

# JCCoE Food Net



## JCCoE Mission

JCCoE is one of five Quartermaster school training departments. JCCoE is responsible for the training of Food Service Warriors and performs executive agent functions for the Army G4. 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;

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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.



## Message from the JCCoE Director

Greetings Food Service Warriors and welcome to the April 2011 issue of the Army FoodNet. We hope that each and every one of you find some interesting and helpful information in this edition. Additionally I hope that you had an opportunity to witness the talents of our World-Class Food Service Professionals during our 36<sup>th</sup> Annual Culinary Arts Competition at Fort Lee, from 26 February – 11 March 2011. Congratulations to all participants, you are all winners!

Each of you play a vital role as members of the Army Food Service Team. You provide the Combatant Commanders a valuable resource on the battlefield. Your significant contributions continue to be realized throughout our Army. Thank you for what you do for our Warriors! HOOAH!

## Message from the Director of Operations

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

This Fiscal Year is moving by fast, we have almost completed the 2<sup>nd</sup> Quarter already! But our Army Food Program is moving even faster as we look at improving operations across the full spectrum of support. Sustainment is always at the forefront of our daily mission - Feeding Soldiers; however, the environment is in constant flux and our Soldiers continue to meet these challenges – head on!

There are some great changes working like the Soldier Fueling Initiative for Initial Military Training and the DoD Nutritional Standards recently approved that guide our program; couple that with a reduction in our food service military occupational specialty 92Gs and a Lean Six-Sigma project looking to reduce costs for dining facility operations, business as usual is a thing of the past. All these initiatives have the same common goal and that is to do things better while improving and reducing operational costs, and this is a good thing. We need to take a hard look at how we are operating and ensure we are doing what is in the best interest of the Soldier, the Army Food Program and the taxpayers that provide us with our funding.

We all hear it every day, do more with less, and we always wonder how? We need to take a hard look at our operations and ensure if it was our money being spent, we would do it the same way. Things like our menus and catalog, are they in line with best business practices? Can we make it from scratch saving funds? What about our food service contracts? We pay them to prepare from scratch and serve, are they doing that or are they using pre-prepared products, thus saving labor costs. Are the food service contracts up to date in support required to sustain our dining facility requirements? In other words, is there something we are paying for that we no longer do in support of our mission? What about dining facility location? Do we have two or more dining facilities located within walking distance operating at less than 65% utilization? If so, why not close one and consolidate operations, reducing costs and ensuring efficient operational posture. Are all the Food Service 92Gs working in the dining facility? When they return from AOR are they getting back into the dining facility within 90 days? This reduces cost of full food service contracts and ensures our food service personnel have a place so they can hone their food service skills.

We can no longer continue to do business as usual and change can only be as good as the effort we put into it. So I'm asking everyone to take that hard look at our operations and ensure we are doing all we can to ensure effective and efficient food service operations. Please, take a hard look at your operations and pass on your good ideas so we can all benefit from these great ideas and improvements.

Thank you for what you do every day in supporting our Soldiers!  
Army Strong!



## Message from the Director of Joint Culinary Training

### Training Update at the Quartermaster School

By

Mr. Raymond Beu, Director of Joint Culinary Training

The Joint Culinary Training Directorate's (JCTD) major construction project is complete! The US Army Corps of Engineers conducted a final acceptance inspection on 13 Dec 10, and the building was accepted/signed for by the US Army on 15 Dec 10. The USN and USAF staff and instructors have transitioned to Fort Lee, and entry level food service training for all Services is ongoing. The Quartermaster School and the Joint Culinary Center of Excellence (JCCoE) conducted a ribbon cutting ceremony on 4 March 2011 to commemorate the establishment of the JCCoE, completion of construction project, and inclusion of the US Navy and Air Force entry level food service training to Fort Lee, VA. This is a historical event, and the beginning of a joint venture in providing quality and relevant food service training for all Services which ultimately impacts the entire Department of Defense force structure.

As we continue to build upon our new partnership with the US Navy and Air Force, the 92G10 Advanced Individual Training Course is under full revision to incorporate lessons learned, field input and Services input/requirements to include training on the Assault Kitchen (AK) and Multi-Temperature Refrigerated Container System (MTRCS). We are also restructuring the Food Service Management Course to ensure currency, relevancy, and that all course materials and instruction are value-added with a future-oriented focus incorporating new concepts, technologies, and best business practices. All of these actions will ensure that we prepare current and future food service professionals for success.



## Message from the Army Food Advisor



By  
CW4 Georgene Davis

### **Are you still Relevant and Valid?**

#### **Unique Perspective**

As the Army Food Advisor I have experienced unique opportunities as I attend professional conferences, policy, and resource orientated briefings. In my travels I have spoken to diverse audiences comprised of Service Personnel, critical defense contractors, research scientists (who design our equipment and rations), Non Commissioned Officers and Service Members who serve in combat zones throughout the world. I am justifiably proud and amazed at the energy, zeal, and enthusiasm I observed from all food service professionals performing worldwide food service missions. I would like to take this opportunity to personally thank all of you. Your hard work makes a difference to those we care for and support.

#### **Food Service Vignette**

I would like to take this opportunity to share with you a conversation I had with a Food Service Team in Kuwait during my last visit. They took the time to proudly introduce me to the entire team of food service professionals. The team was busy working to ensure a world class dining experience was prepared and ready for an appreciative dining facility full of happy and excited deployed Service Personnel and defense contractor team members. While deployed it is not just the Army personnel whom we serve; it is the JIIM team: the inter-service (Joint) members, the intergovernmental members, and the service personnel from many of the services and nations who serve right alongside of us in the fight. I would be remiss if I did not mention the critical defense contractors who without their daily selfless service we would incur more rapid turnaround in ARFORGEN deployment cycles.

#### **Food Service and a Historical Perspective**

Please allow me to share with you a historical observation which will culminate in my observations as it relates to standing in a Dining Facility in Kuwait. I would like to note that we as a nation and as Service have arrived at a truly wonderful point in our evolutionary development. It was clear to me as I saw happy and supportive diners enjoying a world class food service prepared meal while deployed far from home and away from family and friends; and yet they were amongst family, they were with their Army family. A richly diverse and wonderfully valued family, made up of brothers and sisters, and aunts and cousins from many cultures, religions, and rich and unique orientations. They were not related by blood, but by the rich culture of the Army family. Perhaps, there is no greater bonding activity than to be deployed in harms way, and be able to share the time honored task of "breaking and sharing bread" with your table mates.

This dining facility had every seat filled with a rich diverse culture of exuberant deployed personnel. I looked out over the diners and I was awe struck by a noticeably diverse team we now feed! You see, I have nearly 25 years of service to our nation and I have seen many amazing changes which has served to ensure that the Defense Department Team, comprising of many cultures are made up of members not only from the 50 states and 4 territories, but many other nations and governmental agencies contributing to the fight as much as the rest of us.

## Message from the Army Food Advisor

The programs instituted by the Department of Defense were adapted by governmental agencies and other Services world-wide served to guarantee the opulence of service for many ethnic, religious, cultural, gender, and all of those important qualities which make each human being so valuable and precious to their families and communities. These programs have translated into the successful and immense organizations of the Armed Forces. Historically, there were tensions and concerns amongst groups of different backgrounds. Non-acceptance of people and classes of people detracted from the ability to enable an individual who sought to volunteer and to serve from, "being all that they could be". However, astute and prudent leadership in the Services and in our Nation realized that this was an important issue which needed to be attended to and directed the study, research and building of programs to educate and explain to a fundamentally young force made up of men and women who come from an age group primarily in the 18-24 year old category.

There are those who would label the majority of our contemporary Service Members as Generation X and Y. I prefer to call them the most precious resource of this great nation. They are the sons and daughters of this country who had the courage for their own personal, professional, and scholastic reasons to volunteer and join the Service. They joined at a time when it was clear that they would be trained aggressively and be placed in harm's way. They were often deployed to lands which were far from their homes and far from their family and friends. They quickly learned that other Service Members came from diverse cultures and persuasions. They adapted to the adage of "there is no I in team", hence it was important to ensure that these young men and women were trained to appreciate and albeit accept the richness and differences in others. Twenty-Five years ago, fifty years ago, things were different. I am proud to share this experience with you today.

