medical Commander or designated representative should have formal HACCP training to use this intervention.
- b. Formal food safety/sanitation training for management and food service personnel of the food establishment. This intervention requires the participation of at least 50 percent of the management and food service personnel at the establishment.
- c. A conference/consultation visit may also be arranged with the operator that results in a written agreement to correct an identified critical operation.

Dining Facility Managers should meet with the Medical Commander or designated representative which is typically Preventive Medicine or Veterinary personnel that perform the dining facility inspections. Interventions can be an excellent opportunity for the regulatory community and food service community to work together toward solving problems or promoting good practices. Contact your local Preventive Medicine office to discuss if an intervention may better serve your facility.

The ability to substitute an intervention is determined by the facility inspection frequency which is based on the Food Establishment Risk Assessment Survey (DA Form 7437-R). Below is table 12-1 from TB MED 530 that explains the number of routine inspections that may be substituted by an intervention

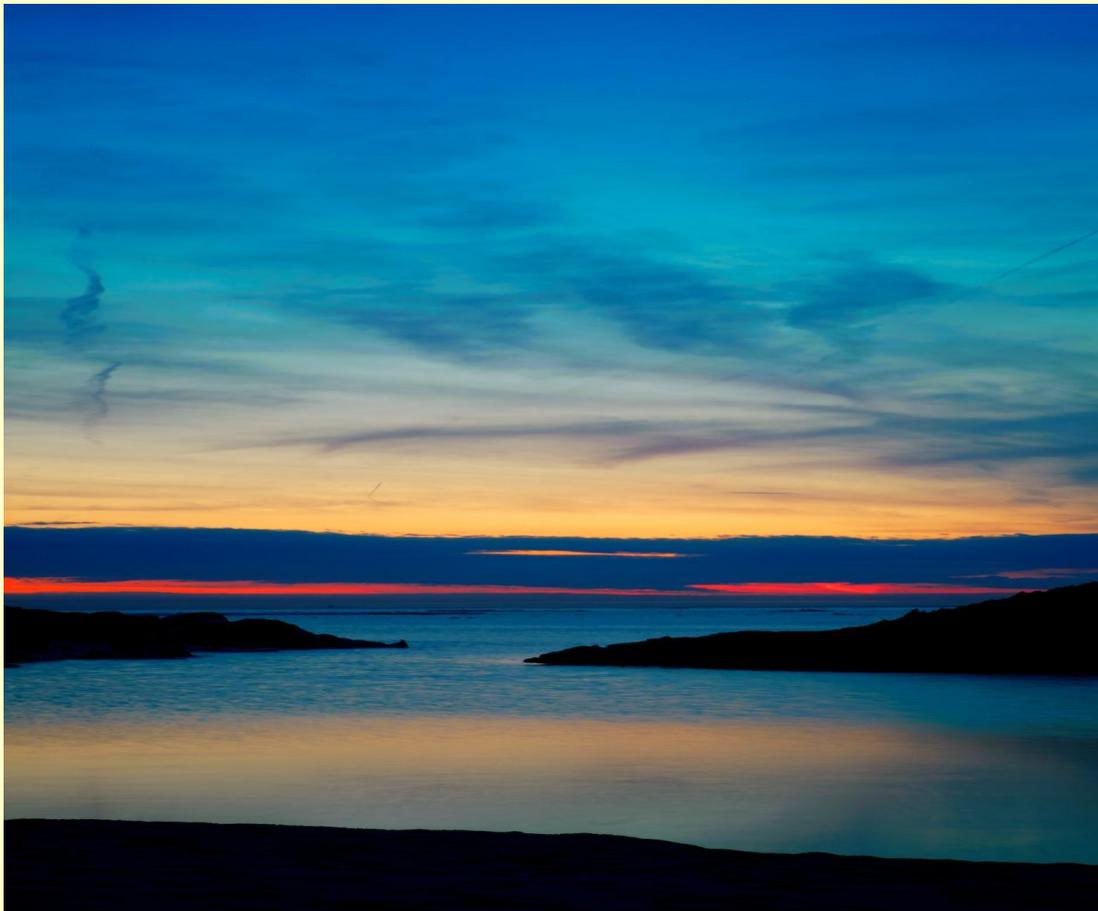
Table 12-1. Inspection and Intervention Frequency

Inspection Frequency	Routine Inspections ¹	Interventions
Semiannually	1	0 ²
Quarterly	4	0
	3	1
	2	2
Monthly	12	0
	11	1
	10	2
	9	3
	8	4
	7	5
	6	6

¹At least one inspection will be an annual comprehensive inspection.

²Phone contact 6 months after the inspection to determine if the operation or menu has changed. New ownership or management, as well as some operation and menu changes, may require reclassification into a higher risk operation.

If you have any questions, please contact the Joint Culinary Center of Excellence, Food Protection Officers at (804)734-4287 or DSN 687-4287. The POC is the Food Safety Officer, Joint Culinary Center of Excellence, Operations Directorate, Quality Assurance Division, Fort Lee, Virginia 23801.





Ready, Set, “Go for Green”!

By
Renita Frazier

It has been a race to the finish line to get the “Go for Green” program ready to implement in all Army dining facilities. The new “Go for Green” program is a collaborative effort between JCCoE, MEDCOM, and TRADOC to provide a standardized nutrition education program throughout all Army dining facilities. Below are quick basics of “Go for Green” and how to implement this program in your dining facility.

GO FOR GREEN

**Eat like an Athlete
Train like a Pro
Perform like a Champion**

High Performance Foods

- Premium fuel for the Soldier Athlete
 - Fresh and flavorful
 - Nutrient dense
- *Go for Green: Choose frequently*

Moderate Performance Foods

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

Performance Limiting Foods

- Highest in calories
- Lowest in vitamins and minerals
 - May hinder performance
- Warning: Limit intake

What is “Go for Green?”

“Go for Green” is a nutritional recognition labeling system providing Soldiers with a quick assessment of the nutritional value of menu offerings and food products in the dining facility. The menu offerings and food items are labeled green (eat often), amber (eat occasionally), and red (eat rarely) based on the impact the food can have on a Soldier’s performance. For example, foods labeled green are high performance foods that can positively impact a Soldier’s performance and foods labeled red are performance inhibiting foods which can negatively impact a Soldier’s performance.

What foods and menu items are labeled green and which ones are labeled red?

With so many food products, menus, and recipes available, it is not possible to provide an exhaustive list. Generally, foods such as fresh fruit, whole grain breads, and baked poultry without skin would be labeled green and foods such as fried meats, pastries, and soda would be labeled red. It is imperative that you contact your installation dietitian and get them involved early on in the implementation of this program. The installation dietitian will be able to provide you valuable information as to coding of local menu items and recipes with the correct color. There are also several resources that will be available on the JCCoE nutrition website: *Go for Green*

Program Criteria and coming soon the *Coded Armed Forces Recipe Nutrition Analysis*. These resources can help identify food products and recipe card items as GREEN, AMBER, or RED. You can also contact the JCCoE Dietitian.

How will the Soldiers and diners understand the program?

The program has posters and menu cards for the serving line providing explanation of the Color coding system. Additionally, Soldiers in Initial Military Training (IMT) receive a block of performance nutrition education which includes explanation of this program.

What types of materials does the “Go for Green” Program include?

The “Go for Green” program includes two types of 18x 24 posters to hang in your dining facility and color coded (green, amber, red) serving line menu cards to display on each food/menu offering.

When can I implement Go for Green in my dining facility? Where do I get the materials for this program?

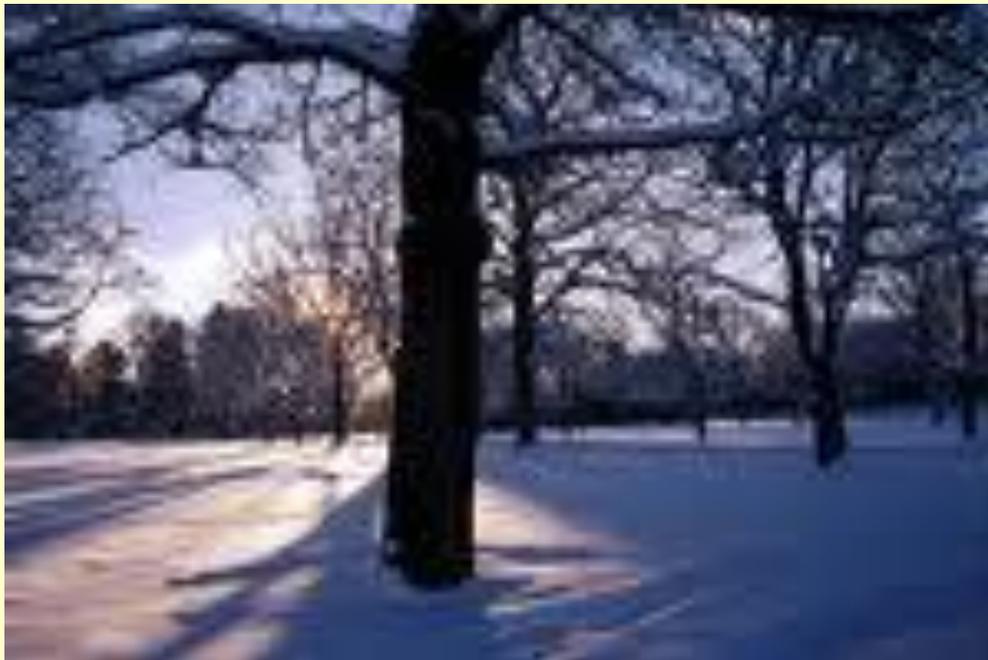
You can implement Go for Green in your dining facilities now. The program instructions and materials are located on the JCCoE nutrition information website at:

http://www.quartermaster.army.mil/jccoe/Operations_Directorate/QUAD/Nutrition/nutrition_main.html

How do I get materials and posters printed for this program?

Download “Go for Green” posters and menu cards from the JCCoE website and provide to your local DLA-DS (Document Services) for printing. JCCoE is currently working to add the “Go for Green” Posters and cards to Army publications for future ordering by the Installations. JCCoE will provide notice on the website when “Go for Green” materials are available from Army Publications.

For questions, about the “Go for Green” Program contact: Renita Frazier at renita.graham@us.army.mil or (804) 734-3005, DSN: 687.



