



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



Fall Greetings from the Army Food Net!



Welcome to the October 2008 edition of the *Army Food Net*! We at ACES hope that everyone had a wonderful, safe summer and are now looking forward to the upcoming Fall season and holidays. In this edition you will find information and articles that cover all areas of the Army Food Program along with some important year-end closeout information. Also be sure to check out ACES' new personnel! We hope that you find the information both interesting and useful.



From the ACES Director, LTC Robert L. Barnes, Jr

Greetings Food Service Warriors and welcome to the October 2008 issue of the *Army Food Net*. It's great to be a part of an organization that has such a tremendous impact to the Warfighter's morale and will to win wars. During this issue I sincerely hope you find helpful information applicable to your environment. Please continue to provide feedback because we are here for you. Lastly, I want to thank the Army Food Service Team for your unyielding service both on and off of the battlefield. Thanks for keeping the Soldier First!

LTC Robert L. Barnes, Jr. Biography

Director, Army Center of Excellence, Subsistence
Quartermaster Center and School

LTC Barnes born May 17, 1965 in Columbia, SC. He earned an Associate in Science degree from North Greenville Junior College Tigersville, SC and a Bachelors of Science degree from Jacksonville State University Jacksonville, AL in Computer Information Systems in 1988. He later received a Masters of Science in Administration from Central Michigan University in 2005.

He received his Field Artillery (FA) commissioning through Reserve Officer Training Corps December 1988. He attended FA Officer Basic and Multiple Launch Rocket System Cadre (MLRS) courses February 1989. He held key assignments as Platoon Leader, Executive Officer 21st Field Artillery Battery (MLRS) and Fire Support Officer 3rd Battalion 82nd Field Artillery, First Cavalry Division Fort Hood, TX. He served as platoon leader during Operation DESERT SHIELD and STORM.

His initial logistics assignment was Supply & Service Officer, Support Operations 71st Corps Support Battalion Furth, Germany. He commanded 240th Quartermaster Supply Company (DS) for 21 months. He later served as Assistant Brigade S3, 7th Corps Support Group before being selected as the "First" Quartermaster Intern, Headquarters (HQ) Defense Logistics Agency 1996. Later, he transferred to HQ Department of the Army G4 serving as a Logistics Staff Officer and Executive Officer for the Director, Supply and Maintenance.

While at Fort Campbell, KY 1999, he served as a Brigade Planner and Supply & Services Officer, Support Operations 101st Corps Support Group. He also served both as Support Operations and Executive Officer 129th Corps Support Group. Additionally, he served as the Logistical Task Force Support Operations and Executive Officers during Operation ENDURING FREEDOM 2003. After redeploying, he attended Command General Staff College (CGSC), Fort Leavenworth, KS.

After CGSC, he was assigned to J3 HQ EUCOM Stuttgart, Germany as a Joint Logistics Planner. While in J3, he served on the Standing Joint Forces HQ (SJFHQ) deployed to parts of Africa and supported US evacuations in Lebanon.

Recently, under US Army Material Command (AMC), he commanded 2nd Battalion, 402nd Army Field Support Brigade Balad, Iraq in support of Operation IRAQI FREEDOM. His battalion oversaw property accountability, US Communications Electronic Command support (CECOM), Army Retrograde, including Redistribution Property Assistance Teams (RPAT), Theater Priority-4 (TP4) and various fly-away support throughout Iraq.

His awards and decorations include the Bronze Star Medal (2 Oak Leaf Cluster), Meritorious Service Medal (1 Oak Leaf Cluster), Joint Service Commendations Medal, Army Commendation Medal, Army Achievement Medal, National Defense Service Medal (2 Bronze Stars), Southwest Asia Service Medal (2 Bronze Stars), Saudi Arabia Kuwait Liberation Medal, Global War On Terrorism Expedition Medal, Global War on Terrorism Service Medal, Iraqi Campaign Medal, Parachutist Badge, Air Assault Badge and the Army Staff Badge.

LTC Barnes is married to the former Tarra Cunningham of Birmingham, AL. and they have one eleven year old son, Jordan.

ACES Mission

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

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

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

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

From the...

Director of Operations, Army Center of Excellence Subsistence

Dining Facility Headcount Operations

by Dave Staples

Dining facility headcount is a major piece of our account management system and provides an audit trail for the categories of diners subsisted in Army Dining Facilities around the world. Headcount is also the basis for dining facility earnings which are used to “pay” for subsistence purchases. While this regulatory process of accountability has not changed recently, the means of process, manual and automated, have come a long way. I want to address this issue and the increasing oversight by higher headquarters and United States Congress and what the requirements are in performing this critical task.

The first part is easy, but probably the hardest at some installations or contingency zones to accomplish, Meal Card Management. Army Regulation (AR) 600-38, The Meal Card Management System, dated 11 March 1988 has not changed and still remains in effect. This regulation provides the means for Food Service operations to identify the diner’s meal entitlement. This is the heart of the system and still very much applicable today even though it was last updated in 1988. The Army Center of Excellence Subsistence (ACES) is currently in the process of updating this regulation. The regulation provides the guidelines, for both Active and Reserve Components, for management of Meal Card Books (DD Form 714) and the reimbursement for meals provided in a field environment. Bottom-line: There is still a requirement for Units to issue Meal Cards to their Soldiers authorized Subsistence-In-Kind (SIK) – Government meals furnished the Soldier rather than money in lieu thereof.

The SIK Soldier is the mission essential piece required by the Department of Defense (DoD) 1338-10M, Department of Defense Food Service Program, in providing the authorization for Army managed Dining Facilities. Without the SIK Soldier we are not authorized Army Dining Facilities, but that is for another discussion. The objectives of the Meal Card Management System are clearly defined in Chapter 1 of AR 600-38, and basically deal with control of Meal Card Control Books (DD714); policy for issue and accountability of meal cards at all issuing levels; policy and procedures for issue and withdrawal of meal

cards; policy for identification and reimbursement for meals available in the field; procedures to identify meal card entitlements; and lastly the annual review of each installation's Meal Card Management System.

