

INFORMATION PAPER

ATSM-CES-OC

SUBJECT: Initial Military Training (IMT) Recovery Fuel Nutrition Program

CONCLUSION: Training and Doctrine Command (TRADOC) and Joint Culinary Center of Excellence (JCCoE) have established a policy that provides Military Personnel, Army (MPA) funding for a Recovery Fuel Nutrition program.

DISCUSSION:

- TRADOC and JCCoE wants to ensure Soldiers receive optimum support to recover from physical exertion during specific training events in the Initial Military Training environment.
- Nutrition experts have determined the requirement to provide Soldiers a recovery bar (granola type bar) containing a minimum of 28-30 grams carbohydrate, 8-9 grams protein, 3-5 grams fat, and a minimum of 10% Daily Value for iron (if available) to optimize performance by replenishing muscle and liver glycogen stores.
- TRADOC has identified the type of activity and duration that dictates the best time to consume a recovery bar. In Basic Combat Training (BCT) and One Station Unit Training (OSUT), those training events that require ≥ 90 minutes of exertion are the target.
- All subsistence is purchased using MPA funding; however, subsistence purchases generated from a dining facility are charged against the account status of the ordering dining facility. The purchase of the recovery bar item will be charged against the MPA account through an established unit field account.
- Army Budget Office (ABO) is required to have visibility over all obligations against the MPA so installation Food Program Managers (FPMs) will be required to monitor the purchases of the recovery bar and be able to report these purchases on a quarterly basis.

KEY POINTS:

- Installation FPMs are required to implement procedures to order, monitor and review the usage of the recovery bar.
- FPMs will establish an installation SOP or adapt the JCCoE provided SOP that requires units to directly coordinate the purchase of the recovery bar items through the Subsistence Supply Management Office (SSMO) and Installation Food Program Manager.

- The approved IMT training events for the purchase of recovery bar items are: Confidence Tower, Obstacle Course, Foot March 1 (4K), Foot March 2 (8K), Foot March 3 (12K), Foot March 4 (16K), Night Infiltration Course, Basic Tactical Techniques (BTT) 2, FTX 3 (first evening/night), Diagnostic Physical Fitness test #1, and Record Physical Fitness test.

- The following granola type model bars meet the specified standards as an appropriate recovery bar:
 - Kashi Go Lean Bars (all varieties)
 - Kashi Go Lean Crunchy Protein & Fiber Bars (all varieties)
 - Kashi Go Lean Roll Bars (all varieties)
 - Luna Bars (all varieties)

- The following granola type model bars are acceptable if the above bars are unavailable:
 - General Mills Honey Nut Cheerios and Milk Bar
 - Kashi TLC Crunchy Granola Bars (all varieties)
 - Kellogg's Special K Protein Meal Bar (all varieties)
 - Kellogg's Nutri Grain Cereal Bar (all varieties)
 - Nature Valley Crunchy Granola Bar (all varieties)

- **NOTE:** The models are in no way viewed as the preferred brand by the government. These are shown to inform Food Program Managers (FPMs) of bars that meet the specification requirements. FPMs are required to submit their recommended recovery bar items to the JCCoE dietitian and/or TRADOC dietitian for review and approval before the catalog process.

ACTION DESIRED:

- A field account established through the SSMO, utilizing the MPA account, will be the process used for Recovery Fuel Nutrition program purchases effective 12 February 2012.

POINTS OF CONTACT:

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