Soldier Fuelling Initiative (SFI) Update

By
Renita Frazier

The Soldier Fueling Initiative is less than 30 days away from the 1 February implementation date. The 12 Initial Military Training (IMT) sites implementing this program are working very hard to meet the requirements and standards to make this initiative a success. The SFI is designed to improve readiness and increase IMT Soldier fitness and performance while addressing the problems of poor nutrition awareness and practices and their long-term effects. There are several tenets to the SFI program

- Modified application of Army Garrison Menu Standards to promote healthier eating.
- Prescribed standardized menus, recipes, preparation methods, and portion sizes for use among all IMT DFACs.
- Nutrition education emphasizing the links between diet, performance, and long-term health.
- Clear identification of healthier and less healthy options to aid in diner selection of appropriate choices.
- Marketing of the program to maintain awareness of nutrition, appropriate food and beverage choices, and both short and long term performance and health.

Currently, IMT sites are making transition to the SFI standardized menus by reviewing their catalogs, selecting products that meet nutritional standards, and incorporating standardized dining facility nutrition education. Some of the changes occurring in IMT dining facilities include switching beverage offerings to 100% juices, sugar free non-carbonated beverages, and vitamin enhanced waters; baking food products instead of frying; increasing vegetarian entrees; serving whole grain breads and lower sugar cereals; and serving leaner proteins such as 90/10 ground beef and ground turkey.

Food Program Managers at these IMT sites can use the Implementation Guide found on the JCCoE website to give them further specifications on the menu standards, recipes, and the "Go for Green" dining facility nutrition education program. As this program begins, JCCoE will be monitoring and evaluating these IMT sites and will provide assistance if these sites in to meet the program goals.

OPERATIONAL RATION QUALITY FEEDBACK REPORT, DA Form 7590

By

Beverly J. Hamlette, Quality Assurance Specialist



Today's Operational Rations are a vast improvement from the rations of yesteryear. The first military combat rations were developed in the infancy of our country, during the Revolutionary War. Their development over the last nearly 250 years is the result of extensive government and commercial sector research, but is grounded in one commonality: Feedback from the field. Over the years, troops asked for changes and the Army responded. Requests over the years included a more flexible bag for the MRE that could easily fit into military field clothing pockets, a variety of food items like Sirloin Steak, Barbecue Ribs, Shrimp Scampi, and more commercial branded items, Otis Spunkmeyer, The Cheesecake Factory Bakery, Taster's Choice, and Skittles to name a few and they were all provided. That same responsiveness still exists, if we choose to use it.

Consumer feedback is a powerful force! The Army Food Program has implemented a number of methods to retrieve diner feedback on products which includes the Operational Rations Quality Feedback Report, DA Form 7590. We at the Joint Culinary Center of Excellence (JCCoE) are proactive when our Soldiers give us feedback as well as when their actions indicate a need for change, ensuring that you are being provided the, best meal possible. Got any new ideas? Maybe there are some new items that you want to see or old items that you think should be removed? Have you ever wanted to report unsatisfactory or nonconforming food items, or just comment on their quality or desirability? If so, the Joint Culinary Center of Excellence (JCCoE), Quality Assurance Division wants your input. In order to improve field feeding and ensure that we are adhering to the standards, we need constant feedback provided by YOU, the user. The Department of the Army Operational Ration Quality Feedback Report is designed to do just that.



So, how do you get this information to us? Glad you asked! Just fill out a DA Form 7590 and submit to the JCCoE Quality Assurance Division. The form is easy to use and complete instructions are found in DA PAM 30-22 Appendix H. The DA Form 7590 can be used in two different ways, as a combination of objective and subjective responses along with narrative description and narrative recommendations. The form is to be initiated by the person who first identifies the deficiency or have a suggestion. If you are using the form to report unsatisfactory or non-conforming products, you may involve veterinary personnel or add any other substantiating documents. Use the form to send comments, complaints, or recommendations regarding quality and desirability, forward to JCCoE. Remember, nutritious food not eaten is no nutrition at all, (and leads to waste). So fill out those forms and send them forward. For additional information or questions regarding the Operational Ration Quality Feedback Form (DA 7590) or Operational Rations, please contact the Quality Assurance Division at JCCoE. POC is Ms. Beverly Hamlette, (804)734-4584 or beverly.hamlette@us.army.mil.

DOD Hazardous Food and Nonprescription Drug Recall System

By
CW4 Sean Lonnecker

Great effort is taken to ensure food that enters the Department of Defense (DOD) logistics stream is safe and wholesome. This system is arguably one of the safest in the world, with several overlapping and redundant programs. However, there are still occasions when products have latent or unknown defects that make them fall subject to manufacturer recalls. When a recall of food that has been identified as being in the DOD system occurs, an "ALFOODACT" may be triggered.

HQ DLA, through the Food Safety Office at DLA – Troop Support, acts as the sole agent for DOD to coordinate the ALFOODACT system through administration by a Consumer Safety Officer (CSO). The Army Veterinary Command (VETCOM) plays an active role in the system as they are the authorized Food Inspection Personnel for the Army and normally for the Navy and Marine Corps. Army Food Service personnel will most often interact directly with VETCOM inspectors in the event of any recall. However, anyone with accountability or responsibility for food has an obligation under AR 40-660 "DOD Hazardous Food and Nonprescription Drug Recall System."

AR 40-660 prescribes the policy for hazardous food/drug recalls. It defines "Food...Accountable/Responsible Personnel" as anyone with responsibility for food, whether appropriated or nonappropriated fund foods. The policy for food accountable personnel is that they will act immediately to identify stocks and follow instructions in the message. The regulation goes on to indicate that authorized food inspection or medical personnel *may be requested* to assist, but does not define them as having the active role. In many cases, VETCOM personnel will often take an active role in helping to identify and make appropriate disposition of affected foods, but the ultimate responsibility is the person or entity that has the food in their possession.

Since all Food Service personnel will at some point fit the AR 40-660 definition of a "responsible person", it's worthwhile to be actively involved in the recall system. Current and archived ALFOODACTs are available online or via e-mail to anyone that wants them.

The site for ALFOODACTs is
<http://www.dscp.dla.mil/subs/fso/alfood/alfood.asp>

Alternatively, you can send an e-mail to dscpconssafofc@dlamail and ask for your name to be added to the "ALFOODACT/Recall/DLA Troop Support Alert distribution list."

For additional information or questions regarding the ALFOODACT system or food inspection personnel roles, please contact the Food Safety Officer at the Quality Assurance Division at JCCoE. POC is CW4 Sean Lonnecker,

sean.lonnecker@us.army.mil or (804)734-4286.



“Short Cuts” to a New Waistline Could Cost You

By

Priscilla Dolloff-Crane, Food Economist

Did you read the [Army Times](#) article in the 6 December 2010 issue? **Weight Loss at any Cost** by Lance Bacon described the desperate practices of some Soldiers who use pills, lotions and potions, and surgery to meet height and weight standards. While the headline and article picture were attention grabbing, the reality behind the risky behaviors is that the community of users of diet aids and laxatives is ignoring the impact to their long term health. Yes, indeed we have a substantial number of personnel who are overweight and, more importantly, over fat. And as much as they might protest otherwise, those characteristics feed into poorer performance, less resilience, more susceptibility to injury and illness. So what to do? Or more to this article's point, what NOT to do?

Not: Supplements – drinks, pills and potions that promise to rev up the metabolism. So easy, so misleading, and so very dangerous especially when multiple products are used in overlapping patterns. The cumulative burden to electrolyte balance, heart, liver, and kidney functions can be destructive and sometimes irreparable. Don't buy into the “instant results” picture; beauty, strength and health truly are built from the inside out, and that takes time to do it right. Recent reviews by the U.S. Food and Drug Administration found hundreds of products, retailed over the counter or via the web, promoted as weight-loss pills that may cause high blood pressure, seizures, heart attacks or strokes, and body-building products that may cause liver injury and kidney failure from undeclared ingredients,

In addition to those seeking the body sculpting supplements, pushed as weight loss or muscle building aides, other gullible populations seek to address chronic health issues. National Center for Complementary and Alternative Medicine found marketing of Colloidal silver, or metal particles suspended in liquid, as an alternative to antibiotics or to treat diseases such as diabetes, HIV and cancer. The FDA warned that dietary supplements containing [silver](#) may cause permanent discoloration of the skin or mucous membrane. Large amounts of silver may quickly turn the skin, gums or nails or eyes shades of gray or blue. Now that is not pretty.

Painful truth: it is hard to keep the weight off if the old behaviors are maintained. Change your environment when eating, and do eat mindfully. Slow down. Drink more water, less caffeine. Diet Drinks are really not helpful and still bad for the teeth. Eat a better mix – more veggie, less cookie. Eat fruit for the afternoon pick-me-up, not chips. No skipping of meals; it's eat more often, but small amounts at each time. Start back over every single time there is a “slip up”. Get a coach or buddy and report on patterns and progress. Crawl, Walk, Run – get started on the exercise and mix it up.

Prevention: worth every ounce. Balance calorie intakes and other major nutrients with energy expenditure and muscle turnover. Kick up the energy expenditure with both long and short duration activity (exercise!) Okay, beyond that? Smile, laugh, socialize, talk – food and drink are less likely to become your best buddies if there are solid relationships and friends in frequent contact.

So, be here for the long term. Balance, moderation, steady change and improvement really does the job and gives you a chance to live that full and meaningful life both in and out of the uniform.

Get advice from the folks who are not selling a regimen or product; your health clinic can give you access to the nutrition care provider. Quality care, quality advice, long lasting results. You **are** worth it, you know.

Happy New Year. Have a great new start. Eat well, Live Well.

EVERYTHING TURNS OUT BETTER WHEN WE ALL WORK TOGETHER

By
Cara Vartuli-Dusablon

As many of you are aware, Defense Logistics Agency- Troop Support (DLA-TS) continuously conducts quality audits of the Subsistence Prime Vendors (SPV) to ensure the military customer is receiving the best product, price, and dependable service possible. It has been a busy season for audits in the last few months and I would like to take this opportunity to thank everyone for their attendance and support. It is incredibly beneficial to the program when the customer/manufacturer/vendor/supplier all participate.