The Meal Card identifies permanently assigned or attached Soldiers, and enlisted personnel from other Services authorized to subsist without reimbursement to the government. All others not identified by a Meal Card, Letter of Authorization or orders will pay cash when subsisting in Army Dining Facilities. Simple right? Well no, we are an Army at war and the United States Congress has authorized that Basic Allowance, Subsistence (BAS) be retained by Soldiers and those of our sister Services within the Area of Responsibility (AOR). These personnel who would normally have to pay for meals can eat at Government expense. So there are always exceptions, but at levels above ours.

That brings us to the next part. There is still a requirement to identify the diner's entitlement and ensure the Army, and the taxpayer's funds are not abused. We have some new categories of diners and the headcount accountability is critical in identifying the proper reimbursement to the Military, Personnel Appropriation (MPA) subsistence account. We are feeding numerous categories of diners from DoD/DA Civilians and Contractors to Red Cross, Army and Air Force Exchange Service (AAFES), Morale, Welfare and Recreation (MWR) and other support operations personnel within the AOR. All of these have different means of reimbursement to Army MPA. In CONUS we have the Military Training Service Support (MTSS) students that are required to eat in the Army provided dining facilities as these personnel do not receive the meal portion of their TDY per diem. They are not SIK by definition, but are authorized to subsist free and accounted for and reimbursement back to MPA is accomplished for the meal support provided.

ACES has been working the past 6 years on the development of an automated meal card as part of the current Common Access Card (CAC) with no movement since the approval of concept of operation was accomplished in Hawaii in early 1990's. To date there is no automated Meal Card System providing the meal entitlement code (MEC) and unit identification code (UIC) to eliminate the manual meal card management system. This automated process is way overdue and would have eliminated our current headcount accountability problems within the war zone. Accounting for and required reimbursement of subsistence dollars supporting authorized diners would be accomplished much more efficiently with an automated identification system in place. Where this stands today is an ongoing mystery. The Army Food Management Information System (AFMIS) has had the capability of automating the headcount operations and we have developed a Scan & Go headcount management system that identifies diners by category, but the piece still missing is the MEC and UIC. Which means there still must be a manual meal card system and limits our automated capabilities.



The Army Food Operations NCOs and Contract Dining Facility Managers and food service

leadership all need to ensure we are following AR 600-38, and our diners have meal cards when authorized.

Accountability is a major piece of our fiscal responsibility in supporting our Food Service operations worldwide in all environments and we must be good stewards of these funds.

So take a good look at your operations, ensure we are following policy, and if you need direction or assistance please contact ACES and we will get you the support and training required.

Keep up the good work, stay safe and remember you are the frontline and provide a positive impact on worldwide Army food service operations and program daily.

Army Strong!

From the....

Army Food Advisor's Corner

Refresher Training for 92G Soldiers

by CW5 Jack C. Van Zanten

TRADCOG recently tasked the Quartermaster center and School to conduct a survey to determine the existence and extent of 92G degradation due to current ARFORGEN policy. I would like to thank all of you who took the time to provide input to this survey.

73% of those responding feel that additional training is required for 92Gs returning from deployments. A large part of this is due to Soldiers leaving AIT and deploying without working in a dining facility. Another contributing factor is the large percentage of pre-prepared boil-in bag (BIB) products being utilized.

DA PAM 30-22 lists the specific duties of food advisors in Table 2-1. One of these duties is to "Institute and monitor OJT or other training for food service personnel." It is essential that our food advisors and supervisors identify the training needs for our 92G Soldiers and develop training programs to ensure that our food service personnel remain proficient in their MOS. Our young 92G Soldiers today are going to be our future warrant officers, food service supervisors, and sergeants major. We cannot afford to have a generation on untrained and inexperienced soldiers that are not proficient in their assigned MOS. ACES has assistance available to help establish a successful training program.

Several written comments in the survey expressed concern that the 92G MOS is on the verge of going away. BG Cross, the Quartermaster General, assures us that 92Gs will not go away as long as he is the QM General. However, he will likely only be in that position for one more year. Let's not help give the MOS away by having 92Gs that are unable to perform their assigned mission due to eroded skill sets. This also includes avoiding the over use of pre-prepared items that only require heating and putting on the serving line. By doing this we are taking away training opportunities for our 92G Soldiers; not to mention taking away the

pride of using their skills to produce a desirable product for our Soldiers. We spend a lot of time and money each year on the culinary arts program. We are doing the taxpayer and our Soldiers a great disservice if we never put his training to use in our Army dining facilities. Let's stay on top our game and keep the U.S. Army the best fed Army in the world. I would like to thank each of you for you continued service to your country and the United States Army. We need each and every one of you. Army Strong!

2008 AFMIS Web FY Closeout

ALL AFMIS System Administrators:

Below are the 2008 FY Closeout Procedures that must be completed by selected AFMIS Web users. Please forward this information to the Food Program Manager (FPM) and each Dining Facility Manager/Food Operations Sergeant (FOS).

Troop Issue Subsistence Activity (TISA) – No Action Required

Food Program Manager (FPM) The FPM at the installation must ensure that the following action is completed in AFMIS.

Enter the new cash accounting classifications for FY 2009 into AFMIS **“NO LATER THAN”** 30 September 2008. These accounting classifications **MUST** be in the system at least 1 day **PRIOR** to the effective date of 1 October.

Select the “Cash Accounting Classification Maintenance” option under the “Finance” group from the AFMIS Web Main Menu. When the maintenance screen AJK-A012 displays, accept the default effective date (current FY) from the drop down box and click on the **“Submit”** button. Use the calendar to select an **“Effective Date”** of 2008-10-01. Make the necessary changes to the classification codes on the screen by typing the new data over the old. Click on the **“Save & Return”** button. You can also click on the “Help” icon (?) for instructions on how to change the cash accounting classifications.