### Urgent Food Service Mission

The Kuwait Dining Facility NCOIC summed it up best when he said, "we feel like we must feed our patrons the best quality meal available in the best atmosphere we can create at all times". "The reality of our feeding process is each meal they consume could ultimately be their last." "The environment they inhabit in a dangerous one." "Consuming a subsequent meal is never guaranteed." I felt chills run through me as I froze and thought of what he said. I re-scanned the DFAC and asked myself, which one of these happy young men and women will die on their mission today, and which ones will be hurt so grievously that they will not be able to eat or digest their food as you and I do, for the rest of their lives? I wanted to share with you, my readers, and this notion as I could not think of a better reason as to why we serve our patrons as well as we do. We do it because it truly could be their last meal.

### Mentorship or is it Assistanceship?

As I stated earlier in this article, I have had the unique opportunity to speak to many young Service Members. Most notably are the young warrant officers I visit via Warrant Officer Education System courses at Fort Lee and throughout the world in my travels. One general theme of concern shared with me is mentorship. There are many great mentorship programs which you have shared with me. Some of the programs are embedded in Warrant Officer Association meetings and luncheons. Many programs are spearheaded by Senior Warrant Officers to assist in answering the many questions you may have in your career and education choice. However, there are those of you who are not conveniently located with large populations of Quartermaster Warrants and have sought guidance from me. I would like to take this opportunity to share a few thoughts. Firstly, throughout my career I have sought and received guidance from many Soldiers and Civilians and still do! I never restrict my support team to only QM warrants. As a matter of fact I ensure that I have a Senior GS, a Senior NCO, a Senior Officer, and a Senior Warrant Officer at a bare bones minimum who I feel comfortable with addressing the unique challenges which confront me in the task of my professional duties. Yes, you heard right. I involve the whole team. And do not restrict myself to only Quartermaster Soldiers. Perhaps that may assist and guide many of you to expand your search patterns for the team to assist you in your mentorship needs. You will note that I used the term 'assistanceship'? You would be surprised how many Soldiers today feel that the term mentorship bears poor connotations. And yet, what are we really addressing? We are basically saying I may need some assistance. Or because what we do in the Army and certainly as it relates to assistance is always two-way...how may I assist you? Perhaps if you simply look upon the activity and the function as assisting another person or asking for help with regard to a career, or professional concern that would be more palatable to you and the members of your team.

## Message from the Army Food Advisor

### Assistance is Relevant.

I need assistance and you need assistance. Mentoring is a two way street and is not simply a senior person looking for someone junior to assist. Firstly, a senior person is not a mind reader and honestly is extremely busy, so if you find that you could use some assistance then your first action should be to professionally set up a convenient time and location for both of you to meet and cite whatever concern you have. Solicit a convenient time to chat and ask the senior person for help and guidance. Remember the mentor you seek was in the same shoes not too long ago; and frankly, someone probably offered guidance to them too! The only dumb question is the one never asked. There are no dumb questions. So ask for guidance. If you don't ask, you will stumble along your career path and make mistakes other potentially uninformed people have made as well. That's no fun, and frankly, we are trained to use all of our supporting functions to build the successful operation, are we not? I humbly suggest you seek your entire professional career supporting functions to assist you in the operation of your career path. Could it be outside the realm of professional career orientated guidance? Of course! What if you are having interpersonal concerns at your work site, in your family or personal environment which you are concerned about and may impact your work? We are Soldiers, and we are basically "on the clock" 24/7, so anything that is affecting you in those 24 hours may carry over into your work. We are all human and so is your senior mentor advisor. You would be surprised as to how many very similar concerns they have had to deal with in their careers as well; so what you are dealing with is certainly not new. Try talking about it to your support team of assistants and seek guidance and viable courses of action.

### AFA Message

The message I'd like to leave you with is this. We are the Army Family and the Army team. We come from many different and unique cultures and qualifications of diversity and orientations. Yet, that only adds to the richness of our family. Does it not? Please think about the vignette I shared with you in the Kuwait DFAC. Never forget those we serve. Our young women and men may be eating their last meal with us; let's make it a dining experience and the best meal possible.



## Culinary Arts Competition

By  
CW4 Campbell

The 36<sup>th</sup> Annual Culinary Arts Competition at Fort Lee was held 26 FEB to 11 MAR and is the largest American Culinary Federation (ACF) sanctioned culinary competition in the United States which showcases the talents of military chefs from around the globe in all branches of the U.S. Armed Forces. This year's competition was full of excitement that included live competitions and displays to include public viewing of daily events such as the Armed Forces Junior Chef of the Year, Ice Carvings, Student Skills, Live Cooking, Chef Demonstrations and the Field Team event, Enlisted Aide of the Year, and Armed Forces Chef of the Year. For the first time many of the events were broadcasted via the internet using our Facebook site: [www.facebook.com/army.culinary](http://www.facebook.com/army.culinary). The results of this year's competition were extremely close, which displays how competitive this year's competition was for everyone.

Competition statistics: Number of teams – 26; Number of competitors – 251; Number of competitive entries – 788; Number of Medals awarded to competitors – 547; Gold – 122; Silver – 217; and Bronze – 208.

The competition culminated with an awards ceremony held on 11 March 2011 at the Fort Lee Post Theater where competitors were recognized for their individual and team achievements. Winners of the major category events are:

- Best Exhibit in Show – Category A, SPC Sarah Deckert – Pentagon - 38
- Best Exhibit in Show – Category B, PV2 Chelsea Karr – USAREUR – 36.5
- Best Exhibit in Show – Category C, PFC Martha Cobble – Fort Riley - 38
- Best Exhibit in Show – Category D, SPC Samantha Gaytan – Fort Carson - 39.5
- Best team Buffet Table – Category E, Pentagon – 34.178
- Most Artistic Exhibit in Show, SSG Orlando Serna – Pentagon
- Judges Special Award (Cold Food Table) - Fort Hood
- Best in Class – Contemporary Cooking (Category K), CSC Derrick Davenport – Pentagon – 36.75
- Best in Class – Contemporary Pastry (Category P), SPC Thomas Richberg – Hawaii – 36.5
- Nutritional Hot Food Challenge Champions, SSG Orlando Serna, SPC Sarah Deckert - Pentagon – 37.3
- Baron H. Galand Culinary Knowledge Exam (1<sup>st</sup> Place) - Fort Bragg
- Best Ice Carving In Show – Category H, CW3 Jeffery Lein, MSG Travis Jones - Fort Bragg – 36.75
- Senior Chef of the Year – Category F1, SGT Billy Daugette – Pentagon – 35.6625
- Junior Chef of the Year – Category SK, Senior Airman Ghil Medina – JBLE - 39
- Army Enlisted Aide of the Year – SFC Steven Broome
- Best Decorated Table – Field Competition, Fort Riley
- Field Cooking Competition – Category WF (1<sup>st</sup> Place), Coast Guard – 38.3546
- Field Cooking Competition – Category WF (2nd Place), Pentagon – 37.599
- Field Cooking Competition – Category WF (3rd Place), Fort Carson – 36.536
- Student team Skill Competition – Category ST, Coast Guard – 39.5256
- Installation of the Year (1<sup>st</sup> Place), Pentagon – 35.3003
- Installation of the Year (2<sup>nd</sup> Place), Fort Bragg – 34.2443
- Installation of the Year (3<sup>rd</sup> Place), Coast Guard – 34.238

Congratulations to all the competitors, their Commands, and their branch of service that were all represented for a job well done. We look forward to seeing everyone return and hopefully some new competitors and teams for next year's competition



## The Garrison Food Service Uniform

By

CW4 Georgene F. Davis, "The Army Food Advisor"

### History and the Need for Change

The Army has listened intensely to the comments made by you, the Food Service Professionals in the Operational and Generating Force concerning the need of a new Garrison food service uniform. The purpose of this article is to inform everyone in the field of where this proposal currently stands and to ensure that all are clear in the vision and way ahead for this exciting initiative.