I have witnessed the dissolution of potential issues on sight just by having the right parties present and available. For example, a dining facility was ordering a particular item because it was all they saw on the catalog. By attending the audit, I was able to converse with them about the item. We alerted DLA-TS and the manufacturer that this item was not adequately meeting the Army's need. By opening the lines of communication, the manufacturer was able to help the dining facility by offering another product that better suited their use. If the customer had not attended the audit they would have continued to use a product they were not satisfied with using. Sometimes we all need to be reminded to speak up and use the system in place.

I know, as human beings, we can be habit-forming creatures and occasionally forget to look at the big picture, which brings me to my next point in the importance of attending SPV audits. Not only must we speak up when we have questions and concerns but we must also pay attention to what we ask for. I am referring to the Army Food Program Buyer's Guide. This guide established by the Joint Culinary Center of Excellence (JCCoE) primarily focuses on ensuring the Army purchases the highest quality product available that is fair and reasonably priced, with the goal that whenever possible a Grade A product or its equivalent should be purchased.

I know that with the changes from National Stock Numbers (NSNs) to Local Stock Numbers (LSNs) there has been some confusion regarding product descriptions. The LSN does not allow for as many characters as space is limited. This has caused changes in the abbreviations used and the assumption that Grade A or equivalent will be inferred when not actually stated, particularly it seems with processed fruits and vegetables. Grade A or equivalent cannot be "assumed" across the board. We have very specific products that are required to meet Grade A. It is imperative that Food Program Managers (FPMs) and Dining Facility (DFAC) Managers verify AFMIS catalog product descriptions with the Army Food Program Buyer's Guide.

The creation of the SPV program allowed us to advance the quality of food, improve prices, and services provided to the military. The Army prides itself on setting and ensuring this standard. Please continue to do your part to assist the SPV in providing the highest quality product at a fair and reasonable price. They cannot give us what we do not ask for. I would encourage everyone to continue to attend the DLA-TS audits and to utilize them as training and networking opportunities for all personnel to include FPMs, DFAC Managers and Veterinary services. Everything really does turn out better when we all work together.



Cereal Nutrition Facts

By
Mr. Ron Bellamy

Every Soldier knows the most important meal of the day is breakfast and therefore it should be the most nutritious and balanced meal of the day. Eating a healthy breakfast everyday can boost your health by regulating your metabolism and providing it with the proper nutrients to take you through a good day of Soldiering. Soldiers, like most people, prefer to eat cereals for breakfast as it requires very little preparation yet it can be very nutritious. In accordance with (IAW) Department of the Army Pamphlet (DA PAM) 30-22, Operating Procedures for the Army Food Program, Menu Standards, 3-70, at a minimum, the following guidelines should be adhered to: (1) One choice of cooked cereal; (2) choice of six whole grain ready-to-eat cold cereals, three of which must be without sugar coating; two must be 100 percent folate fortified (400 MCG per serving). During the Defense Logistics Agency-Troop Support (DLA-TS) and the Joint Culinary Center of Excellence 2010 World Wide Conference, the Management Assistance Division (MAD) briefed as a Trend, dining facility non-compliance with cereal throughout the Army. While most Dining Facility Managers (DFMs) make a valid effort to ensure regulatory compliance by purchasing the appropriate type cereals, the reality is most Soldiers simply would not eat the healthy options. This is primarily due to Soldiers identifying with the cereal they were brought up on- the sweetness of Kellogg's Frosted Flakes, Captain Crunch, or Froot Loops. As a result, the healthy cereal becomes a slow moving product, Soldiers choose to buy their own and eat in their barracks, and the DFM has to decide whether to maintain regulatory compliance and monitor the consumption of the cereal or provide the Soldier with the options they prefer. The latter is most likely in an attempt to satisfy the diner's preference. This is where educating the diner with nutrition labels can be most useful.

Nutrition labels on all foods, to include cereals, provide a suggested amount of calories, fat, vitamins, fiber and minerals that a person should consume over an entire day. Choosing the right cereal can be confusing to Soldiers, as there are so many varieties available in the super markets and dining facilities. Most people choose their cereal based on childhood memories such as the attractive packaging or the gift inside the boxes, and others choose cereal based on half-truth claims made on the boxes. One of the most important things to read on a cereal box before making a choice is the nutrition facts printed on the box. The label will provide you the nutritional value to expect from the cereal. The label will list the content of vitamins, fiber, minerals and sugar. It will also list the ingredients included in the cereal and the suggested serving size. Most cereal nutrition facts will have the values for servings with and without milk.

Ironically, all cereals have some nutritional value; however, the sugar content is one nutrient value that can separate the bad from the good. As can be expected, the more sugar, the lesser the nutritional value of the product. Most cereals are marketed to children which is why they have such a high sugar content that can damage children's health in the long run if eaten on a daily basis. Choose cereals that contain less ADDED sugars which usually include cereals with sugar coatings and sweetened cereals. Some cereals with dried fruit may seem to have more added sugars; however, you have to take into account dried fruit is a natural sugar which the label does not distinguish. Cereals with dried fruit are good choice. Ideally, the sugar content per serving of cereal without dried fruit should be in the single digits—9 grams or lower. Many people and Soldiers usually consume nearly three times the recommended serving at breakfast and the amount of sugar intake increases as the number of servings consumed increases. The American Heart Association recommends limiting added sugar intake to about 38 grams per day (about 9 teaspoons) for men and 25 grams (about 6 teaspoons) for women.

Another important nutrient cereals should provide is fiber, which should come from whole grains. A good content of fiber per serving would be anything above 3 grams. A good rule of thumb to remember is the higher the fiber content, most likely the lower the sugar content. Other beneficial nutrients cereals may contain include vitamins D and C, folic acid and calcium. Cereals are also an excellent source of carbohydrate and choices should be mostly from unrefined cereals to meet the daily nutrients and fiber requirements.

Whole Grain is Best

The healthiest types of cereals are made with whole grain. To control cholesterol, manage weight, or diabetes, the best choices would be hot cooked oatmeal, or barley. In most DFACs, Soldiers are offered grits and oatmeal daily. Most nutritionists would recommend when choosing cereals for your DFAC, to ensure whole grains are the first ingredients listed. Then browse through the other ingredients and if you see "partially hydrogenated," put the box back on the shelf. DFMs and Food Program Managers (FPMs) should try to avoid ordering foods with partially hydrogenated oils or "trans fats". Another recommendation is to avoid cereals containing refined grains or partially hydrogenated oils and choose cereals that contain less ADDED sugars which usually include cereals with sugar coatings and sweetened cereals. Some cereals with dried fruit may seem to have more added sugars but you have to take into account dried fruit is natural sugar which the label does not distinguish. Cereals with dried fruit are good choices. Reducing the amount of sugared cereals Soldiers eat can also help them maintain their weight.



How'd That Get in There?

A serving of most cereals provides about 10 to 25% of the daily value for 10 or more essential nutrients. However, how'd did they get there? Unprocessed grains are naturally rich in fiber, B vitamins and minerals but during the milling or grinding process, they lose their nutrients. Because of the nutrient loss, cereal makers add some nutrients back in with a little extra for good measure. Vitamins and minerals are added to cereal through mixing it in the dough or they are sprayed on before the cereal is baked.

Cereal Nutrition Facts

Besides carbohydrates, cereals also provide protein, calcium, iron, sodium, magnesium, fiber and B-complex vitamins. Always choose whole grain cereals over refined or processed cereals as refining strips away the bran and the germ layer of the grain. This leads to loss of nutrients and thus a refined cereal is deficient in many vital nutrients and fiber that Soldiers are required to have. Examples of refined carbohydrates are white rice, white flour (refined flour), pasta and noodles made from white flour, white breads and sugary cereals.

Nutrition Facts	
Per 1 cup dry (68 g)	
Amount	% Daily Value
Calories 300	
Fat 1.5 g	3 %
Saturated 0.2 g	1 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 2 mg	0 %
Carbohydrate 61 g	20 %
Fibre 2 g	8 %
Sugars 0 g	
Protein 11 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 0 %

In summary, we all love to eat sweet cereal. DFMs are challenged daily in Army DFACs to provide healthy choices while supporting diner preferences. Nutrition labels provide valuable information on the contents of the cereal and all food products we consume and can be beneficial to maintaining overall good health. With today's war fighters, nutrition education and healthy eating is a must.

The Meal Card Management System

By

Mr. Jose A. Millan

There is a misconception that there is no longer a need to administer and manage meal cards for Soldiers patronizing Army garrison dining facilities. This is far from true. There is still a requirement to maintain accountability of patrons subsisting in garrison facilities based on meal entitlements. We have come a long way with technology in establishing automated identification cards and tracking automation systems that identify personnel and equipment. However, the meal entitlement for meal service is not captured on the Common Access Card (CAC) or any other identification card to support this function. Therefore, as good stewards of government funds we are still required to use the current meal card (DD Form 714) to identify Subsistence in Kind (SIK) and field meal card patrons as they enter the dining facility.

The Meal Card Management System, AR 600-38, dated 11 March 1988 provides guidance on how to issue, manage, and request meal cards to supporting units. The Joint Culinary Center of Excellence (JCCoE) Concepts Systems and Policy Division (CSPD) is currently in the process of revising AR 600-38, The Meal Card Management System, to reflect the many changes in the Army Food Program. The regulation provides guidelines, for both Active Army and Reserve Components, for management of Meal Card Control Books (DD Form 714) and reimbursement for meals provided in a field environment. Additionally, it provides guidelines on how key personnel will administer their responsibilities while supporting meal card requirements. We will look at these key personnel, their duty descriptions, and how they play an important factor in managing the meal card program.

The Installation Publications Officer is the first step in obtaining meal card books from a distribution center. The Publications Officer will request and distribute Meal Card Control Books as accountable forms. He or she will issue complete books only to persons officially designated by the Installation Commander as the Book Control Officer (BCO) or the Forms Management Officer (FMO).