Food Operations Sergeant (FOS) / Dining Facility Manager. The dining facility FOS / manager should ensure that the following action is completed in AFMIS Web.

Create a **final** cash turn-in for the current FY (08) in AFMIS Web using the Cash Collection Voucher process.

Questions concerning the procedures should be directed to the SEC-Lee Customer Assistance Office, DSN 687-1051, Commercial 804-734-1051.

Good Ice: Icemaker Maintenance

Imagine, it's been a long hot day for Soldiers training in the field, when they get to your dining facility (DFAC) they are anticipating having a nice "ice" cold refreshing drink, however, they soon discover that the ice cubes in their drinks are cloudy and smelly...yuck! Picture this, it's August at Fort "Where You Are", your icemaker breaks down and there are 500 hot, tired, and thirsty (not to mention mad) Soldiers' marching toward your DFAC. While all DFAC managers make every effort to have "clean and clear" ice as well as "operational" icemakers in their DFACs, one thing is certain, the best effort in the world has to center around thorough maintenance. In most instances, the ice will tell you when something is not right.

Throughout Army installations around the world, ice makers are the unsung heroes of the DFACs. They spend much of their service life just off the back dock in a far away corner cranking out tons of ice for the DFAC, ignored as long as ice is generated to spec and in the quantities needed. But, how do you know if you're not properly maintaining your ice machines? The signs are easy to spot, according to Food Equipment Reports, a food service industry monthly publication that specializes in reporting on food service equipment. Keeping an eye on your machine's ice production is the first step. A change in production quantities, namely a decline in ice production, is a sure sign that your ice machine(s) needs attention.

Next, the appearance of the cubes is also a telltale sign of what is happening or not happening, inside your machine. Some symptoms that will let you know that there is a problem somewhere are cloudy cubes, cubes with holes, cubes are smaller than normal, or if your cubes smell and or taste bad. The purpose of this article is to provide a few recommendations that will keep your ice makers performing as needed and at peak efficiency.

Please note that the following are only recommendations and not alternatives to the requirements outlined for ice machine maintenance in Technical Bulletin (TB) MED 530, Occupational and Environmental Health Food Sanitation and Technical Manual (TM) 10-415, Dining Facility Equipment: Operation and Operator Maintenance.

Cleanliness

Even though ice is used in large quantities on a daily bases, there will be times when ice will sit in a storage bin for a length of time until it is used. When ice is left sitting it will begin to absorb odors and will eventually contaminate new ice that is left in the bin. One of the best ways of preventing contamination from occurring is by sanitizing your ice bin. TB MED 530 4-40 c (5) states: ice machines and dispensers are emptied, drained, cleaned, and sanitized at least every 30 days.

It is important that bins be emptied of all ice and wiped down with the manufacturer's recommended cleaning solution. The entire machine, including all sides of the bin, doors and seals, should be cleaned with the solution. In most instances, the manufacturer will supply specifically formulated cleaning solutions that will eliminate bacteria. It is noted by Foodservice Equipment Reports that even bins infused with antimicrobial agent should also be sanitized; as such agents help retard bacterial growth but don't

actually stop it. Sanitizing only takes a few minutes, and it is every DFAC manager's best defense against mold and other contaminants. Remember the ice from your ice machine goes into our Soldiers' glasses.

Get the Lime Out

While the bin is empty, this is an excellent opportunity to delime your ice machine. Deliming agents are available through the manufacturer. These deliming agents dissolve the buildup of calcium, magnesium and other water deposits in the lines. It is recommended by many manufacturers to delime your machines at least twice a year or quarterly for heavily used machines.

Coils Coils Coils

As with refrigerators, air conditioning units, or for that matter any piece of equipment that has a condenser, the condensers coils have a knack for attracting dirt, dust and grease. Ice machines are no different. Regular brushing and cleaning of the coils is recommended to help your machine maintain its peak efficiency. Using the proper tools is also essential, in this instance the proper brush. The brush is used to remove debris from around the coils. Where you locate your icemaker will have an impact on your machines performance and efficiency. The area around condensers should also be free of obstructions that may reduce airflow. Ample airflow also helps to dissipate the amount of heat generated around the coils during operation.

Take Care of Your Water

Water, the heart and soul of ice, demands close and meticulous attention, and not surprisingly, most ice machine service calls are related to water quality. While water is the essence of ice, it also carries the three worse enemies of your icemaker: *Sediment* and *scale*, causes build up on parts such as the evaporator and water nozzles, reducing efficiency and causing your machine to go down. *Chlorine* can affect the taste of the ice and corrode the stainless steel surfaces of the machine. The key to good water quality is good filter maintenance. Water filter changes should be a constant and consistent part of your ice machine maintenance regime. The result will be fewer service issues over time.

It is recommended that water filters be changed about every six months at a minimum and during periods of heavy ice production (i.e. summertime, holiday season, and training cycles) will increase filter replacement frequency. Using a water pressure gauge can also be used to determine filter performance. A good rule of thumb if you use a pressure gauge is any reading that drops below 10 psi could indicate a clogged filter. Another sign of clogging: smaller-than-normal ice cubes.

Overall water quality will also have a big impact on ice maker performance. It is important that DFACs are fitted (either through the new standard design or retro-fit) with proper water filtration and softening systems to help maintain the highest quality of water possible. Combating poor water quality is imperative in many parts of the country. Properly treated water coming into the facility allows ice makers to operate as designed.

Don't Forget the Cooling Lines

On almost all of the ice machines on the market today; the refrigerant is carried through copper cooling lines and as we all know copper is a soft metal and over time has the tendency to corrode and crack. As the

copper cracks, refrigerant leaks from them thus reducing the efficiency of your machine. Refrigerant leaks from any point in the cooling lines can turn any ice machine into a great energy waster. Look for oily pools or stains as signs that refrigerant may be leaking. Another thing to look for when inspecting the cooling lines is corrosion. Corrosion on the cooling lines is a warning sign that leaks are about to happen. Lines should be checked on all units, but especially on units nearing the end of their lifecycle.