### Change is Evolutionary.

Change is often laborious and tedious when we are discussing sweeping changes with regard to a Garrison uniform for a career field such as Food Service. However, these changes and modifications are required for several practical reasons. First and foremost we need to ensure that we are designing safety considerations into contemporary designs and fabrics. The Food Service professional has evolved over time into a very prestigious and sought after field both by new potential recruits and by those either reenlisting to stay in the field or reenlisting to move into the Food Service orientated field. That has not always necessarily been the case, as the duties and tasks associated with food service preparation typically involves long arduous hours preparing food for our patrons long before they ever lift their head from their pillows! In garrison operations the food service mission is impressively orientated with regard to the health, welfare and morale of our DFAC patrons. They have come to rely upon us for well balanced and nutritious meals served in a world class setting with inviting dining atmosphere. The meal is available to patrons at a low cost and yet highly competitive with premier local private sector eating establishments. So, does it not make sense to "dress for success" to ensure our world class food service personnel wear clothing which are safe and comfortable to wear for those long hours of work they will put in to ensure world class food is prepared for our patrons dining pleasure?

### Partnership Efforts and Field Input.

The Quartermaster School and the subject matter experts of the Material Systems Directorate (MSD) CASCOM have partnered to work the acquisition efforts through Soldier as a System (SAAS) by initiating a Capability Development Document. For you the interested reader that simply means that to begin the process we have to determine the need and how the mission will be enhanced by a change of Uniform. I would like to personally thank the food service professionals in the field for all the hard work and effort we have received from all who participated. You have answered our surveys, modeled, and tried on uniform suggestions for us to ensure we always have the field's input and recommendations which drive the optimal solution set!

### NCO Critical Input.

The most important and relevant input for uniform changes was ably provided by our NCOs. Spot on comments were provided to us from NCOs engaged in activities in Garrison Operations to ensure we got it right! The input was provided by formal surveys and by frank and honest discussions which we received from NCOs involved in NCOES formal schooling at our world class academies. We received candid input while the JCCoE team traveled and met the Soldier and NCO teams' in their food service places of duty through such venues as the Philip A. Connelly Competition, the Culinary Competition, and while engaged in inspections, conferences and sundry professional meetings. It is important to note, as in all things we do and focus on, that this is a total force project and input was welcomed and received from the total force: Active duty, National Guard, and Army Reserves. The NCO and Soldier input were critical to us getting it right and we owe them a sincere debt of gratitude!

### So Why Change?

The current uniform is the medical service white uniform which was adopted for wear for food service personnel in 1970. The current footwear authorized is either low quarters or combat boots. So what? If it worked for this long why not stay with a proven uniform? I have outlined a few of our basic goals and the compelling reason we needed to change to a safer and more contemporary uniform: we need to institute a modern Food Service uniform that supports Soldier safety, cost, comfort, durability, and productivity; sponsor Army Food Service transformation; provide a modern professional uniform and promote food service MOS; and meet Joint services requirements as the Air Force and the Navy have adopted a new food service uniform available through GSA for wear in garrison.

If approved who will receive the Uniform?

This uniform change is focused on the Garrison Feeding environment and the Soldiers who will serve in that environment. Hence, the overall new uniform concept is focused on providing the Army Food Service Soldier (92Gs) with a modern garrison uniform.

Where are we now?

Based on the results of the PEO Analysis and projected PEO funding the Uniform Study in FY 2011 we may see this garrison uniform formally move to the Army G4 and IMCOM leadership for review and decision in fiscal year(s) 2011/2012.



### Modification of the Army Garrison Food Service Uniform



**Pants Wear Requirements:** Black Pants (Same style as current white pants) cotton-polyester blend, stain resistant, with belt loops, two side pockets and two insert back pockets. Button or hook and eye closure with zipper.



Male Pants



Side View Pants



Female Pants

**Use black pants**

- All Soldiers wear black pants
- Belt buckle: ACU
- Headgear: Appropriate Beret

**Warrior Logisticians**



### Modification of the Army Garrison Food Service Uniform



**Smock Wear Requirements:** Smocks GSA item (Currently used by other services)

Top button optional open or closed

U.S. Flag (4"x2')

Brass rank worn center 1" Above Name tag

Bottom edge of nameplate worn parallel To top edge of 2d button



Optional: Thermometer Pocket Unit Patch

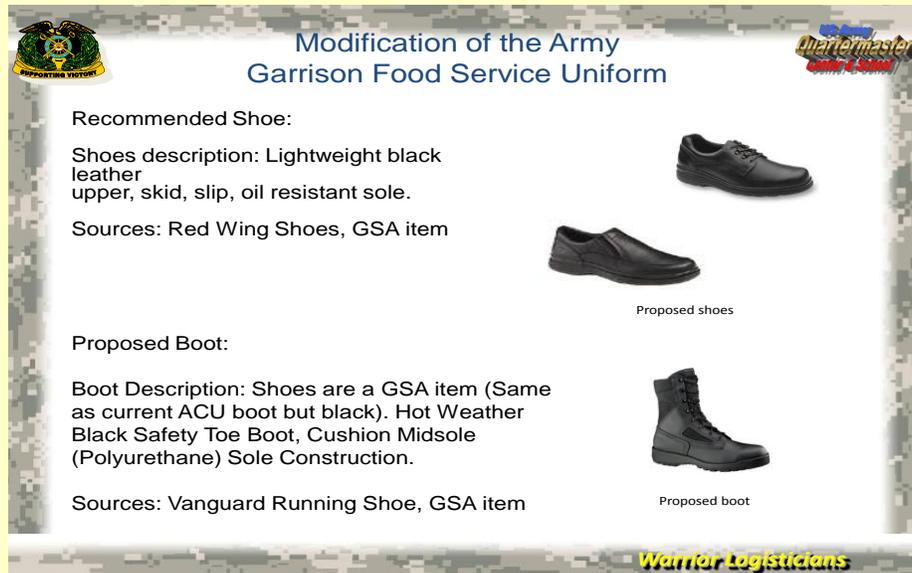
Optional: Left breast pocket

Foldable sleeve cuff

Smock worn outside of pants  
**White top notes:**

- White
- Use Velcro or embroidered US Flag, Unit patches on right and left sleeve
- Use name tags, rank insignia, brass

**Warrior Logisticians**



**Modification of the Army Garrison Food Service Uniform**

**Recommended Shoe:**

Shoes description: Lightweight black leather upper, skid, slip, oil resistant sole.

Sources: Red Wing Shoes, GSA item



**Proposed Boot:**

Boot Description: Shoes are a GSA item (Same as current ACU boot but black). Hot Weather Black Safety Toe Boot, Cushion Midsole (Polyurethane) Sole Construction.

Sources: Vanguard Running Shoe, GSA item



**Warrior Logisticians**

### What changes may we expect?

Briefly I have outlined the uniform we are requesting for the new Garrison Food Service Uniform. We have very detailed specifications and pictures of the complete ensemble and if you request this information from the article author it will be provided. The Uniform collection will entail: white long sleeve double breasted smock with mandarin collar and French cuffs with chalk or snap buttons; black pants with belt loop or elastic waist band; shoes black oxford laced or slip on; Boot -Hot Weather Black Safety Toe Boot or Vanguard Running Shoe.

### Method of Issue

Conceptually we are addressing the method of issue based on wear out dates and initial issue of new enlistees to the Food Service arena. There are a great deal of discussions with the professionals of Defense Logistics Agency and the General Services Administration with regard to proposals for issue and method of issue with an interest in shortening the normal lengthy design and development process based on research and efforts performed by our Sister Services. We also have super support and energetic discussions ongoing with the professionals in PEO, Soldier Product Manager- Soldier Clothing and Individual Equipment who are our Subject matter experts on actions of this nature. So we are confident that with the right funding and support; and with the total team working very hard on this effort that we will be able to report soon of a formal method of issue once approval is granted to move ahead on this field initiated request.

### Way ahead.

The Team I have outlined a large amount of information to you in this article and we continue to have a great deal of work ahead of us with regard to Research Test Design and Development, type classification, Needs Analysis, and a number of other steps required in the acquisition and procurement process. My advice is to stay abreast and remain supportive while the professionals work industriously to answer your concerns from the field concerning the Garrison Uniform change.

### Stay Tuned

This is a proposed Garrison food service uniform for use in garrison feeding operations. There are a number of important and critical steps in the process to complete before we may be in a position to state the specific issue dates, methods of issue, and most of all that we are asking for will be approved. We are hopeful and working very hard to achieve what you have asked us to champion for the food service team. This article was intended to inform you on the nature of our interest and work associated with a Garrison Field Feeding Uniform modification and to ask you to continue to support us with your supportive comments and suggestions with regard to this effort and any observations which you may have to improve the food service experience for our world class patrons. We will have this information available to you at the Quartermaster Annual Consortium and the entire Food Service team at Fort Lee stands ready to answer your questions. As always we thank you for your interest in ensuring we are always evolving as a world class Food Service provider to our most valued patrons!