The Book Control Officer will requisition, receive, and account for Meal Card Control Books from the Installation Publications Officer. The BCO issues books to appointed Meal Card Control Officer (MCCO) for subsequent issue of individual meal cards to the individual Soldier. The BCO will establish procedures to monitor the number of active books each MCCO has on hand. The BCO/FMO will develop an annual written report on the number of meal cards still valid/outstanding in each Meal Card Control Book. They are also responsible for ensuring completed books are returned to the BCO for destruction when all meal cards from the book have been recorded as inactive, lost, stolen, or destroyed. The MCCO is responsible for requesting and receiving Meal Card Control Book(s) from the BCO. The number of books requested will be limited to the number required to meet initial and replacement issues. It is important to ensure one or more Meal Card Controllers (MCC), enlisted or civilian, are appointed (in writing) to physically assist the MCCO in the issue and control of meal cards and required records. Assigning a Finance Accountable Office (FAO) or Field Meal Card issuing officer is one method to support requirements while in the field. This will alleviate just one person being entirely responsible for both SIK and field transactions. This will also ensure BAS recoupment is accomplished when personnel subsisting in the field consume meals during the exercise duration. The commander will initiate DA Form 4187 to effect BAS recoupment three (3) days after a field exercise and forwarded to FAO for soldiers in receipt of BAS. Using these procedures provides accuracy and gives Soldiers time to plan financially when they consume meals in the field. The MCC will retain accountability and responsibility for card issue and control; issuing meal cards to authorized service members and maintaining accountability for all meal cards in accordance with procedures in chapter 3 of AR 600-38. The MCC will assist in the physical issue and withdrawal of meal cards, and complete administrative requirements associated with the issue and withdrawal of meal cards, as prescribed by the MCCO.

The Meal Card Verification officer (MCVO) is responsible for performing the verification of meal entitlements for Soldiers as they enter the dining facility. The MCVO will verify the entitlement of 30 soldiers during a meal using DA Form 4550 (Meal Card Verification Form). The frequency of meal card verification and entitlement checks in garrison will occur based on population of unit at the location.

Small remote sites and units with an average per meal headcount of 50 or less will not be required to conduct meal card verification checks. One check each quarter in units with an average per meal headcount between 51 and 200 and monthly checks in units that have an average day per meal headcount of 201 or more. When more than one meal card issuing activity is supported in the same dining facility, only one activity is required to perform the check as prescribed above. The verification check may be rotated.

As mentioned in the opening paragraph, we need to ensure proper documentation is provided when Soldiers consume meals at supported dining facilities. This will help us provide factual diner usage information concerning diner population and support other requirements to support cost and operational requirements at each dining facility based on feeding strength data. Commanders are ultimately responsible to ensure Meal Card Management processes are within compliance in their units. They need to establish an effective meal card control and issue policy and must assign key personnel mentioned above in the meal card management process; this will guarantee an effective Meal Card Management System.

Food Risk Is Not an Option

By

CW4 Ellen M. Magras

According to Webster's New World Dictionary, 3rd College Edition, a risk is defined as "the chance of injury, damage, or loss." Why would someone take a chance on causing injury or the possibility of death? Because risks exist, risk management is implemented to educate and reduce those chances. Risk Management is the process of analyzing exposure to risk and determining how best to handle such exposure. There are many risks associated with food and that is the reason why the Army Food Program has implemented a Food Risk Management Program we are all required to follow.

In accordance with AR 30-22, The Army Food Program, 3-55, Food Safety and Nutrition Training, the Food Program Manager (FPM) will ensure a Food Safety education program is developed, monitored, and executed for Food Operations Sergeants and Managers along with their staff. The management and staff Training Program will focus on *food risk management*. The regulation also states safe food handling and storage techniques will reduce the risk of foodborne disease. The Department of the Army Pamphlet (DA PAM) 30-22, Operating Procedures for the Army Food Program, Chapter 3-7 further elaborates this requirement in paragraph b. The regulation states the FPM will establish an installation food safety and sanitation program in accordance with the standards in Technical Bulletin Medical (TB MED) 530, Occupational and Environmental Health Food Sanitation. The FPM will coordinate with the supporting installation Preventive Medicine activity in developing the program. As a minimum, the program will address the following: *Food Risk Management*. At a minimum, a basic Army Food Risk Management Installation Program will address the prescribed time and temperature controls for cooking and holding potentially hazardous foods. This action is achieved by applying the monitoring procedures, identifying critical temperature limits, and by appropriate documentation on Risk Management Data Log-Cooking, DA Form 7458 and Risk Management Data Log-Hot or Cold Serving, DA Form 7459. The minimum requirements for dining facility operations and supervisory staff (Food Advisors, Contracting Officer Representatives (CORs), FPMs) and contract operations are contained in DA PAM 30-22, Table 3-1, page 5, Minimum Monitoring Requirements.

Listed are some trends the Management Assistance Division (MAD) observed in dining facilities around the world: (1) DA Form 7458 (Cooking) is improperly filled out. Temperatures are sometimes taken right as the product is removed from refrigeration; (2) incorrect amounts of products are listed; (3) leftover items not listed nor are they highlighted; (4) temperatures taken show a significant increase of temperature in a matter of minutes (i.e. time -1000, 80°F/ time-1005 180°F); this trend implies temperatures are systematically listed after the meal and are not the actual temperatures taken during the serving period. Let's discuss 'What Right Looks Like'. The requirement is to monitor food temperatures at the *end of the programmed cooking cycle* per the recipe card instructions. If baked chicken is placed in the oven at 0930 with a cooking time of 60 minutes, the entry on the log should state on/about 1030 and the first temperature taken. If the internal temperature is not 165°F for 15 seconds (as per TB MED 530), the food service personnel should indicate "re-check item until proper temperature of 165 degrees for 15 seconds has been achieved". The DA PAM allows food service personnel to spot check the temperature towards the end of cooking cycle and therefore, multiple entries are allowed-not during the cooking cycle as often observed. The items on the Production Schedule with the small triangle are Potentially Hazardous Foods (PHFs) and should be the products listed. The required amount of products for Breakfast is two meat items and two other hot items for a total of *four*. For Lunch and Dinner, the requirement is three entrée items (preferably three different meat products) and three other hot products for a total of *six*. Note: All leftovers intended to be served hot will be entered on the log and highlighted with a translucent marker, Category 3, internal temperature of 165 degrees. As far as the DA Form 7459 (Serving) the following are observed: (1) improper quantities of products are listed; (2) temperatures are not maintained at 140°F or above and no corrective action annotated; (3) appearance of systemic entries and not actual temperatures taken. The requirement for Cold Serving is three menu items (sample items listed on page 5, section 2). These same three items must be checked at least three times during the meal period. If the internal temperature is not met, indicate the corrective action to obtain the proper temperature. For Hot Serving, Breakfast requires two meats and two other hot products for a total of *four*. Include one self-service item. For Lunch and Dinner, one meat plus three other hot products for a total of *four*. DA PAM 30-22, pages 5-11, illustrate step-by-step procedures on how to properly complete these forms. These forms are the measures implemented by the Army Food Program to ensure the reduction/elimination of a foodborne outbreak at all costs. Not only are hot foods served cold unappealing or vice versa, foods not cooked to proper temperatures are dangerous. If a foodborne outbreak was to occur, Dining Facility Managers should feel reasonably assured their Cooking and Serving Logs will serve their intended purpose. If the forms are not completed properly, the documentation will not assist in finding the source of the outbreak.

Consequences of improper cooking and holding temperatures are serious. Bacteria grow very easily if given the chance. Foodborne illness usually arises from improper handling, preparation, or food storage. Good personal hygiene practices, before, during, and after food preparation can reduce the chances of contracting an illness. Hand washing is one of the most effective defense practices against spreading a foodborne illness. The action of monitoring food to ensure it will not cause a foodborne illness is known as food safety and is imperative by ensuring the Cooking and Serving Logs are properly completed. According to the Center of Disease Control and Prevention, it has been estimated more than 76 million cases of foodborne disease occur every year in the US. Of those, 325,000 cases result in hospitalization, and 5,000 cases result in death. Children and elderly people are hardest hit. In most Army dining facilities today, Installation Commanders have a Diner Use Policy in place that allows family members and civilians to subsist. With that, an increase in children, pregnant women, elderly, sick, and others with weakened immune systems are now part of our daily headcount. These populations of people increase our need to be even more vigilant in practicing food safety daily. Cooking foods to proper temperatures is the only way to ensure food safety. Proper thawing, cooling, and storage of food are equally important as separating foods and ensuring no cross-contamination of food. Proper cleaning and sanitizing are also good practices. Ensuring the proper thermometers are used and temperatures on food service equipment are recorded daily are indicators of proper food storage and management. Refrigerators should be maintained at 38°F and below and freezer temperatures at or below zero. Dry storage should be 50°-70°F. Another critical measure in ensuring food safety is the Hazard Analysis Critical Control Point (HACCP) program. This program consists of seven important steps to ensure food safety. The three main elements include: food microbiology, quality control, and the purpose of this article, food risk assessment and conduct.

In summary, taking a chance on food safety is simply not an option. I encourage all FPMs, Food Advisors, Food Operations Sergeants, and all personnel involved in the handling of food to ensure these food risk and sanitation programs are developed, implemented, and enforced. These training programs and Logs are a regulatory requirement we must all partake in and adhere to. The Logs and the instructions are clearly listed in DA PAM 30-22. Accurate recording and accountability is a must. Consistency is also an indicator of good training by all Food Operations Sergeants. We all have a right to protect our diners. As everyone knows by examining current utilization rates, our diners are our sole existence and our survival depends on their patronage. Let's do the right thing and properly take and record food temperatures. Your life may depend on it!

Table 3-1
Minimum monitoring requirements

Process		Number of samples & frequency	
Dining Facility Operation			
1. Cooking	*Breakfast Two meat items and two other hot items. *Lunch and dinner Three entrée items (if possible one meat, poultry, and seafood item) *Three other hot menu items. *All leftovers intended to be served hot will be entered on the log.	Each meal period	*Monitor internal product temperature at the end of the prescribed cooking period (per recipe card). Continue to monitor the temperature of items not in compliance until the internal cooking standard is achieved. * All leftovers being reheated are noted as Category 3 on the log sheet. * All leftovers must attain an internal product temperature of 165 degrees F. * All leftovers entered on the log will be highlighted with a translucent marker. Record internal food temperatures on data log for Cooking.
2. Cold Serving (Salad bar, sandwich bar, self service cold bars and other cold-holding units such as dessert refrigerators .	Three menu items (Focus on pasta (macaroni) and potato salads, sliced cold cuts, diced meats or eggs, cut fruits or vegetables and cream desserts such as pies, puddings and custards).	Each meal period	* Check the same items at least three times during the meal period. Spot-check the same items at least twice during the meal period. * Record internal food temperatures on data log for Cold Serving.
3. Hot Serving (Hot serving line and hot self service areas)	*Breakfast Two meat items and two other hot items. Include one self-service item. *Lunch/Dinner Check at least one meat, poultry, or seafood item Check three other hot menu items.	Each meal period	* Monitor the same menu items three times during the meal period. Monitor the same menu items two or three times during the meal period (that is, 30-minute intervals or at the beginning, middle, and end of the meal period). * Record internal food temperatures on data log for serving.