Conclusion

In closing, we all know Mr. Murphy, as in Murphy's Law, your icemaker will most certainly go down when you need it most - when its 100 degrees outside and your Soldiers are thirsty. Another fact is summer puts extra demands on your machines which means many older and or unmaintained machines will be put out to pasture. The upshot of it all is that manufacturers are making advances and improvements to icemakers to get longer service life out of them as well as more efficiency, fewer service intervals and easier maintenance.

Ryan Mebane is a Food Service Analyst, Equipment Specialist for the Army Center of Excellence, Subsistence, US Army Quartermaster Center and School, Fort Lee, Virginia. He is a graduate of Norfolk State University where he holds a bachelor's degree in education. He earned a certificate in leadership from Central Michigan University, where he is also completing work on his master's of science in administration.



ARMY WORLDWIDE FOOD SERVICE WORKSHOP DALLAS, TEXAS 2008

You're invited to Dallas! Come and participate in the 11th Army Worldwide Food Service Workshop sponsored by the Army Center of Excellence, Subsistence. The Lone Star state will serve as our workshop backdrop for the second time in the last five years. This year's agenda promises to be informative and innovative; full of the latest regarding food service for the Army.

Break out sessions are scheduled to include everything from Policy and Doctrine to Reserve Component Trends and Analysis. Key publications to be addressed include FM 4-20.0, FM 4-20.51 and FM 4-20.52. From the dining facility contracting side of the house, special focus will be placed on effective contract preparation and administration. Procedures for selection and cataloging within the Prime Vendor program will be provided as well as a revision to Appendix I of DA Pam 30-22. The equipment division will offer an update on the newest in dining facility design and garrison equipment. Field feeding will be addressed in two separate sessions from both operational rations and equipment perspectives. Look for the Food Management Assistance Team to provide an overview of the services available to each installation

which include “On-the-Job” training programs. The AFMIS Manager’s Toolbox is back by popular demand with demonstrations of the new Scan N’ Go System provided by SEC-Lee.

Brand new to the Worldwide will be workshops regarding lessons learned in OIF and upcoming initiatives for future Dining Facility Operations based on new concepts for hospital food service operations. Guest speakers from 3rd ID and MEDCOM will present these sessions. For those seeking information on professional development, the Army Food Advisor and ACES SGM will be on hand to conduct interactive sessions on where the Army Food Program is now and where it is going.

This year’s workshop is sure to give attendees a bird’s eye view into the future of Army Food Service. Don’t miss it! Please visit www.quartermaster.army.mil/ACES to register. For additional information please contact Ms. Cara Vartuli-Dusablon at 804-734-4842, Cara.vartulidusablon@us.army.mil or Ms. Brittany Lawson at 804-734-4839, Brittany.lawson@us.army.mil.



Can An Apple a Day Keep the Doctor Away?

We’ve all heard the saying, “an apple a day keeps the doctor away”. Does this adage really pose true? It certainly takes more than a daily apple to keep you healthy, but it is at the least a step in the right direction. Besides being a low calorie, vitamin packed snack; studies have shown that apples can prevent or reduce health problems.

So what exactly are the health benefits of an apple? Studies show that apples are high in antioxidants, quercetin (flavonoid), pectin (natural fiber), phytochemicals and tannins. Each of these chemicals, vitamins or minerals benefits your health with pectin and quercetin being the greatest.

Apples are a great source of pectin which is a natural fiber found in many fruits. Apples are the richest source of pectin among all fruits. Studies have shown that there are many health benefits from the consumption of pectin to include:

- Decreasing the chances of colon cancer
- Reducing high blood pressure
- Acts as an antioxidant against LDL (“bad”) cholesterol
- Is effective in the prevention of gallstones

Quercetin is a flavonoid that is primarily found in apples along with onions and black tea. It is known to fight the destructive “free radical” molecules that play a part in many diseases. Quercetin may help to:

- Reduce cancer risks such as breast, prostate, colon and lung cancers
- Prevent heart attacks
- Control asthma

- Ward off eye diseases such as cataracts and macular degeneration

Some extra nutritional perks of apples are they have no fat, cholesterol or sodium. They have five grams of fiber which is 20% of the daily recommended intake. An average apple (medium size) is all but 80 calories and contains vitamins A, B1, B2, C and Niacin. Plus they are abundant in the minerals Phosphorous Magnesium, Iron and Potassium. Why wouldn't you enjoy an apple on a daily basis?

As previously mentioned, an apple may not be the sole purpose of keeping the doctor away but it is definitely beneficial to maintaining good health. With the great varieties of apples, there is bound to be an apple to suit each and everyone's particular taste from sweet or tart to soft or crisp.

POC for this article is Brittany Lawson, brittany.lawson@us.army.mil, 804-734-4839



HAVE AN APPLE TODAY!

Personnel changes in ACES

Along with the arrival of our new Director, LTC Robert L. Barnes Jr., we'd like to welcome three other individuals to ACES!! Mr. Frederick Jackson, Mr. Stephen Primeau and Mr. Raymond Arnold have all started their respective positions here at ACES.

Mr. Jackson will be working closely with LTC Barnes as the new Executive Officer and Chief, Special Programs.

The Concepts, Systems and Policy Division also has great help ahead. Mr. Primeau is our new Food Service Analyst with a primary focus on learning the Common Food Management System and will be shadowing Mr. Michael Damico. Mr. Arnold is our new Food Service Specialist with a primary focus on writing policy and doctrine.

Please look for individual biographies in the next edition of the *Army Food Net*.