## **SUPPORTING WARRIORS**

BY

**MS. CARA VARTULI-DUSABLON, CHIEF, CONCEPTS, SYSTEMS, AND POLICY DIVISION  
JOINT CULINARY CENTER OF EXCELLENCE, OPERATIONS DIRECTORATE**

TO ALL FOOD SERVICE PROFESSIONALS SERVING OUR NATION- WE ARE HERE TO PROVIDE YOU WITH **WORLD CLASS SERVICE**. THE PURPOSE OF THIS ARTICLE IS TO INTRODUCE **CONCEPTS, SYSTEMS AND POLICY DIVISION** PERSONNEL AND TO INVITE YOU TO TAKE ADVANTAGE OF THE ASSETS WE OFFER. THERE ARE A TOTAL OF SEVEN PERSONS ASSIGNED TO **CSPD** WITH VARIOUS LEVELS OF DUTIES AND RESPONSIBILITIES AIMED AT IMPROVING THE **ARMY FOOD PROGRAM**.



AS THE DIVISION CHIEF OF **CSPD** IT IS AN HONOR TO INTRODUCE YOU TO OUR TEAM. WE HAVE ONLY SCRATCHED THE SURFACE OF THE AREAS WE ASSIST IN ON A DAILY BASIS. WE PRIDE OURSELVES IN PROVIDING THE BEST SUPPORT POSSIBLE TO YOU THE **ARMY FOOD SERVICE PROFESSIONAL**. PLEASE CALL UPON US TO ASSIST YOU WITH ANY **FOOD SERVICE ISSUE**. WE WILL WORK WITH THE REST OF OUR **JCCoE** FAMILY TO ENSURE YOU RECEIVE THE MOST ACCURATE UP TO DATE INFORMATION AVAILABLE.



**MR JOSE A. MILLAN** IS A **FOOD SERVICE SYSTEMS ANALYST** WITHIN **JCCoE, CONCEPTS, SYSTEMS AND POLICY DIVISION**. HE SERVES AS THE ACTION OFFICER FOR THE **FOOD SERVICE CONTRACT MANAGEMENT COURSE, PWS PROTOTYPE AND SUBSISTENCE PRIME VENDOR PROGRAM** ISSUES. HE HAS ASSISTED WITH THE DEVELOPMENT AND WRITING OF THE **ARMY FOOD SERVICE POLICY/PROCEDURES AND FIELD DOCTRINE**.



MS. L'TANYA Y. WILLIAMS IS A FOOD SERVICE SYSTEMS ANALYST WITHIN JCCoE, CONCEPTS, SYSTEMS AND POLICY DIVISION. HER DAILY RESPONSIBILITIES INCLUDE, BUT ARE NOT LIMITED TO, PLANNING, REVIEWING, RESEARCHING, COORDINATING, AND IMPLEMENTATION OF ARMY POLICY AND PROCEDURES TO ACHIEVE AN EFFICIENT AND EFFECTIVE ARMY FOOD PROGRAM.



MR. STEPHEN J. PRIMEAU IS A FOOD SERVICE SYSTEM ANALYST WITHIN CONCEPTS, SYSTEMS AND POLICY DIVISION. HE SERVES AS THE LEAD ACTION OFFICER FOR AUTOMATION (AFMIS & CFMS) AND ACTIVELY ENGAGES IN SUBSISTENCE PRIME VENDOR PROGRAM RELATED ISSUES. ADDITIONALLY, HE HAS ASSISTED WITH THE DEVELOPMENT AND WRITING OF THE ARMY FOOD SERVICE POLICY/PROCEDURES AND FIELD DOCTRINE.



MR TOMMY HILL IS A FOOD SERVICE SYSTEMS ANALYST WITHIN JCCoE, CONCEPTS, SYSTEMS & POLICY DIVISION. HIS RESPONSIBILITIES INCLUDE RESEARCHING, ANALYZING, AND INTERPRETING FOOD PROGRAM POLICY AND CUSTOMER INQUIRIES TO PROVIDE APPROPRIATE ADVICE AND ASSISTANCE. HE IS ALSO PARTICIPATES IN COLLECTING DATA FROM THE FIELD IN PREPARATION FOR FUTURE REVISIONS TO AR 30-22 AND DA PAM 30-22.



MR. FRANK MOTTIN IS A FOOD SERVICE SYSTEMS ANALYST WITHIN JCCoE, CONCEPTS, SYSTEMS AND POLICY DIVISION. PROVIDING UPDATED INFORMATION ON ARMY FOOD CONCEPTS, POLICIES, UP-DATES AND SYSTEMS SUPPORTING THE ARMY FOOD PROGRAM. MR. MOTTIN PROVIDES THIS INFORMATION TO A WORLDWIDE AUDIENCE OF FOOD SERVICE PROFESSIONALS BOTH WORKING IN A GARRISON AND A FIELD ENVIRONMENT. HE IS ALSO A MEMBER OF THE NEWLY FORMED JOINT RECIPE COMMITTEE RESPONSIBLE TO STREAMLINE ALL SERVICES RECIPES TO SUPPORT THE COMMON FOOD MANAGEMENT SYSTEM (CFMS). HE IS AN ACTION OFFICER FOR 2011 WORLDWIDE CUSTOMER CONFERENCE.



MR HOSEY IS A FOOD SERVICE SYSTEM ANALYST WITHIN CONCEPTS, SYSTEMS AND POLICY DIVISION. RESPONSIBILITIES INCLUDE BUT NOT LIMITED TO MANAGING ALL JCCoE BUDGET EXPENDITURES, ACTION OFFICER FOR THE ARMY FOOD POLICY ADVISORY BOARD, EDITOR OF THE ARMY FOOD NET, SERVES AS THE MARKETING OFFICER RESPONSIBLE FOR ALL OUTSIDE MEDIA REQUEST FOR INFORMATION. HE IS THE LEAD ACTION OFFICER FOR 2011 WORLDWIDE CUSTOMER CONFERENCE.

## PROVIDING MAD SUPPORT

BY

CW4 ELLEN M. MAGRAS, CHIEF, MANAGEMENT ASSISTANCE DIVISION (MAD)  
JOINT CULINARY CENTER OF EXCELLENCE (JCCoE), OPERATIONS DIRECTORATE

THE MAD WANTS TO TAKE THIS OPPORTUNITY TO INTRODUCE YOU TO A TEAM OF FOOD SERVICE PROFESSIONALS, KNOWN AS THE FOOD MANAGEMENT ASSISTANCE TEAM (FMAT) THAT TRAVEL THOUSANDS OF MILES ANNUALLY TO PROVIDE SOUND ASSISTANCE AND TRAINING TO THE FOOD SERVICE COMMUNITY WORLDWIDE. ALTHOUGH YOU MAY HAVE HEARD OF THE FMAT; IT IS BEST TO GIVE YOU AN UP-CLOSE AND PERSONAL LOOK AT WHO THE TEAM MEMBERS ARE AND WHAT THEY DO. THERE ARE SIX POSITIONS ASSIGNED TO THE MAD COMPRISED OF A WARRANT OFFICER, TWO SERGEANTS MAJORS, A MASTER SERGEANT, AND TWO DEPARTMENT OF THE ARMY CIVILIANS (DAC) - ALL FOCUSED ON EXCELLENCE AND DEDICATED TO IMPROVING THE ARMY FOOD PROGRAM.