South Dakota Guardsman trades bayonet for spoon

By

Capt. Anthony Deiss

196th Maneuver Enhancement Brigade



Sgt. Troy Heckenlaible of the 196th Maneuver Enhancement Brigade, South Dakota Army National Guard, prepares coffee as Sgt. David Nelson, mess assistant, looks on at Camp Bala Hissar in Kabul, Afghanistan, July 14. Heckenlaible, a former infantry Soldier, is now the non-commissioned officer in charge of the mess at Bala Hissar and prepares two hot meals a day for camp residents using a mobile kitchen trailer. (Photo by Capt. Anthony Deiss, 196th Maneuver Enhancement Brigade)

BALA HISSAR, Afghanistan (8/9/10) -- A former infantry Soldier turned cook has traded in his bayonet for a spoon and now dishes out the sustenance of life for troops stationed here.

Sgt. Troy Heckenlaible has seen his deployment duties go from hunting insurgents in Iraq to providing Army-style food in Afghanistan.

As a member of the 196th Maneuver Enhancement Brigade of the South Dakota Army National Guard, Heckenlaible is on his second deployment to a war zone and this time around operates a U.S. Army Mobile Kitchen Trailer feeding Soldiers at Camp Bala Hissar in Kabul.

"Being an infantryman was good for my country and my company, but not as good for me," said Heckenlaible, of Sioux Falls, S.D. "I enjoy the change."

Originally deployed in 2003 near Ramadi, Iraq, Heckenlaible was assigned as an infantryman to the 1st Infantry Division after his job as a cook was no longer needed because of contracted dining services. Today, he serves hot meals daily to nearly 100 Soldiers and civilian contractors keeping the art of military chow alive and well.

"We serve everything from hot dogs and hamburgers to Chinese food and chicken cordon blue," said Heckenlaible, noncommissioned officer in charge of the mess. "It's mostly UGRs [Unit Group Rations], but I think some Soldiers enjoy it more than the food at Camp Eggers."

"It sure beats eating MREs. It's kind of like annual training eating out of the MKT," said 2nd Lt. Lucas Scheibe, Camp Bala Hissar officer in charge from the 196th. "I'm pretty surprised; the quality of the food is quite good."

Until recently, Camp Bala Hissar had no equipment or facility for feeding its residents because of its size and small number of personnel stationed here. Soldiers used to have to put on body armor and plan a convoy to Camp Eggers just to get a hot meal. Heckenlaible said with no permanent dining facility on the camp, Soldiers would have to drive several miles through Kabul to Camp Eggers – two to three times a day – just to eat.

"Now that we have a kitchen situated here, it's more convenient for them," said Heckenlaible.

"Heckenlaible is doing a heck of a job. Every day we have all the food we can eat," said Scheibe, of Brookings, S.D. "He keeps everything stocked, he keeps the cold food cold and the hot food hot."

The camp received a MKT earlier this year, but didn't have any Soldiers with the skills and expertise to operate it. When the 196th arrived in June as the new Kabul Base Cluster Installation Command, the leadership knew just who to send.

"I enjoy cooking quite a bit and it's nice to actually be doing my MOS [military occupational specialty] here on this deployment," said Heckenlaible. "Food is a big morale booster for Soldiers, and if I have a small part in that – to keep the morale up – I'm happy doing it."

Heckenlaible has more than eight years of experience in the Army and just as much as a cook. The Menno, S.D., native spent four years on active duty and four years in the National Guard and says it has been good to him.

"My military career has taken me many places: Iraq, Korea, Nicaragua, Suriname and now Afghanistan," he said. "My time in the Guard has been some of the best experiences of my career."

However, one thing Heckenlaible might enjoy more than the world travel the military has offered him is the Soldiers he serves on a daily basis.

"I'm a big people person and I enjoy the interaction I have with Soldiers," said Heckenlaible. "I joke around with them, ask how their day is going, and if I serve them a meal – and their faces light up and they tell me thanks for doing this – that's the morale boost I need."

MPA- Multiple Personality Acronyms?

By
David Sherriff

The Army is an organization that overflows with jargon. While it is by no means unique in this respect, there are still certain words that I have never heard outside of work such as deconflict and reclamma. You will note that Microsoft Word underlines these words in red... Then there are the acronyms. JCCoE, ACES, USAQMS, ARCENT, FORSCOM, BDAREP, LERSM, WHNRS, MILSTRP, and one of my personal favorites: USAJFKSWCS. I have at times almost been able to write a complete "sentence" using only acronyms. Rarely in the world of jargon, however, does one find an acronym that has three relevant meanings to one common functional area. We in the Army Food Program community have such an acronym. It is called MPA. We will talk about each one of these in this article to hopefully increase your confusion.

The first meaning of MPA is Military Personnel, Army. To quote the Army G1 FY11 Military Personnel Army Funding Guidance "The Military Personnel, Army (MPA) appropriation is a centrally managed, single-year appropriation. Entitlements are set by statute; with the biggest cost driver being the average number of Soldiers on active duty. MPA appropriation is the Army's largest peacetime appropriation. Funds sustain the All-Volunteer Force by providing compensation and benefits for the Active Component, including Soldier basic and special pays, retired pay accrual, **allowances for subsistence (rations)** and housing, recruiting and retention incentives, permanent change of station moves, death gratuity and unemployment compensation benefits, life insurance and traumatic injury protection, and ROTC and West Point cadet stipends."

The bold phrase above indicates the importance of this MPA to the Army Food Program. It is this pot of money that is used to buy the food or to pay a monetary allowance to those Soldiers who are not authorized to eat for free. There are certain prohibitions that come with using this money. Certain items are not authorized: bottled water and ice, for example. And there are certain rules to be followed, such as performing headcount and account management. The aggregate amount of MPA money spent to feed Soldiers in a dining facility should be less than or equal to the authorized amount of proportional daily headcount credit earned by feeding these same Soldiers. This daily headcount credit is called the Basic Daily Food Allowance, or BDFA. These prohibitions and rules regarding the uses of this MPA and many others are contained in AR 30-22, The Army Food Program. Discussion of the BDFA is a good lead in to the second meaning of MPA: Menu Plan Allowance.

As stated in the last paragraph, the BDFA is the authorized dollar value of headcount credit given proportionally for each meal served in an appropriated fund dining facility. The trick of account management is to ensure the total of these credits (earned income) is more than the dollar value spent on food. If you serve some high cost items that exceed the BDFA, you must offset this with some lower cost items within the same accounting period or you will end that accounting period overspent.

Under the Common Food Management System (CFMS), a Joint Service automated food management system currently under development, the BDFA method MAY go away. Its replacement (or alternate method if both remain) is the Menu Plan Allowance. This MPA is somewhat similar to the BDFA; however instead of getting a headcount credit for each meal served the system will provide a menu that is priced out to a certain dollar value. If you serve this meal exactly in both items and portions, you will end the accounting period at zero. If you deviate from this menu by increasing portion size or by serving higher cost items on certain days, you will have to offset this by serving lower cost items on other days or you will end up in an overspent status. This is similar to the BDFA process; however management is by menu item and not by dollar value of headcount credit.

The third MPA is the Manufacturers Pricing Agreement. According to the Defense Logistics Agency (DLA) Troop Support website, this MPA refers to an agreement "between Defense Supply Center Philadelphia (DSCP) {DLA Troop Support} and manufacturers to set Freight on Board (FOB) Origin /point of manufacture "pricing" for products used with the Subsistence Prime Vendor program for OCONUS Prime Vendor distributor contracts." The benefit of this MPA is that it allows DLA-Troop Support to set pricing from point of manufacturer, not the price from a freight consolidator for DSCP OCONUS Prime Vendor Contractor or from a

“pass through” or co-branded company. These types of arrangements are not prohibited; however, we will now be able to better compare prices and identify those arrangements that are adding value instead of just adding cost.

While the program is still fluid, this MPA is important because all OCONUS Subsistence Prime Vendor (SPV) solicitations now contain the following statement: “The Prime Vendor contractor is required to use a supplier having an MPA if the product is selected by the Service’s Headquarters or customer (either by specific brand or category)”. The implication of this for the Army Food Program is that if there are three brands of hot dogs, for example, on the OCONUS SPV catalog and only one has a signed MPA, then only that one with the MPA will be purchased by the OCONUS SPV and provided to the OCONUS customers. This MPA program is still being rolled out and the long term implications remain to be seen, however be assured that JCCoE and DLA-Troop Support are actively engaged to ensure the best possible support to customers in the process.