UNDERSTANDING THE RESPONSIBILITIES OF A CONTRACTING OFFICER'S REPRESENTATIVE

The duties of a Contracting Officer's Representative (COR) are varied. To better understand the responsibilities of a COR, you need to understand the authority of the Contracting Officer (KO). The KO is

hired, depending on the magnitude of the job, either by the Secretary of the Department (Defense, Army, Air Force, etc) or the Installation Head of the Contracting Activity. The Federal Acquisition Regulation (FAR) defines a KO as “a person with the authority to enter into, administer, and/or terminate contracts and make related determinations and findings. The term includes certain authorized representatives of the Contracting Officer acting within the limits of their authority as delegated by the Contracting Officer.” The Defense Federal Acquisition Regulation Supplement (DFARS) defines the COR’s position: “Contracting officer’s representative” means an individual designated in accordance with subsection 201.602-2 of the Defense Federal Acquisition Regulation Supplement and authorized in writing by the contracting officer to perform specific technical or administrative functions.”

The source of the COR’s authority is the KO. The KO provides guidance and assigns limitations to the COR’s authority. The COR is a special agent of the Government and is not allowed to make changes to the contract; only the KO has that authority. The COR’s primary responsibility is to monitor and assess the performance of the contractor. As a COR, you are responsible for communication between the KO and the Contractor, keeping both informed and maintaining the official contract file. The COR plays a very important role in ensuring the Government is getting what is paid for by documenting the actions of the contractor.

The COR has no authority over the contractor’s employees, therefore, he/she cannot direct the contracted employees unless the employee is doing something that could endanger the health and welfare of the customer. For example, if the contracted employee is sneezing, coughing or oozing pus on or around food, then the COR must tell them to stop working with the food, not allow anyone access to the contaminated food, and then go find the contracted Supervisor and explain the situation. The food must then be destroyed by the contractor representative and the infected employee be removed from all food areas.

The COR’s responsibilities include completing the Performance Assessment Plan (PAP) every month. This plan is the COR’s guide, which details the monitoring methods used to assess the performance of the Contractor. The PAP contains a Monthly Sampling Plan prepared by the COR indicating how many inspections/evaluations need to be performed and what level of error we will accept from the contractor (because we can’t afford perfection). After the inspections/evaluations are performed, the results are recorded on a tally checklist documenting the performance of the contractor. This way a running checklist is available to see how well the contractor is performing for the month. An auditor or Inspector General Officer should also be able to track the above audit trail to the resulting KO’s action, i.e., payment for acceptable performance, or remedy for defective performance (reduction of payment, re-performance, Contract Discrepancy Report (CDR), hiring a temporary contractor to do the work and/or termination). The COR’s documentation is vital to justify the remedy. The Government does not want to pay for services not received and the COR’s documentation is needed to support the Government’s actions.

The Government pays millions of dollars each year to contractors and it is vital that CORs, as Government employees, ensure the Government’s money is not wasted and the customer gets quality service for which we pay highly.

Point of Contact: Deborah Cates, Food Service Systems Analyst, 804-734-4848 or
debbie.cates@us.army.mil.

Fishing for Fresh Flavors, and Fresh Starts

This is a wonderful time to celebrate the delicious taste of an outstanding fish, Rockfish, also known as striped bass. According to an August 2008 industry newsletter the market for rockfish is steady, demand is weak, and rockfish represents the best value of any whitefish species. Try Rockfish roasted with sautéed tomatoes, artichoke hearts, onion, garlic, and seasoned with rosemary, lemon juice and a bit of salt and pepper. It's just heavenly.

Another great value is found in the abundant supply of the smaller 2 ounce fillets of Flounder. A very nice luncheon would be 2 of these fillets drizzled with a little olive oil, seasoned with lemon-pepper, broiled and served with a vibrant tomato and cucumber salad or German style Cole slaw, cornbread muffins, steamed broccoli, and pimento- flecked Mexican rice on the side. Mmmmmmmmmmm – how can something that tastes so good be so good for you?

Fish – it does a body good at so many levels – starting with the sensory gift as it plays over the tongue, providing a delicate balance of flavors and textures. Or perhaps you also enjoy seafood in a hearty stew, melding flavors with robust vegetables and strong spices. And what about that batter dipped, deep fat fried fish and chips dish served at our favorite eatery? It's all good to savor, but is it good to you?

Good or not – what is it? It turns out that how you prepare it has a lot to do with what it does to you after the sensory impact becomes a gentle burp and a fond memory. Advice: each week, cut out a couple meals of beef and pork, and try some baked, broiled or stewed cold water fish. Not fried. These fish contain unsaturated fatty acids which can lower serum cholesterol (good!) when substituted for the saturated fatty acids such as is contained in meat. Research shows that the main beneficial component appears to be the omega-3 fatty acids in fatty fish. Omega-3 fatty acids have many potential beneficial effects including improving cognitive function, decreasing triglycerides, lowering blood pressure, reducing blood clotting, enhancing immune function, and possibly others. However, the strongest benefit from omega-3 fatty acids is reducing the risk of sudden cardiac death, which appears to be due to decreasing the risk of abnormal heart rhythms. And sooner is better than later for both near term and long term health. Just do it. To savor great flavors, and gain better well being, make those better choices when you can.

There are good fats. Most, but not all, vegetable oils and some fish-based fats are good and provide mono- and poly-unsaturated fatty acids (PUFA) which have a necessary and beneficial role in the human diet, but in specific types, amounts and ratios. The n-3 PUFAs are very good while the n-6 is not so great. Increased fish consumption has been a realistic way to consume more of the beneficial long-chain n-3 PUFAs. These n-3 PUFAs include eicosapentaenoic acid and docosahexaenoic acid. Eating certain fish helps to re-establish a more balanced n-6:n-3 ratio in the overall diets of human beings.

Happily, recent analysis of farmed fish and market trends revealed that trout and Atlantic salmon contained relatively high concentrations of n-3 PUFA, low n-6:n-3 ratios, and favorable saturated fatty acid plus monounsaturated fatty acid to PUFA ratios. Unfortunately, in contrast, tilapia (the fastest growing and most widely farmed fish) and catfish have much lower concentrations of n-3 PUFA, very high ratios of long chain n-6 to long chain n-3 PUFAs, and high saturated fatty acid plus monounsaturated fatty acid to PUFA ratios. (Not good.) Taken together, these data reveal that some of our widely eaten fish have fatty acid characteristics that are considered to be inflammatory (oh no!) by the health care community. And then when the less-good types of fish are battered and fried, wham, up goes the dietary alarm and risk to long term health. Do we care? You betcha. We want you healthy, alert, responsive and capable of quick

recovery when injured or stressed. And more importantly, we want you to be able to enjoy your life when it's time to slip out of the uniform for the last time, equipped with amazing zest for a long and happy run as Mr. or Ms. Good Citizen.