CW4 ELLEN M. MAGRAS IS THE DIVISION CHIEF WHOSE PROFICIENCY AND OVER 25 YEARS OF FOOD SERVICE EXPERIENCE, PROVIDES ADDED-VALUE TO THE MISSION. IN HER POSITION, SHE IS ABLE TO PROVIDE MENTORSHIP, TRAINING, AND COACHING TO THE COMMAND FOOD ADVISORS AND OTHER ADVISORY SUPPORT PERSONNEL. SHE PROVIDES COMMANDERS AND FOOD PROGRAM MANAGERS TECHNICAL ASSISTANCE AND ON-SITE TRAINING TO IMPROVE FOOD SERVICE OPERATIONS AND THE OVERALL INSTALLATION FOOD PROGRAM. SHE ALSO PROVIDES THE JCCoE AND OPERATIONS DIRECTORATE WITH QUALITY FEEDBACK AND CONCERNS FROM THE FIELD WHICH ARE ADDRESSED AND ANSWERED AS A TEAM. THIS INFORMATION MAY EVENTUALLY BE ADDED INTO POLICY AND UPDATED REGULATIONS. IN THE END, THE INFORMATION RECORDED ON MAD MISSIONS, ARE FORWARDED TO THE ARMY G4.



MR. RAYMOND ARNOLD, DAC, IS A FOOD SERVICE SYSTEMS ANALYST AND RETIRED SERGEANT MAJOR. HE HAS BEEN INVOLVED WITH THE ARMY FOOD PROGRAM FOR 33 YEARS. HE SERVES AS A TEAM CHIEF/LEAD ANALYST ON THE FMAT AND IS RESPONSIBLE FOR THE ANALYSIS OF SYSTEM PROBLEMS RELATING TO THE DEVELOPMENT, ASSESSMENT AND IMPROVEMENT OF THE DEPARTMENT OF THE ARMY (DA) FOOD PROGRAM AT THE INSTALLATION LEVEL. HE IS RESPONSIBLE FOR THE COORDINATION OF MISSIONS, PROVIDES TRAINING AND ASSISTANCE TO THE FOOD PROGRAM MANAGEMENT OFFICE, AND IS RESPONSIBLE FOR THE ENTRANCE AND EXIT BRIEFING TO THE INSTALLATION LEADERSHIP. MR. ARNOLD IS ALSO RESPONSIBLE FOR THE MEMORANDUM OF VISIT PROVIDED TO THE INSTALLATION COMMANDER AND ANY FOLLOW-UP ACTIONS PERTAINING TO THE INSTALLATION FOOD PROGRAM.



MR. RON BELLAMY, DAC, IS A FOOD SERVICE SYSTEMS ANALYST AND A RETIRED MASTER SERGEANT. HE HAS BEEN INVOLVED WITH THE ARMY FOOD PROGRAM FOR 27 YEARS. HE SERVES AS A TEAM CHIEF /LEAD ANALYST ON THE FMAT AND IS RESPONSIBLE FOR THE ANALYSIS OF SYSTEM PROBLEMS RELATING TO THE DEVELOPMENT, ASSESSMENT AND IMPROVEMENT OF THE DA FOOD PROGRAM AT THE INSTALLATION LEVEL. HE IS ALSO RESPONSIBLE FOR THE COORDINATION OF MISSIONS, PROVIDES TRAINING AND ASSISTANCE TO THE FOOD PROGRAM MANAGEMENT OFFICE, AND IS RESPONSIBLE FOR THE ENTRANCE AND EXIT BRIEFING TO THE INSTALLATION LEADERSHIP. MR. BELLAMY IS ALSO RESPONSIBLE FOR THE MEMORANDUM OF VISIT PROVIDED TO THE INSTALLATION COMMANDER AND ANY FOLLOW-UP ACTIONS PERTAINING TO THE INSTALLATION FOOD PROGRAM.



HE NOW SERVES AS THE NCOIC OF THE ARMY FOOD MANAGEMENT ASSISTANCE TEAM (FMAT), SGM REGINALD UZZELL BRINGS 26 YEARS OF FOOD SERVICE EXPERIENCE TO THE FMAT AND A WEALTH OF KNOWLEDGE. SGM UZZELL ASSISTS IN RAISING THE QUALITY OF THE INSTALLATION FOOD SERVICE PROGRAM AND INCREASES THE EFFECTIVENESS BY IDENTIFYING PROGRAMS THAT FUNCTION WELL OR MAY REQUIRE IMPROVEMENTS, WHILE ENSURING ALL REGULATORY POLICIES AND PROCEDURES ARE UNIFORMLY APPLIED TO THE INSTALLATION FOOD SERVICE PROGRAM. SGM UZZELL ALSO TEACHES, COACHES AND MENTORS FOOD SERVICE NCOs ON THE LATEST KNOWLEDGE IN FOOD SERVICE AND TO STRIVE FOR EXCELLENCE.



MSG DEWAYNE JOHNSON HAS SERVED OVER 18 YEARS AS A MULTI-FUNCTIONAL FOOD SERVICE NCO. HE NOW SERVES AS A MEMBER OF THE DA FMAT AND IS RESPONSIBLE FOR RENDERING ASSISTANCE IN RAISING THE QUALITY OF FOOD SERVICE. HE ALSO ENSURES REGULATORY POLICIES AND PROCEDURES ARE UNIFORMLY APPLIED ALONG WITH EXCHANGING, SEARCHING FOR AND COLLECTING NEW IDEAS REGARDING FOOD SERVICE FOR POSSIBLE ADOPTION AND DISSEMINATION TO ALL INSTALLATIONS. MSG JOHNSON RECORDS OBSERVATIONS AND RECOMMENDATIONS TO ASSIST IN IMPROVING THE INSTALLATION FOOD PROGRAM AND MEETING THE STANDARDS OF THE ARMY FOOD PROGRAM WORLDWIDE.

## Maintenance and Safety: Floor Mixers and Meat Slicers

By  
Mr. Ryan Mebane

### Mixer Maintenance

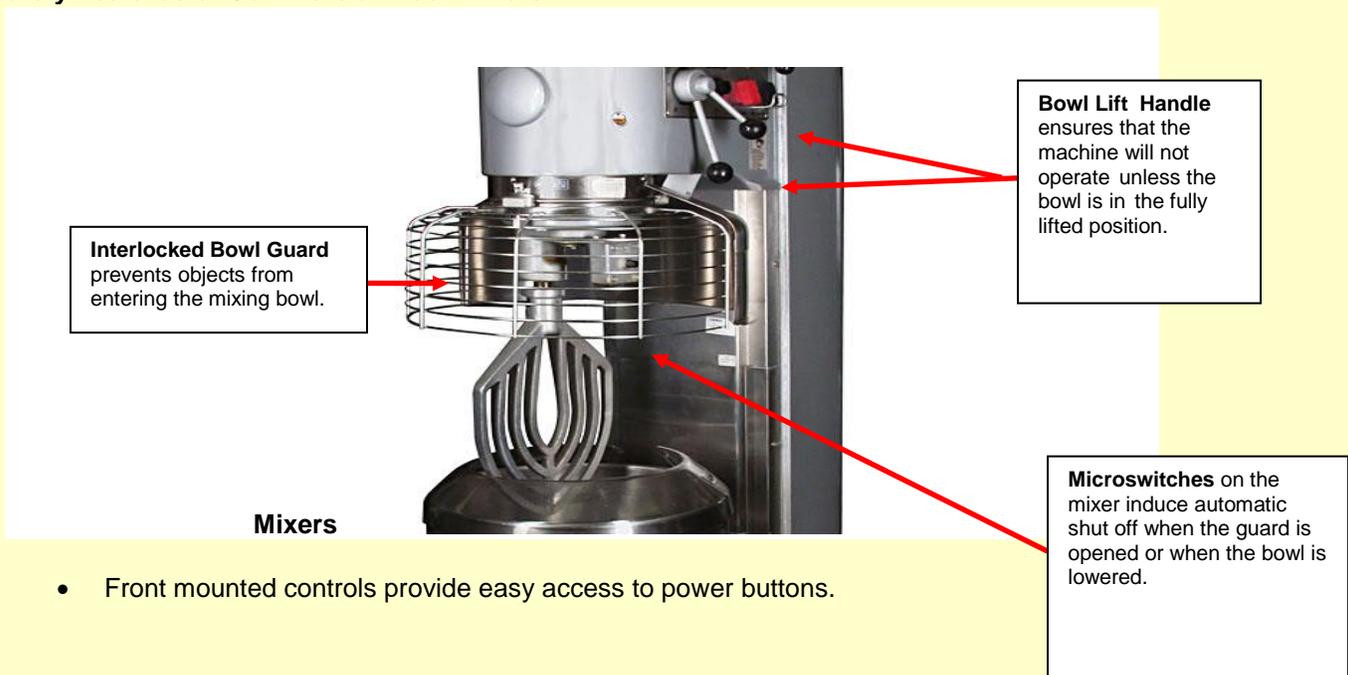
Good maintenance is the key to ensuring that all food service equipment (FSE) in your dining facility works properly and last a longtime. This article will focus on floor mixers, the stalwart member of the kitchen equipment team. By maintaining your mixer, it will give you faithful service well into the future. Listed below are a few tips to make sure you and your mixer have a long and happy service life together:

- Cleanliness results in longevity. The mixing bowl, attachments, and shafts should be cleaned after every use. The rest of the mixer should be cleaned on a regular basis as well. No matter what part of the mixer you are cleaning, always use warm soapy water and a soft rag or brush. Never use abrasive pads, steel wool, or harsh chemicals to clean any part of a mixer. It is always good clean you mixer in accordance with the manufacturer's recommended cleaning plan.
- Oil is good. It is important that moving parts be lubricated regularly. The owner's manual should have a recommended schedule and the location of all the parts that need regular lubrication. Always use food-grade lubricants, especially on parts that could come into contact with food product, like the mixer shaft.
- It is not a heavy weight. Never overload the mixer. If you do, you are going to break something eventually. Take care to size the mixer properly for tasks you want it to perform. By taking the time to use proper quantities, overloading should not be an issue. Remember, what seems like a bargain in the beginning, a small or undersized mixer, can end up being a headache later when it burns out on you from over work.

### Mixer Safety

They are big, they are heavy, and they are on the equipment schedule. Mixers are an important component in all Army dining facility kitchens. Fact: the United States Department of Labor (USDOL) considers commercial mixers (floor and counter) hazardous. In the commercial food world, only employees over 18 years old are permitted to operate mixers and other FSE that is considered hazardous. This part of the article will focus on the safety aspects of floor mixers.

### Standard Safety Features of Commercial Floor Mixers



## Suggestions for Safe Operation of Commercial Floor Mixers

- Always read all manufacturer's directions and safety precautions listed in the operations manual before operating any piece of commercial equipment.
- Always turn off the machine and lower the bowl before scraping sides or adding ingredients.
- Always unplug the mixer before cleaning, disassembling or reassembling.
- Always turn the machine off before adding ingredients or removing product.
- Never bypass safety mechanisms or machine guards. They are there for the operator's protection.
- Never attempt to put fingers or hands in bowl while mixer is running.
- Never attempt to operate a mixer without a bowl in place.
- Never wear loose clothing, jewelry, or hairstyles that may get caught in the mixer.

## Meat Slicer Safety

Ooo! Ouch! Dang! One wrong move while working with a meat slicer result in a lost finger day, a severe skin laceration, and can result in cut tendons, arteries, and even broken bones. The result to your dining facility is costly medical bills, lost time from work, and the inability to participate in other normal activities. According to USDOL, meat slicers are the leading cause of lacerations in deli departments and commercial kitchens. Good and through training is vital to reducing the hazards of using ALL cutting tools and equipment...especially slicers.



As all Army food service personnel know, meat slicers are a mainstay on all Army dining facility equipment schedules. However, like their kitchen mate the floor mixer, USDOL has identified meat slicers as hazardous machinery. As we learned from the floor mixers, in commercial kitchens, only employees over 18 are allowed to operate hazardous FSE. Now we will look at specific safety features and suggestions to safely operate commercial meat slicers.

## Standard Safety Features of Commercial Meat Slicers

- Permanent blade edge guards help protect operators against accidental cuts.
- Automatic blade sharpeners eliminate manual sharpening.
- Knife guards prevent fingers from contacting blade.
- Table lockout mechanism appears on some slicers and is useful when knife guard is removed for cleaning. The table covers the knife's edge, protecting the operator.
- Rubber feet on many models keep slicers from moving while in operation.
- Antibacterial protection on knobs and handles improve food safety by deterring bacterial growth.
- Power indicator light shows when knife is rotating.
- "No voltage release" system prevents accidental activation of slicer due to power interruption.

## Tips for Safe Operation of Commercial Meat Slicers

- Always read all manufacturer's directions and safety precautions listed in the operations manual before operating any piece of commercial equipment.
- Dedicate full attention to slicing task and avoid distractions.
- Always return blade setting back to zero when finished using the slicer.
- Wear "cut resistant gloves" when operating or cleaning.
- Secure the meat properly so it does not slip.
- Unplug, turn off and set blade adjustment to zero before cleaning. This makes sure the knife-edge is not exposed.
- Keep work area clean and free of clutter.
- Always use tampers or pushers to push food into place.
- Never use hands to feed meat into the slicer.
- Never reach across the blade for any reason.
- Use locking features to keep blade in place when not in operation.

## Shooting Yourself in the Foot

By  
Mr. Jose A. Millan



I am sure most of you have heard the expression “Shooting yourself in the foot”. Usually, when we hear that expression is when we or a colleague make a decision that can detrimentally influence our career or workload. Lately in Army food service, we have been shooting ourselves in the foot when we fail to conduct our feeding missions with adequate resources, personnel and equipment. I hope that I can explain why we are doing this.

When we tell our commanders that the contractor will support the feeding mission while 92Gs are readily available to support requirements, we are definitely shooting ourselves in the foot

Unfortunately, the impacts of not supporting feeding requirements will eventually catch up with us. We know that contingency contractors are performing exceptionally in Iraq and Afghanistan. While at home, we have contractors that support operations when units deploy. It becomes a daunting task to convince some commanders of the value that we receive by having 92Gs performing the feeding mission within the operational Army. Current operations and cyclic deployments have made this difficult. However, what has made our jobs much harder to defend is our own failure to support requirements when opportunities present themselves.

We as a food service community must make the hard right decisions instead of the easy wrong ones to remain a viable option to support the commander. What I mean by this is some of us are not taking every opportunity to display our talents when the feeding mission presents itself. If every garrison training event is supported by the contractor operated dining facility and our food service personnel are not gainfully employed performing that feeding mission with their own tactical feeding equipment, commanders are noting that they can support this requirement using other sources. In today’s Army, we are presented with overwhelming work force requirements with limited personnel. Due to these reasons, decisions are being made to reduce MOSs that can be contracted out and used these unnecessary job specialties to provide more personnel to MOSs that are needed within organizations based on priority of missions.

Contractor or even catered meal support may be the easy solution to meet feeding requirements and leaving our equipment clean in the motor pool is always an added bonus, but how are your cooks keeping their skills sharp? I hope that when they really need to use their skills in future operations they know what they are doing. It is also just as easy to keep the cooks “in the rear with the gear” as they say when the units deploy. However, our actions when we do this have a detrimental effect on our force structure; every time commanders have to rely on someone else in a forward location for feeding support we are establishing a pattern that we cannot perform the mission. With today’s Operational Tempo (OPTEMPO), it is hard to keep our NCOs and young Soldiers’ skills sharp. When we return from a deployment and do not put our Soldiers back into the dining facility (DFAC), we are only hurting their professional development. In some instances, food service personnel never return to the DFAC and have moved up the promotion ladder without understanding the responsibilities for their new skill level. When they are not deployed, the garrison dining facility serves as the training base for our Senior Leaders and junior 92Gs to retain their food service skills. Just imagine having a surgical team that never practices their trade and wants to operate on you, I bet most of you would be nervous before going under the knife in this scenario.

Senior Food Service leaders (Warrant Officers and NCO’s) at all levels are ultimately responsible for ensuring that their food service personnel are trained and ready to meet operational feeding requirements whether their units are deployed, training or in garrison. This cannot be accomplished if cooks do not perform their task at a regular basis. With today’s OPTEMPO, it is hard to identify those training opportunities but not impossible. Senior Food Service leaders need to become more creative to ensure they take full advantage of those training opportunities.

Senior Food Service leaders should take every opportunity to support programs like the Philip A. Connelly, Culinary Arts, and Food Service Education accreditation that will enhance their food service personnel skill sets. Not only do these programs bring recognition to the Soldiers and units participating, they gain knowledge in their jobs, increase moral, and command involvement in the food program. The JCCoE web site at [http://www.quartermaster.army.mil/jccoe/jccoe\\_main.html](http://www.quartermaster.army.mil/jccoe/jccoe_main.html) is a valuable resource in providing training information and can assist in providing mentorship, guidance and assistance to develop training needs for 92Gs.