So there you have it. Someday, we may be honestly able to say that “according to JCCoE, you use MPA funds to purchase MPA products from DLA OCONUS SPVs that are in line with your CFMS MPA SOPs”. Clear as mud....
POC is David Sherriff, (804) 734-4862 (DSN 687) or david.sherriff@us.army.mil

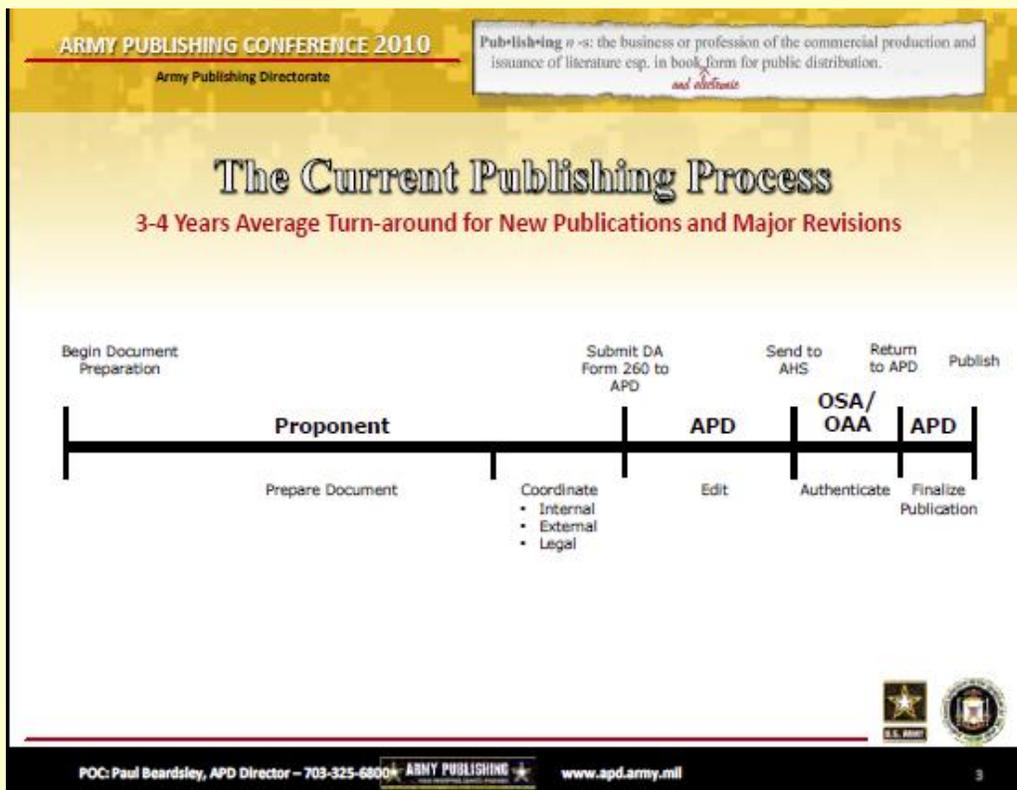


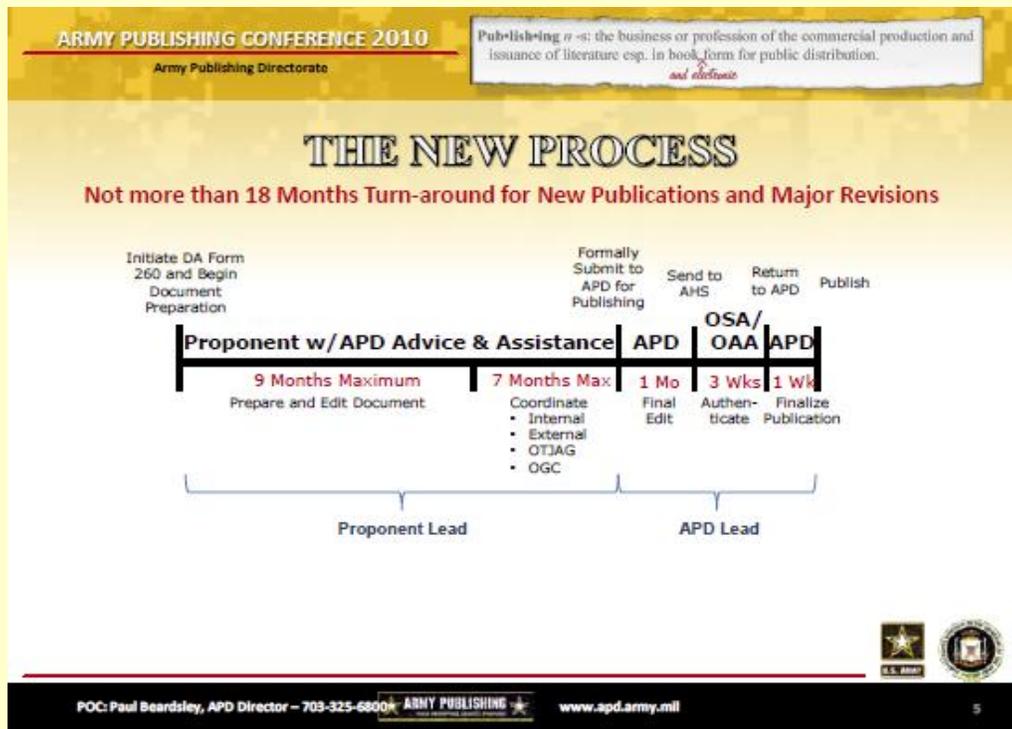
WHERE'S THE UPDATED PUBLICATION?

By
Ms. L'Tanya Y. Williams

Still looking for the updated versions of Army food program publications (AR 30-22 and DA Pam 30-22)? Do you wonder why they take so long to be published? Tired of always having to call JCCoE for the answers? Well your frustrations as well as ours have been heard! Beginning 1 January 2011, the Army Publishing Directorate (APD), will implement a new process thus shortening the process time from three to four years to 18 months maximum! This will be a significant improvement in the overall time to get new/updated publications to the field. All administrative publications will be revised, certified current or proposed to be rescinded **at least** every three years.

The JCCoE will work hand in hand from start to finish with a team of subject matter experts from the APD to ensure a smooth process. The current process is slow and painful as we all know. Publications have remained outdated for years before an update was published and by that time it was well on its way to being outdated. Below are charts comparing the current process vs. the new process.





With the new process some key highlights are:

The total publishing time will be reduced.

The time a document is in-house with APD will be dramatically reduced due to early involvement with the Proponent.

Errors in structure, grammar, punctuation, and spelling will be greatly reduced.

The Office of the Secretary of the Army (ASA)/Office of the Administrative Assistant to the Secretary of the Army (OAA) Authenticators can concentrate on policy substance instead of form. Proponents will be less frustrated because APD will be “in the trenches” with them from start to finish, thus eliminating rejections and publishing delays.

So what does this mean to you? It means that you will have current, up to date publications to reference for policy and guidance. All publications will be revised or re-looked every three years to ensure that its content is up to date and you will no longer have to wait years on updates while referencing out of date publications. Currently AR 30-22 is in the final stages and is being review by the Office of the Judge Advocate General (OTJAG) and should be published and released on the APD website in 2nd Quarter FY11. The DA Pam 30-22 is currently in the final staffing process by JCCoE before being sent to the APD for publishing. All in all, this new process should prove to be a win-win solution for all parties involved.

AFMIS WEB

“The way ahead”

By

Mr Raymond Hosey



The purpose of this article is to carefully examine the evolution of our food service operating system. The Army Food Management Information System (AFMIS) has long been our Standard Army Management Information System (STAMIS) for food service. There was great trepidation when AFMIS was first introduced to the users as this was the very first automated food service system many old timers, such as myself, were introduced to and we had become comfortable completing our task the old fashioned way, manually.

AFMIS provides an enterprise-wide automated solution for the Army Food Program, encompassing operations across each of the major commands and Army regions. AFMIS provides an automated user interface for dining facility operations, subsistence supply management operations, and installation management.

Other Food Service STAMIS systems are the Decision Support System (DSS) and Subsistence Total Ordering and Receipt Electronic System (STORES). DSS is a system that compiles data from AFMIS and configures this data into reports, in several categories, that provide information to Army higher headquarters for decision making purposes concerning the Army Food Program. STORES is a system that provides subsistence catalogs for users to order subsistence items and processes these orders for subsistence through to the subsistence prime vendors (SPV). Additionally, this system tracks the subsistence item receipts from the SPV to the end users, generates the billing process for intra-service financial interfaces, and provides historical data on subsistence purchase trends.

AFMIS is a project directive of the Defense Audit Service (DAS) Report, dated 28 May 1980, on the Audit of DOD Food Service Program. The audit stated that improvements were needed to internal controls and a clearer internal audit trail needed to be established. The Department of the Army, Deputy Chief of Staff for Logistics (DCSLOG), now DCS G4, sponsored AFMIS. Initial rollout was completed with a two-week training program from Software Development Center-Lee (SDC-L), now Software Engineering Center-Lee (SEC-L).

While we came a long way from the stubby pencil and 3B2 architecture, there was still a long way to go. AFMIS required modernization to better serve its customers and to manage food distribution and dining facilities worldwide. Old AFMIS - Client Server based. The old SCP-13 AFMIS system utilized a standard client server architecture. Each headcount station would transfer this headcount to a single server in the DFAC back office. Each DFAC had one. This DFAC server would then transfer headcount and meal data to a centralized SCO\Unix server located at the Subsistence Supply Management Office (SSMO), formerly known as TISA building at its particular installation. This SSMO server would then transfer the headcount and meal data to a centralized server here at Fort Lee. This version of the system was slower than the new web based system and had more points for failure between the headcount station and the final destination of the data. For each headcount station SEC-L had to make sure that at least two servers were functioning correctly in order to see headcount and meal data. Not only this, but the technology was outdated, less secure and more expensive for each installation as they had to purchase each piece of equipment.

New AFMIS - Web based - The new SCP-14 AFMIS system cuts back on much of the maintenance and financial cost of the old system by utilizing a single headcount machine and any existing internet connected computer on base. This architecture utilizes a headcount station connected directly to a server here at Fort Lee via the internet to collect headcount and meal data. The Data is maintained and manipulated via a web site access by any machine on an Army network. As stated before, this provides two benefits, lower cost and easier maintenance. The maintenance is less since there is only one machine to update/maintain, and the cost is less because the installation only has to purchase headcount stations, not multiple on site servers as the old version required. There is very little difference in the functional capabilities of the two versions of the system other than the AFMIS Web main menu (web based in the SCP-14 version) and data transfer speeds should be faster. It was not necessarily the transition to Windows that made it more user friendly/faster, instead the transition to a web based application as opposed to a local application that was installed directly onto the back office server.

Later, in conjunction with a general move toward Joint Interoperability among the services, discussions of a Joint food service automated system were begun and this led to development of the Common Food Management System (CFMS). CFMS is a major initiative directed by Department of Defense (DOD) requiring Military Services to design, develop, and deploy a single food management system to replace the current five service legacy systems. As the DOD Executive Agent for Subsistence, the Defense Logistics Agency was charged with responsibility for development of this CFMS. Development of CFMS began in 2003 with contract award in 2005. Fielding is scheduled to begin in December 2011. All services are involved in the development of the Commercial Off-the-Shelf (COTS) software program by Horizon, Inc. CFMS will be a web-enabled common system for use by all Services.