Choose smartly. Once you experience the delicious and healthy choices of well prepared fish, it just might become your very favorite protein.

Bon appétit

Point of Contact: Priscilla Dolloff-Crane 804-734-3071 or priscilla.dolloffcrane@us.army.mil

Expect a shortage and higher prices for Pollock as the 2008 summer seasonal catch has been significantly lower than normal.Unknown environmental factors have created the "worst on record" summer harvest of Pollock from the Bering Sea. So, take a look at your recipes and menus, and begin to consider what alternate fish will work so you can serve your diners an appetizing, healthful, and highly satisfying meal. Work now with your supplier and DSCP to identify well-priced fish fillet, fish steak and processed products such as fish chunks, sticks and fish cakes that need to be added to the catalog promptly to prevent later problems. Ask your Prime Vendor to bring in more options at menu boards and cuttings to open up a full range of options - there are delicious fish chowders, stews and gumbos, and mixed grill options to consider as well as novel uses in hot and cold sandwiches. Surfs Up! Make a splash with your diners

A Well Fed Global Medic: **Introducing the Unitized Group Supplemental (UGS) Concept**

"PLEASE NOTE: The Unitized Group Supplemental (UGS) is still in the developmental stage. A timeline for fielding has not yet been established." Please direct any inquiry to the Army Center of Excellence, Subsistence at (804) 734-3005

In August of 1999 during Exercise Roving Sands at Fort Bliss, Texas, it was the 377th Theater Support Command (USAR) who first fielded the concept of what is now the Unitized Group Ration A Ration Modules (UGR-A). Now the Reserve Component can be pleased again that in June 2008, the 256th Combat Support Hospital fielded the concept of the UGS. It is common practice daily in Army dining facilities that diners choose short order or mainline entrees. This was not the case in field feeding until now. The UGS addresses the need for more variety, choices, and continuous improvement which is a constant theme of the Army Food Program.

It was COL (P) Larry Wyche who impressed me with a late evening handshake and meeting with a well

explained position. COL (P) Wyche who was then returning from Operation Enduring Freedom having served as the Commander, 10th Sustainment Brigade with duty as Commander, Joint Logistics Command, Combined Joint Task Force-76, Bagram Airfield, Afghanistan (Currently, Director for Strategy and Integration, Office of the Deputy Chief of Staff, G-4, Washington, DC) said that the UGR-A was a great ration but still after several cycles of dining on the well developed 7 breakfast and 14 lunch/dinner meals, they did wonder “what else is there to maintain a diner’s interest?” The Army Center of Excellence, Subsistence believes that the UGS is the solution and is evaluating the potential for this new feeding platform. Here’s the background.

Standard	Expeditionary < 6 Months					Temporary < 24 Months	
						Military	LOGCAP
Ration Cycle	M-M-M	U-M-M	U-M-U w/one UGR (A) meal every third day	U-M-U	U-M-U	U-M-U	21 Day CONOPS Menu
Theater Ration Mix	MRE 100%	UGR (H&S) 34%	UGR (H&S) 56%	UGR (H&S) 34%	UGR (H&S) 20%	UGR (H&S) 10%	Force Provider, LOGCAP or Direct Contractor 100%
			MRE 33%	MRE 33%	MRE 20%	MRE 30%	
		MRE 66%	UGR (A) 11%	UGR (A) 33%	UGR (A)+ 60%	UGR (A)+ 60%	
Facilities		MKT, KCLFF, CK, and Unit Tents			MKT, CK, Unit Tents, Force Provider Facilities		Force Provider or Contractor
Deployment Days D+	1-20 days	21-30	31-60	61-90	91-180	181 Days to 24 Months	
Notes: 1. Ration Legend: MRE-M, UGR (H&S) or UGR (A) – U, UGR (A) with Short Order Supplemental Menus – UGR (A) + 2. Units deploying into developed areas may move directly into the temporary standard depending upon their mission and the theater logistical capabilities at that location.							

In the Department of the Army Contingency Operations (CONOPS) Feeding Plan (pictured above) as published by ACES in DA Pam 30-22, the full family of Operational Rations are employed in a time phase increments as supported by the available cooks and equipment. The ultimate objective of the feeding plan leads to what is referred to as “A+” feeding in military environments or LOGCAP where this support can be provided. UGR-A+ is Army Food Program language for dining that eludes to diner choices and a variety of items. In the current theater, UGR-A+ feeding is supported by several line items from Subsistence Prime Vendors. By design, UGR-A+ feeding would be satisfied by the inclusion of UGS modules with the UGR-A. The UGS concept directly addresses what the CONOPS plan calls “short order supplemental items”. At present, in the peacetime training, units that exercise in field operations have been granted the authority to supplement field feeding on a case-by-case basis. The UGS aims to meet all of these requirements along with improving the logistics associated with ordering and use of the concept. ACES will continue to conduct field evaluations to satisfy the objective.



Pictured above, Mr. Mckenzie and SSG Charles Steward of the 3rd Medical Command discuss plans to provide Class I items to include water and ice to the field kitchen.

At Fort Gordon, Georgia, Mr. Arthur McKenzie, who is a contractor with Science Solutions, is employed to train Army Reserve medical foodservice Soldiers how to setup, operate and maintain the Army Medical Field Feeding System. Mr. McKenzie manages 1 of 3 Army Reserve RTS MED sites and manages the RTS MED Subsistence Supply Point which supports all Reserve units training on Fort Gordon. During the week of 7-14 June 2008, ACES staff members, Mr. Rick Byrd, Quality Assurance Specialist for Group Field Feeding and SFC Antwinette Reed, Quality Assurance Division Senior Food Operations NCO, was onsite as the unit implemented use of prototype UGS packages. This allowed Mr. Byrd and SFC Reed the opportunity to assess kitchen operations and survey diner feedback. During the ten-day period, seven prototype dinner and four prototype breakfast items were reviewed. Generally troop acceptance of variety and choice remained high; however some items challenged production operations and may not be accepted in the format provided.