In closing, we have a limited number of food service personnel in the Army and overwhelming feeding requirements to support the combatant commander requirements. We need to show our value at every opportunity possible if we are to remain a viable asset to an ever-evolving force structure. The best method to promote our MOS is to show how much of an asset we are when we perform our food service mission. We need to communicate effectively with our installation food advisors and senior commanders to address training requirements and shortages so they can determine the best method to meet the garrison mission and augment military food operations with a civilian workforce only when necessary to support requirements. Senior Food Service leaders, do not “shoot yourself in the foot” by telling commanders you are not ready or pass along a requirement to a contractor when you know it may be the only opportunity to make the food service community and your 92Gs shine.



## The Eco Deco

By  
Chief Magras



There is a dining facility on the far side of the earth called Patton's Own Middle East Cafe. This facility is one of two located on Camp Al Sayliyah in Area Support Group (ASG) Qatar. The Dining Facility Manager, Mr. Colon has a great Training Program that consists of Ice Carving, Bread Ornaments, Fruit Carvings, Art Murals, and Cake Designs. While visiting, one will see camels, tall pillars, the Statue of Liberty, the Liberty Bell, and replicas of King Tut and Queen Nefertiti, just to name a few. The fascinating aspect about these pieces is that they are made entirely of Styrofoam. That's right-all of these incredible items are made entirely by skilled hands, made on site, and proudly displayed in this dining facility. Styrofoam Carvings are another element of his Training Program and this is how their story begins.

Step 1: Mr. Colon and his team of food service professionals first make the template and the drawings in the Art Room specifically designed for this type of training and separate from food products. Step 2: He purchases the sheets of Styrofoam, 2 inches thick by 4 feet wide by 8 feet long, from a local vendor at a cost of 14 Qatari Riyals which is equivalent to \$4 US dollars. One sheet of Styrofoam makes approximately three carvings depending on size, therefore, very cost effective. Some local vendors also donate extra sheets of Styrofoam to support the program. For example, the Grab and Go food station underwent a décor facelift with Styrofoam donated by the food vendor at no cost to the government. Step 3: The Styrofoam is cut with special tools and knives and carved into sections. Personal protective equipment such as eyewear is used in this step. Step 4: The pieces are assembled together with a glue gun for the final sculpture. Step 5: A water-based paint approved by the Installation Environmental Officer is then used to paint the sculptures accordingly. Step 6: The final products are handled with care and placed in a dry room to properly dry. Step 7: The sculptures are proudly displayed for the predetermined special occasion or location in the facility. One set of sculptures that stood out was the Service emblems. The detail was incredible and the skill used to produce such objects is commendable. See attached pictures.

Styrofoam is mostly used for insulation in products like paper cups and food containers and for safeguarding electronics in the packaging process. Styrofoam is also widely used in the arts and crafts business-an example of how it is used here at the Middle East Cafe. Nonetheless, Styrofoam use is a controversial topic in the world of sustainability for two main reasons: First, it is made of polystyrene plastic which is considered "not so environmentally friendly"; Second, Styrofoam food containers (for eating or drinking) emit Benzene and Styrene into the air. These chemicals can enter into our food (especially hot food or drinks) when the food/drinks comes in contact with this type of food container. There is currently a proposal to Congress to eliminate Styrofoam as a food packaging material. Styrofoam To Go food containers are widely used in the Army Food Program because of cost and convenience; however, not necessarily the best choice from a health and sustainable perspective- but that's another story. Great effort by Mr. Colon, CW2 Wayne Neihus, the food service advisory staff and workers for producing these wonderful sculptures that enhance the décor and design of their dining facility in an economical, yet eye-appealing manner.

## Cash Collection and Cost Transfer transactions in AFMIS

By  
Mr. Steve Primeau

The Concept, Systems and Policy Division (CSPD) of the Army Center of Excellence Subsistence Operations Directorate (ACES OD) is the lead agency that addresses automation issues with Software Engineering Center-Lee (SEC-L) that arise throughout the Army Food Program. The Army Food Management Information System (AFMIS) makes the management of our food program easier and also supports the Army's need to account for the program's financial implications. While we understand food fairly well, sometimes the financial accounting aspect of our operations is less clear and poses a challenge to us. Furthermore, the implementation of the Army's new General Fund Enterprise Business System (GFEBS) is impacting the way we currently interact with the resource management world. This article is intended to provide guidance to our installation Food Program Managers so they can better understand how to successfully support the financial accounting of cash collections and cost transfers processed in AFMIS.

For most activities, AFMIS currently processes cash collection vouchers to Disbursing Station Symbol Number (DSSN) 5570, DFAS Indianapolis. Once installations convert to GFEBS, dining facilities continue to process the food cost portion of the collection to 5570, but are now required to process the Operation and Maintenance (O&M) line of accounting to DSSN 8522, DFAS Cleveland. The reason for this is that (for now) the Army's food cost accounting will continue in the legacy Standard Finance System (STANFINS), but the O&M portion transfers to GFEBS. (The disbursing system used by DFAS Cleveland is designed to interface with GFEBS). This condition (two DSSN's) requires dining facilities to process two separate cash collection vouchers. Currently, SEC-L is modifying AFMIS to provide this functionality as well as address issues associated with Joint Basing. CSPD ACES OD and SEC-L are working with the financial community to provide a set of standard procedures to be used until the AFMIS software change is fielded. Once those procedures are agreed to they will be communicated separately.

In addition to cash collections, we occasionally need to initiate cost transfers in AFMIS. Cost transfers are financial transactions from customers required to reimburse the Military Personnel, Army (MPA) appropriation for subsistence support received from the Subsistence Supply Management Office (SSMO). Currently, there is a significant challenge in doing so such that the transactions process correctly to the financial system. Failure to process cost transfers correctly directly impacts the financial resources available to the Army G4 and Army Budget Office (ABO) in meeting the Army's food service mission.

Unfortunately, it seems that each month the number of outstanding Operational Data Store (ODS) Disbursement Transactions that require attention by our food service installation personnel in AFMIS is increasing. The cause for this increase in invalid transactions is not totally known, but some of it is due to invalid data entry in AFMIS (e.g. using FSN "S38084" instead of "038084") that cannot be processed in ODS. It also seems that some of it comes from a perceived link to GFEBS (as indicated by the appearance of FSN "021001"). While some of our cash collection challenges can be attributed to the fielding of GFEBS, this should not be the case with cost transfers. As indicated earlier, accounting for subsistence transactions (to include the Reserves and ARNG) will remain in STANFINS for now. Consequently, this is not GFEBS related activity. There is one possible exception; in a situation where the ordering activity is another service (e.g. Navy), the case could be made for processing the transaction to the supporting O&M system. However, ODS is not configured to process these other service FSN's in a GFEBS environment. Therefore, you should inform other service activities to order their subsistence requirements directly through the Subsistence Total Order Receipt Electronic System (STORES) for delivery to the Army installation where the mission dictates.

AFMIS has a link on the Main Menu Screen titled "AFMIS Web User Support Site". This site is accessible to all users and provides information on deployed software changes and any issues that may prevent processing data in AFMIS. On this site you will find detailed instructions to assist the SSMO with correcting ODS Disbursement Transactions that did not process through the finance system. Once on the AFMIS Web User Support Site, Click the [here](#) link under the Heading "HOW TO CORRECT QUEUED DISBURSEMENT DATA", then follow the procedures contained in the document. Should there questions address them to ACES OD or the SEC-L help desk DSN 687-1051. SSMOs should contact their resource management office or their customers for the correct fiscal station number (FSN) for the data to be corrected in the AFMIS Account Maintenance process as Military Pay is not yet converting to GFEBS.

## Procedures for New Subsistence Items

By  
Mr. H. Tommy Hill, Jr.

When an installation's food program personnel or customers are dissatisfied with a product that they are currently using or when the installation wishes to introduce a new product, the Food Program Manager (FPM) shall be guided by the following procedures and information contained in Department of the Army (DA) Pamphlet (PAM) 30-22, Operating Procedures for the Army Food Program, Appendix I, Procedures for Selection, Cataloging, and Maintenance of Subsistence Items.

Begin with the product demonstration procedures which are used to educate the food program staff and customers about new products either seen at the food shows or presented by representatives of manufacturers or Prime Vendors (PV). Representatives should contact the installation's FPM to schedule a demonstration at the installation food service management board. After choosing the products of interest for evaluation, the next step is to use comparison cuttings.