All Services received an opportunity to review the features of CFMS currently under development during a Mini Deep Dive presentation provided by Horizon, Inc. The services will not see the actual complete program until it is tested by the Marine Corps at Quantico. There is a plan to test the CFMS system with seven dining facilities utilizing the web domain of DLA prior to actual testing in a .mil environment. Each service has pledged to have a service representative available to observe the Marine Corp test.

JCCoE, ACES OD ensured there was direct engagement between DLA CFMS development and training system program leaders and JCCoE, Joint Culinary Training Directorate (JCTD). CFMS training issues, concerns, or developments are shared directly with JCTD leadership through this direct engagement.

Army has requested and been placed in the fourth increment of deployment of CFMS. U S Air Force and U S Navy ashore facilities have requested and been placed in increment two of the deployment. Military Sealift Command and U S Navy Afloat ships have requested and been placed in increment three. The subsequent deployment increments will allow DLA and the CFMS development team to add additional functionality not developed for the Marine Corps in increment one.

The challenge we now face is to create one food service system that meets the requirements for all services to utilize. Creating an "Enterprise System" is the way ahead. An Enterprise is cohesive organization whose structure, governance, systems and culture support a common purpose. Let's look at AFMIS and CFMS in terms of legacy, bridging and enterprise systems.

Legacy, Bridging, and Enterprise Systems: Legacy systems are the systems we've had in place for several years, e.g. AFMIS. Bridging systems are near-term, upgraded and modernized systems that will act as a bridge to get us to the enterprise systems, e.g. AFMIS WEB. Enterprise systems are the long-term replacement systems which will integrate multiple functions into a single system using commercial enterprise resource planning (ERP) software, e.g. CFMS.

We have looked at legacy, bridging, and enterprise food service systems. I hope this article has been informative and has clearly outlined the future of Army Food Service Operating Systems. As there was trepidation when AFMIS was first introduced, CFMS will be no different; however, regardless of what systems we end up with, it is still the users responsibility to stay current. Let JCCoE know if we can assist you with any automation concerns.

Take Out Service at Appropriated Fund Dining Facilities

By
Frank Mottin

In recent years Army Dining Facilities have improved in customer service provided to diners in many ways. Dining Facility operations were improved by adding such things as breakfast bars, expanded salad bars, pre-made grab and go, transit/travel meals and take out meal services. Take-out meals require managers to have such items on hand as plastic flat ware, paper cups, clam shells, or paper plates allowing the customer to take their meal with them. Not only do the above mentioned services lead to additional non-food costs, managers often end up enduring more costs for the meals served by customers taking additional items (more than what constitutes a serving) offered on the breakfast bar or salad bar. Little known to the customers frequenting the dining facility, is that these extra costs are non reimbursable and may not be added to the regular food service budget. Appropriated fund dining facilities do not receive any additional funds to support and of the above mentioned services.

As the clientele of our appropriated fund dining facilities has been expanded by various Commanders to widen the quality of life services within Army Communities, many of the above services are being taken for granted by customers being served. This places a large burden on dining facility managers to find a financial means to support such things as "Take out Services". Civilian customers who have been given the opportunity by the Installation Commander to consume as "Occasional" meal as described in DA Pamphlet 30-22, Para 3-48, Operating Procedures for The Army Food Program, must understand that an appropriated fund dining facility's main objective is and continues to be to serve Subsistence in Kind (SIK) Soldiers. Per DOD Manual 1338.10-M, dining facilities exist to serve Soldiers the best and most nutritious quality meals possible. Commanders with an Open Dorr policy allowing civilians to consume occasional meals in their dining facility may want to determine if take out meal service is affordable and ensure it does not have a negative impact on the services provided to Soldiers.



“HOT STUFF, HOT STUFF”

The Joint Culinary Center of Excellence (JCCoE) will host its 13th Army Food Service Workshop at the Anaheim Marriott Hotel and Convention Center Anaheim, California 16-20 August 2011. This Workshop is a major training event for all Food Service personnel from the Food Service Management NCO to the SGMs and Food Advisor. So ensure the message gets down to your subordinates so we get operator and leader level experience in attendance.

This year's agenda promises to be like none other; filled with information, team building events, hands on equipment and automation training and the latest in food service innovation.

Many of us are familiar with the concept “Train as We Fight” so in keeping with this concept; the Army Food service Workshop will now include our National Guard and Army Reserve food service counter parts.

Our goal this year is specific training for all, from the manager to the AMC Food Program manager level; with emphases on Command (Tactical) Food Program Advisors/Supervisors and theater operations.

We will address perhaps the most talked about issue and possible the question on everyone's mind “which happens to be this year's Theme” - What will the Army Food Program look like in 5-10 years?

We will have a few surprises that are sure to please everyone's palate; to name a few we will hold a first ever retirement ceremony recognizing all those leaving the food service family before the next workshop; the retirement ceremony will be followed by our very own Ice Breaker.

The workshop is truly for the benefit and professional development of those in attendance; so if you have any issues or topics you are passionate about seeing addressed during the workshop we would love to hear from you!

Registration will be made available online (more to follow on the JCCoE home page). For immediate information please contact Mr. Raymond Hosey at 804-734-4832, Raymond.hosey@us.army.mil, Mr. Rickey Frazier at 804-734-4285, Rickey.frazier@us.army.mil or CW3 Beverly Zwayer at 804-734-4282, beverly.zwayer@us.army.mil

Are Pomegranates just a Fad Food?

Food for Thought...

By

Stephen J. Primeau

It seems like every juice item or new yogurt hitting the grocery shelves today has a combination of fruits with Pomegranates leading the way. This made me curious as to what is a pomegranate and what are the health benefits of this fruit.

I found out that a pomegranate is a fruit-bearing shrub native to the Middle East, cultivated throughout the Mediterranean and in California since 1769, when the Spanish first introduced the fruit to North America. The fruit is round and about the size of a very large apple or medium size grapefruit. Removing the thick outer skin reveals a multitude of small, ruby red seeds. The riper the fruit gets causes the edible seeds to become sweeter. Pomegranate juice is another product of this fruit quickly gaining popularity for its perceived health benefits.

Researchers acknowledge that pomegranate juice is rich in antioxidants, quite possibly more antioxidant properties than red wine or green tea. Other benefits of pomegranates list the fruit as a source of folic acid (beneficial to pregnant women), potassium, niacin, vitamin C, iron, calcium and are a rich source of fiber. It's true that other fruits contain many different types of antioxidants, but the pomegranate is the only one to contain the three major antioxidants: tannins, anthocyanins and ellagic acid. Antioxidants are what help to boost the body's immune system. These high concentrations of antioxidants help to protect the body from the damaging effects of pollution, cancer, diabetes and many other debilitating diseases. In some cases, increasing the body's level of antioxidants is rumored to slow the aging process. With such a high concentration of antioxidants, it's no wonder that researchers believe that the major pomegranate benefits would help reduce heart disease, clogged arteries and hypertension.

Pomegranates have a very short season in which they are available. They are usually available in late fall and winter and this is the best time to procure them. Pomegranates are about the size of a small grapefruit. Choose heavy fruits because the heavier the pomegranate, the juicier the fruit. The thin, leathery skin should be smooth, not wrinkled or hard, with few blemishes. While most varieties are red, some varieties may have a pinkish or green skin. Freezing is the best method to store them for year round usage, however, Pomegranates can be kept at room temperature for several weeks and are best eaten at room temperature. If freezing, cut the pomegranate in half, soak it in a bowl of water, and pull the seeds apart from the fruit. The seeds will sink and the pulp and other parts of the pomegranate will float to the top. After the seeds have been separated, they can be dried and put in a plastic bag for freezing. To use later on, defrost the seeds and put them into a juicer or you can extract the juice first and store the juice frozen.

The proper method to prepare Pomegranates is to cut off the "crown", then score the outer layer of skin into sections. In a large bowl of water, break apart the sections along the score lines. Roll out the arils (the sweet juice sacs surrounding the edible seed) with your fingers. The arils will sink to the bottom, while the white membrane floats to the top. Put the seeds in a sieve to drain the water. To juice a pomegranate, cut it in half (like you would a grapefruit), and extract the juice using a juicer. Pour the juice through a sieve/strainer to remove pulp. You will get about ½ cup of juice from one pomegranate.

Five suggested ways to use Pomegranate:

1. Drink a glass of Pomegranate Juice, chilled.
2. Mix some seeds in with yogurt or sherbet.
3. Mix with some oatmeal.
4. Sprinkle in with a Salad.
5. Toss and stir with a rice dish.

VET Condemnation Process

By
Stephen J. Primeau



Veterinary personnel provide an important function within the Army Food Service Program. It is important to understand their function and what they can do for us. AR 40-656, Veterinary Surveillance Inspection of Subsistence and AR 40-657, Veterinary/Medical, Food Safety, Quality Assurance, and Laboratory Service are two manuals that should be familiar to food service personnel.

AR 40-656 establishes uniform methods for inspection of government-owned foods, to include wholesale stocks of food that are under the logistical control of the Defense Logistics Agency (DLA). It defines the U.S. Army Veterinary Service responsibility for surveillance-type inspection of all Service-owned food stored, issued, sold or shipped by installations. It implements AR 40-657/NAVSUPINST 4355.4H/MCO P10110.31H as it pertains to veterinary food hygiene, safety, food defense, and quality assurance inspections. This regulation prescribes procedures to ensure maximum serviceability for all government-owned foods in storage and at the time of issue or sale. It provides sampling plans and standardized nomenclature to describe common deteriorative conditions. Operational rations will be inspected in accordance with DSCP (DLA-TS) Handbook 4155.2 and the appropriate appendix. AR 40-656, paragraph 1-4a lists the responsibilities for The Surgeon General to—

- (1) Develop uniform, efficient procedures for inspection of all subsistence for use by the Armed Forces.
 - (2) Ensure that veterinary medical food inspection (MFI) personnel use the procedures of this regulation to determine if foods are being stored and handled properly.
 - (3) Assign veterinary personnel for food inspection support in response to surveillance requirements and requests from commanders.
- AR 40-656, paragraph 1-4d lists the responsibility of Veterinary food inspection personnel. These personnel will—
- (1) Develop and publish an installation support plan (ISP) coordinated with accountable officers/store managers.
 - (2) Coordinate food inspections with other veterinary personnel to avoid duplication of effort or excessive expenditure of resources.
 - (3) Perform surveillance inspections as prescribed by procedures established in this regulation.
 - (4) When appropriate, select samples and submit for laboratory analysis. Coordinate with laboratory personnel.
 - (5) Perform inspections and report deficiencies using descriptive terms (see appendix B) on written or electronic reports submitted to the accountable officer and service (ACES, USMC, and NAVSUP). Reports will include identification of the product, detailed description of the defects noted, the percent of the lot affected, the effect on product serviceability, and recommended disposition.
 - (6) Routinely monitor stored product for possible pest and rodent infestation.
 - (7) Furnish the accountable officer with written recommendations for disposition of unfit subsistence.
 - (8) Immediately notify and consult with a Veterinary Corps Officer (VCO)/Warrant Officer (WO) when critical defects are observed, or a potential health hazard is identified.