Pictured above, UGS Stromboli and UGR-A Shrimp Scampi is pictured on the serving line. Stromboli, which is much like pizza, was exhausted before the mainline. Mr. Byrd, ACES, and SSG Rennicker of the 256th CSH review the production schedule during UGS planning. .

The foodservice operations were led by MAJ Etta Phillips, Staff Dietitian, and SFC Peake, MOS 68M, Nutrition Care Foodservice Operations NCOIC who accepted the challenge. Mr. Byrd and SFC Reed used Defense Standardization policies and conducted market research to identify and extend marketing opportunities to food companies whose commercial off-the-shelf products is believed would fit the objectives of the UGS. UGS items are primarily of the hot and cold sandwich varieties which include items like pizza (Stromboli), hot

wings, wraps, submarines and hoagies. Breakfast items to provide variety over the usual eggs and meat meal are also considered. ACES hopes to have this program underway by the second quarter of 2009, but more evaluations regarding the UGS and future work on other types of field kitchens and scenarios are necessary.



Pictured above, CW3 Tindle, left, and CW5 Ormsby, right, HQ USAR Food Advisors discuss Class 1 operations with MAJ. Etta Phillips, center. On the final day of the assessment SFC Reed in civilian attire and NCOIC SFC Peake, to her right, captured a farewell memoir with members of the Nutrition Care Staff.

Mr. Rick Byrd is a member of the Army Center of Excellence, Subsistence at Fort Lee, VA at (804) 734-3005. During his 23 years there, he has served as and Training Instructor and Quality Assurance Specialist.

Public Key Infrastructure (PKI) Mandate to Affect Automation

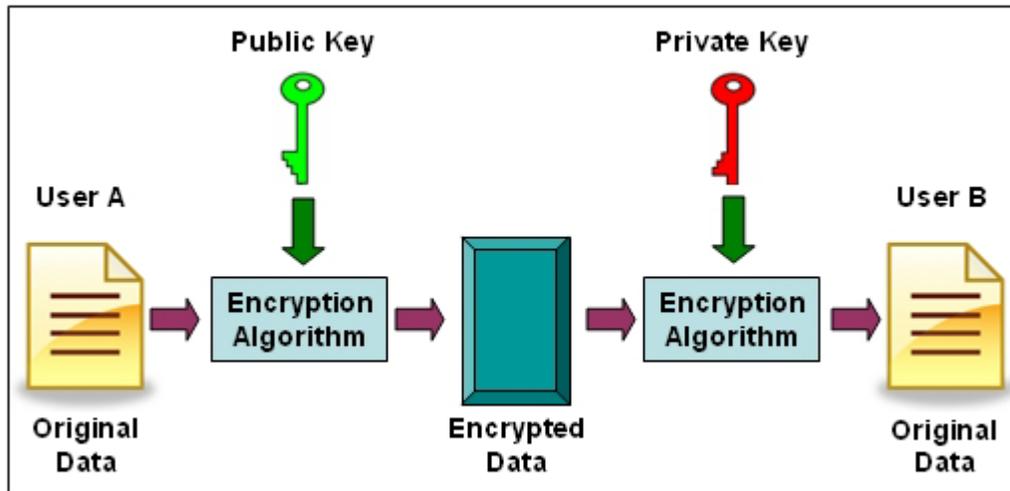
Responding to Department of Defense (DOD) Instruction 8520.2, the Defense Supply Center, Philadelphia (DSCP) will soon enact a non-negotiable mandate for systems with sensitive information to become PK compliant. This means that users must be PK (CAC) enabled in order to access these systems (STORES on the Web, CFMS). This mandate will affect some locations more than others, but all should be made aware and respond appropriately.

What does PK enabled mean? PK enabled means the users must be able to be identified by an automation system using public key cryptography without the use of passwords and log-in names. The following information and figure is taken from the Joint Interoperability Test Command (JITC) website, available at: http://jitc.fhu.disa.mil/pki/terms_and_definitions.html.

"Public key cryptography provides a simple means for creating secure, authenticated messages. In a public key system (also know as asymmetric) two keys are generated for a user. One of these keys is kept private and is hence termed their private key. The other key is widely published and is termed their public key. This technology lends itself to providing the following security services:

- **private communication** - user A wishing to talk privately to user B **encrypts** messages using the public key of B. This message can then only be **decrypted** by B.
- **digital signatures** - user A can digitally **sign** a document by encrypting a unique digest of the message with their private key. The source of this document can then be verified by decrypting the signature with the users

public key and comparing it to the digest of the message (Figure 1).”



Ok, but what does the PK enabled requirement mean to me? Put simply, in order to access PK compliant systems, users must sign on with either a Common Access Card (CAC) or a PK Certificate from an External Certificate Authority (ECA).

What systems are affected? According to DSCP, this will affect the Subsistence Total Ordering and Receipt Execution Systems (STORES) Web, STORES Reconciliation Tool, and the Market Ready Invoice Tool. Common food Management System and CFMS Point of Sale equipment.

What do we need to do? The good news is, for many people, nothing. All government employees and many government contractors already have a CAC. This does not however, automatically mean that there is a PK certificate installed on their CAC. If not, users do not have a PK certificate installed on their CAC, they will be required to obtain a PK certificate from one of the DOD approved ECAs.

Who pays for this requirement? The costs for PK certificates will be borne by the by all using Army organizations, activities and may impact current and future food service contract costs. .