It is very important to note paragraph 1-4d (5) of these requirements because this is where the DA Form 7538, Subsistence Serviceability Certificate (we know as VET Condemnation) which has been implemented within AFMIS, comes into play. The VET Condemnation process in AFMIS is available to users with the roles of Dining Facility Manager (DFM), Food Program Manager (FPM), Subsistence Supply Management Office (SSMO), Food Advisor (FA), VET, and Subsistence Supply Manager (SSM). The FA role has View Only capability. Reserve and State National Guard Headquarters and Intermediate Commands also have View Only capabilities for units under them. Reserve and National Guard Operational Commands also have Create capabilities for their units.

The VET Condemnations are created in the Inventory Management functions.

The VET Condemnation process allows the documentation of items disposed of through Veterinary disposition. To access the **VET Condemnation** process from the AFMIS Web Main Menu (AJK-0000), click on the **VET Condemnation** link and fill in the required fields on the page.

VET Condemnation Process

By
Stephen J. Primeau

Be advised that if NO VET user is loaded on the installation there will be no names in the drop down on the create screen AJK-O006B (at any level DFAC, SSMO, Installation, Reserve/NG, etc). A vet condemnation cannot be created without a VET role being populated. VET personnel can create a condemnation from their location by accessing the AFMIS Website and logging onto the site with their login and password/CAC and then filling in the report on the screen. However, if Veterinary Services Personnel (VSP) are at the dining facility, they can have the manager access this report and select the VETs name from the drop down list on screen AJK-O006B.

Additionally, it is imperative to understand the codes to be annotated on the report. These are the codes and explanation—

- ADL- Adulterated / Contaminated
- DBU – Destroyed / Damaged – Non-Combat Related
- DDC – Destroyed / Damaged – Combat Related
- EPL – Expired Product Shelf Life
- IRI – Insect / Rodent Infestation
- TAC – Temperature Abuse - Cold
- TAH – Temperature Abuse - Heat
- OTH – Other (must provide Remarks in the properties fields.

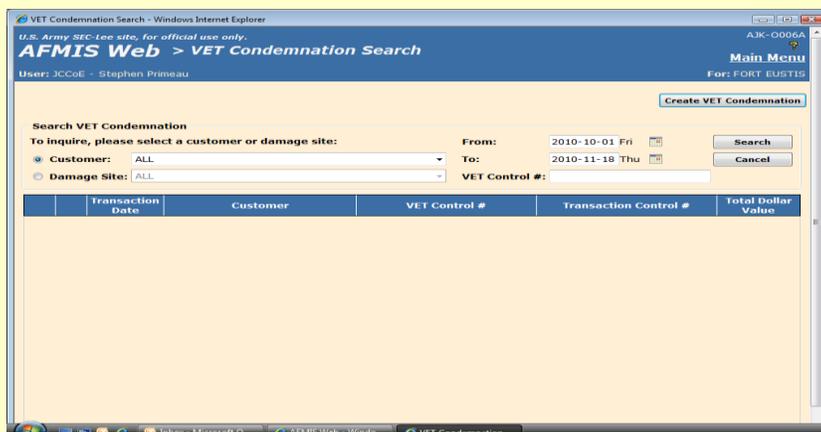


It is important for personnel within the Army Food Program to understand the inspection policies that our partners (VET personnel) are obligated to follow. AR 40-656, paragraph 1-5 provides their Inspection Policies. The policies for inspection of subsistence are as follows:

(1). Veterinary food inspection personnel will inspect subsistence at time of delivery or as soon as possible after it is received. Thereafter, further inspection will be performed periodically to minimize the possibility that unacceptable subsistence will be issued or sold.

(2). Base priority of inspection on those items that have the least estimated remaining shelf life, items deemed potentially hazardous or highly perishable, and those items that are more susceptible to insect or rodent infestation.

By understanding VSP duties, it will allow food service personnel to understand why VET personnel interact with us and give greater meaning to the process of the VET condemnation role within AFMIS. Another point to understand is that Veterinary Services Personnel play NO Role in determining fault for any condemnations. Their role is to determine whether the food is good or bad. Food Program Managers should be willing to cooperate with the VET personnel on their installation and coordinate with them to obtain a list of personnel that will need access to the VET Role within their AFMIS. FPM should then instruct their SAs to give these personnel the VET Role within AFMIS. VSP are responsible for filling out the Subsistence Serviceability Certificate and ensuring accuracy of this report. Not only is this less work for food service personnel, it also accomplishes the function of reducing inventory that is being written off and giving credit to the operation that is affected by this process.



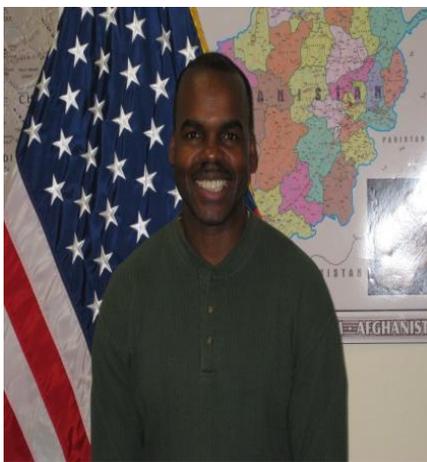
JCCoE introduces new members to our family



Mr. Frank Mottin
Food Service Systems Analyst
Joint Culinary Center of Excellence
Fort Lee, VA

Frank Mottin, recently served as Food Program Manager in Stuttgart Germany, is now assigned to Concepts, Systems, and Policy Division, within ACES Operations Directorate, as a Food Service Systems Analyst. Mr Mottin is a native of Stuttgart Germany; he joined Active service in 1974 as a Food Service Specialist until his retirement in 1995. Mr Mottin's military service included assignments to 3-60th ADA Grafenwoehr Germany, 3-71st ADA, Germany, 1/8TH Infantry BN. Wildflicker Germany, Food Service Instructor (ANCOC, BNCOC and Officer's Basic Course) at Fort Lee VA, 7-159 Aviation BN Nellington Germany, 2nd Corps Support Command Nellington Germany and Desert Storm Kuwait and Iraq. At the end of 1995 Mr. Mottin rejoined the Army Food Service Team as a Government employee.

Mr. Mottin served as the Food Program Manager for the Stuttgart/Augsburg/Garmisch Military Communities from 1995 to 2010. His career is now going into the 37th year of Army Food Service. Mr Mottin has no children and is currently engaged with Birgit Schirner residing in Stuttgart Germany



Raymond Arnold
Food Service Specialist
Management Assistance Division (MAD)
Joint Culinary Center of Excellence (JCCoE)
Fort Lee, VA

Ray Arnold recently moved from Concepts Systems and Policy Division (CSPD) to Management Assistance Division (MAD). He served with CSPD for the last two years. Ray was a great asset to CSPD and will be missed. As a member of CSPD Ray was responsible for writing Army Regulation 30-22 and Department of the Army Pamphlet (DA PAM) 30-22. He is now a member of MAD. Mr Arnold's knowledge and experience will be great asset to MAD.

JCCoE introduces new members to our family



Mr H. Thomas Hill, Jr.
Food Service Systems Analyst
Joint Culinary Center of Excellence
Fort Lee, VA

Mr Hill recently moved from the Management Assistance Division (MAD) after serving with distinction for over thirty years, as a member and Team Chief of the Department of the Army Food Management Assistance Team (FMAT). He is now a member of Concepts, Systems, and Policy Division (CSPD), switching duties with Mr. Raymond Arnold. Mr Arnold will be an FMAT Team Chief in MAD. Mr Hill's knowledge and experience will be a great asset to CSPD



JCCoE Bids Farewell to Food Service Family Members

“Leaving the Ranks”

Saying goodbye is never easy when you have invested and believe so passionately in what you are doing. This is certainly true in the case of MSG Johnson. She has given so much to so many people during her tenure of supporting the Army Food Program. She always placed the needs of her Soldiers and their families first. She will be missed. God Luck in all of your future endeavors.



MSG Yasmin C. Johnson
NCOIC, CSPD
Joint Culinary Center of Excellence
Fort Lee, VA

MSG Yasmin C. Johnson was assigned to the Concepts, Systems, and Policy Division (CSPD) at JCCoE as the NCOIC. MSG Johnson has over 20 years of active duty service in the Army Food Service Program. Some of her previous assignments include; Wildflecken GE, Ft. Hood TX, Schofield Barrack HI, and Ft. Lee VA. Yasmin is a native of Norfolk VA and is married with three lovely girls.

Yasmin has two Master Degrees; MSA in Administration and MBA in Business. Her military education includes Advance, Basic Noncommissioned Officer Course, Instructor Training, Logistics Management, Food Service Contracting, and Grants Management.

MSG Johnson is retiring and will be enjoying quality time with family and friends.



Top Cooking Tips from Our Favorite Celebrity Chefs, Bobby Flay

Celebrity Chef Tip: Never cut into meat to see if it's cooked.

Bobby Flay is the premier celebrity grill cook, so he's used to questions about how to grill meat to perfection. He says you should never cut into meat to check for doneness when it is on the grill. All this does is allow the juices from the meat to ooze out, ensuring that the meat will dry out. Instead, Flay suggests you poke on the meat with your finger to check for firmness. An uncooked piece of meat won't feel firm.

Upcoming Events

Martin Luther King Holiday	17 January 2011
Washington's Birthday	21 February 2011
Memorial Day	30 May 2011
Independence Day	4 July 2011