What impacts will this have on hardware and other support structures? PK compliance will increase the supporting hardware infrastructure for CAC readers and other supporting equipment. There may also be implications with commercial/non-government systems communicating with secure government systems. In addition, there may be impacts on contract provisions, as contract personnel need to obtain PK enabled identification. **When will this take place?** The System Implementation deadline is 4 November 2008. At that time, the systems will be updated but access will not be restricted. The Activation Date is still to be determined, but the estimated date is 4 weeks after the 4 November implementation. At that time, systems will require PK enablement for access.

Any other information? DSCP will be working to ensure all affected system users are made aware of the requirements and are provided effective guidance to plan and execute the necessary actions for compliance. DSCP as stated that they will work with users on a case by case basis should there be hindrances to achieving compliance in time to meet the deadlines. In addition, ACES will be available to provide guidance as needed throughout the transition process.

Food Service Contract Management and Contracting Officer Representative Training

The Army Center of Excellence, Subsistence (ACES) continues to provide Food Service Contract Management (FSCM) and Contracting Officer Representative Training (COR) in a comprehensive five day course offered at Ft Lee, Virginia. FSCM/COR training is part of the Warrant Officer Advanced Course (WOAC), the Warrant Officer Basic Course (WOBC) and the Food Service Management Course. FSCM instruction has most recently been added to the curriculum for Food Service BNCOC and ANCOC training. Increasing the outlets for receiving this mission relevant training can only improve the Army Food Program and the overall service to the Soldier. Cooperation to coordinate this training prior to unit rotations is imperative in ensuring Soldiers receive the training needed to complete their mission in the area of responsibility.

In FY 08 training has been provided to over 420 Soldiers, Marines, Airmen, Sailors and Civilians. The following is the class schedule with available seating for FY 09.

Food Service Contract Management Training Schedule

FY 2009 CLASSES			
<u>Course No.</u>	<u>Location</u>	<u>Class Dates</u>	<u>Registration Deadline</u>
FSCM 09-001	Ft. Lee, VA	6 Oct - 10 Oct 2008	1 October, 2008
FSCM 09-006	Ft. Lee, VA	13 Apr - 17 Apr 2009	5 April, 2008
FSCM 09-009	Ft. Lee, VA	10 Aug - 14 Aug 2009	3 August 2009
Additional seats may be available on a limited basis. Please contact 804-734-4842 for more information.			

Additional dates will be added as the FY 09 schedule is finalized and will be posted to the ACES website at www.quartermaster.army.mil/aces. Any questions regarding this training can be addressed by contacting the Concepts, Systems, Policies Division (CSPD) of ACES at (804) 734-4842/ 4848/ 4832 or DSN 687-4842/ 4848/ 4832.



THANKSGIVING MENU

Crab Salad on Thin-sliced Baguettes

Roast Turkey

Baked Ham with Raisin Sauce

Cornbread Dressing

Savory Bread Dressing

Giblet Gravy

Cranberry Sauce

Mashed Potatoes

Baked Sweet Potatoes

Herbed Baby Carrots

Seasoned Green Beans

Pimento Corn

Calico Salad

Garden Vegetable Salad

Assorted Salad Dressings

Assorted Whole Grain Rolls & Spreads

Cornucopia of Fresh Fruits

Pumpkin Pie with Whipped Cream

Apple Pie

Rice Pudding

Mixed Nuts

Hard Candy

Milk

Tea

Coffee

Cranberry-Fruit Cocktail

Thanksgiving Turkey Safety

Provided by Mike Damico

What is the best way to check for doneness?

Temperature should be your guide to doneness. To assure that the turkey has reached a safe temperature, always use a meat thermometer when you roast turkey.

What's the best way to thaw a frozen turkey?

The easiest and safest way to thaw a turkey is to place the wrapped bird in a roasting pan in the walk-in refrigerator. Plan about 24 hours for each 5 pounds of the bird's weight. Remember not to count the day you will be roasting it. *Turkey should never be thawed at room temperature.*

Can I roast a turkey overnight in an oven set at a low temperature?

No. Roasting a turkey at a temperature below 325° F allows harmful bacteria to multiply. These are the bacteria that can cause food poisoning and may be present on the raw turkey. Fortunately, they are easily destroyed with proper cooking techniques. Roasting the turkey at 325° F kills the bacteria yet produces meat that is moist and tender. Please remember TM 10-412 does not have a single recipe that calls for an oven temperature of 550° F. I've seen many ovens set at 550° F in our dining facilities. That's always a dead give away and an indication of the competence of the shift supervision and planning.

How long can I keep leftover turkey and gravy?

FOS/ Shift Leaders -TB MED 530 has the answer, cover this topic at your next cooks meeting. Take the time to look it up for your team.

Food Operations Sergeants /Dining Facility Managers: The proper use and care of thermometers should be stressed as part of your OJT Program. For larger meat cuts, such as roast, insert the thermometer before roasting or grilling begins. Insert it at least two inches into the center of the largest muscle or thickest portion of the uncooked meat. The thermometer should not touch any fat or bone or the pan.

Tasty Holiday Accents

Provided by Mike Damico

Easy and quick garnish for the holidays using potato slices.

Potato Cutouts: Thinly slice a white potato. Cut several potato slices into shapes using small holiday cookie or hors d'oeuvre cutters. In a small skillet or saucepan cook slices in a small amount of oil until golden brown and crisp. Use the potato cutouts as a garnish for vegetable side dishes or cream soups.



Herb-Topped Rolls: To decorate the commercial brown-and-serve dinner rolls or your excellent in-house prepared dinner rolls, brush the unbaked rolls with a mixture of 1 egg white beaten with a tablespoon of water. While the mixture is still moist, place a small sprig of fresh Italian parsley or other small herb leaves on the rolls. Brush again with the egg-white mixture before baking. This quick garnish is too easy!



Food Operations Sergeants Dining Facility Managers: These quick and easy garnishes can make the difference between a good meal and a great meal. This business is all about standards! The *demonstrated* standards set by the FOS /DFM are the standards that your cooks will meet.

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

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

Archived issues of *Army Food Net* can also be found on the website.