Select several companies that produce the product to be purchased. This is a procedure called comparison cuttings. It will help the FPM and the Food Service Management Board (FSMB) to determine the best value choice. First consideration should always be given to companies that already hold National Allowance Pricing Agreements (NAPAs) or Manufacturers Pricing Agreements (MPAs) and products currently in PV inventory.

There are numerous procedures for conducting comparison cuttings and this article will only cover them in general. You may read DA PAM 30-22, Operating Procedures for the Army Food Program, paragraph 3-12, to review in greater detail. Procedures for comparison cuttings:

- Invite each company to participate in the installation's food service management board (FSMB) meeting on the same date.
- Place the products in a row on a serving line (table) and have a member of the food advisory staff label each product with either an alpha or numeric character prior to the voting members of the FSMB entering the evaluation area.
- Place the product's Nutrition Facts label next to each product.
- Do not permit representatives of the manufacturers or the PV during the voting member's evaluation phase of the products.
- Have the representatives of the manufacturers and PV re-enter the room and compute the cost-versus-product yield.
- On the basis of the unit cost and the acceptability evaluation, select the product that best suits the installation. Final selection is accomplished by FSMB vote and decision is captured in the FSMB minutes.
- After making the installation decision, notify the Defense Logistics Agency Troop Support (DLA-TS) account manager and PV representative using the Request to Stock New Line Items, DA Form 7457. Ensure that the DA Form 7457 (Request to Stock new line items) is dated prior to faxing it to the appropriate parties. The final step in the process is to enter the stock number in both the master item file and the recipe file. The number should not be activated until the PV notifies the FPM that the product is in the house and ready to order. By following these procedures, we can get the best possible products to support Soldiers while ensuring a fair and equitable process is followed, which will build credibility among our industry and other government agency partners.

REQUEST TO STOCK NEW LINE ITEMS			
For use of this form, see DA PAM 30-22; the proponent agency is DCS, G4.			
1. DATE (YYYYMMDD)	2. TO: ACCOUNT MANAGER, DSCP	3. PRIME VENDOR REPRESENTATIVE	
4. REQUEST YOU STOCK THE FOLLOWING ITEM		5. ITEM IS FOR USE BY (Installation(s))	
6. DSCP CATALOG NUMBER			
7. ITEM DESCRIPTION			
a. MANUFACTURER		b. MANUFACTURER'S SKU IF KNOWN	
c. UNIT OF ISSUE		d. BRAND NAME	
8. ESTIMATED WEEKLY USE (Estimate number of cases. Estimate does not commit installation to purchasing this number of cases; is an estimate only.)		9. WILL CATALOGING THIS ITEM RESULT IN REDUCING USAGE OF AN ITEM ALREADY IN YOUR CATALOG? <input type="checkbox"/> YES <input type="checkbox"/> NO	
10. IF YES, IDENTIFY THE STOCK NUMBER OF THE ITEM FOR WHICH USAGE WILL BE REDUCED		11. IF YES, PROVIDE THE ITEM DESCRIPTION	
12. COMMENTS (Include statement as to whether this stock number is required to support a commercial concept.)			
13. REQUESTED BY (Food Program Manager)			14. DATE (YYYYMMDD)
NOTE: Provide a copy of this request to both your DSCP and prime vendor account managers simultaneously to expedite stockage of the items desired.			
DA FORM 7457, JUL 2002 <span style="float: right; font-size: x-small;">USAPA V1 00</span>			

## Safety Tips for (ALL) Food Service Equipment Maintenance

By  
Mr. Ronald Bellamy Sr.

Prevention is your best defense to prolonging the life of your food service equipment. As the saying goes “an ounce of prevention is worth more than a pound of cure”, and no place is this more true than in your Army dining facility. Preventative maintenance of your dining facility’s food service equipment can be as easy as regularly cleaning and servicing your food service equipment. Listed are some recommended tips for properly cleaning and maintaining your dining facility’s food service equipment.

- Clean your food service equipment daily to prevent dirt and grime build up. Build up comes from food products and grease falling into the crevasses and wears down your equipment.
- Make a schedule for cleaning, calibrating ovens, checking refrigerator temperatures, descaling water intensive equipment (i.e. dish machines and kettles) and any other type of food service equipment that requires scheduled maintenance and upkeep.



- Closely read and follow the cleaning directions in the manufacturer’s operators manual and on the solvent bottles to avoid damaging your equipment.
- Contact the manufacturer if you are not certain of the proper way to clean your food service equipment. Most manufacturers keep copies of maintenance manuals even for retired or discontinued models.
- As you replace your equipment, make sure a service contract is a part of your purchase packet. The contract should ensure the manufacturer or a local service company is contracted to perform regularly scheduled fine-tuning of each piece of equipment purchased.



- When researching and choosing new food service equipment, look for ones that are easy to clean or in some case (such as ovens) self-cleaning. Easy to clean means parts that come apart and that can be put back together easily.
- Take advantage of your manufacturer’s regional or local representatives. They are well trained and usually do not charge to help, so call them in to teach you the best cleaning methods for your equipment. If necessary, call the headquarters office.



- Keep small food service equipment items such as blenders and produce cutters in closets, cabinets or on shelves whenever possible. Keeping them out of the way prevents them from being knocked over, dropped or spilled on.

## Chemicals Storage in Military Dining Facility

By  
Mr. Roderick Piggott

Department of Defense dining facilities are among the cleanest eating establishments in the world. To maintain this level of cleanliness, food service personnel use a variety of chemicals to help maintain the facilities. Many of those chemicals are *Go Green* cleaning products that are environmentally safe; however, dining facilities are not restricted to purchasing *Go Green* cleaning products. There are many additional options such as concentrated glass cleaners; bathroom and toilet bowl cleaners; pot and pan sanitizing compounds; detergents products, bleach or laundry detergent and biodegradable cleaning wipe products that can be use in the facilities. Proper use and storage of these chemicals is important and safety is paramount. All chemicals to include the *Go Green* chemicals must be stored in a safe area. Managers must be knowledgeable and properly trained on the policies pertaining to safe storage and monitoring of cleaning supplies and chemical solutions within their facilities.

We are all well aware of the precautions required when working with hazardous materials; however we may not always recognize that it is equally important to maintain the same high level of safety when storing these materials. Understanding the chemical storage rules and policies, helps to minimize and protect dining facility operations from the risk of chemical accidents.

Although, there are several regulations and doctrinal references that outline safety precaution, rules and policies Technical Bulletin Medical 530 (TB MED530) Occupational and Environmental Health Food Sanitation, Poisonous or Toxic Material is the primary source of information for dining facility operation. Additional references are available such as Preventive Medicine Army Regulation 40–5 and Army Field Feeding and Class I Operations Army Tactics, Techniques and Procedures 4-41 (ATTP 4-41), and Occupational Safety & Health Administration (OSHA) materials handling regulation (29 CFR 1910.176). These regulations cover general safety requirements for proper storage areas to prevent accidents.” The following are a list of questions that managers must be able to answer accurately when operating a dining facility:

- Is the dining facility in compliance with environmental health regulations?
- What chemicals and how much is stored in your dining facility? Has the use-by date expired? Do you have sufficient ventilation and are chemicals properly stored?
- Are the chemicals properly labeled and are those staff members that are responsible for maintaining the standards of the facility properly trained?
- What chemicals are allowed in the food preparation area during normal operating hours? Who monitors the use of the chemicals? Are chemicals allowed to be stored in the kitchen area? Is the bulk chemical storage room safe and secured from contaminating food items?
- Are chemicals and toxic materials (including gas, oil, and chemicals) being stored in a exterior locked cabinet or room properly marked or labeled with the words “Hazardous Material Storage?”. Are the cabinets properly ventilated?
- Are food service personal storing medications in approved areas and not in the food service storage, preparation, or serving areas?
- Do you have Material Safety Data Sheets (MSDS) in a visible area that explain all hazardous chemicals in detail, along with the measures to help protect kitchen personnel from hazards?
- Do food service personnel check both labels and MSDS before starting any job involving hazardous materials? Do they follow the precautions on the labels, such as wearing protective clothing and proper equipment?
- Are all required documents to purchase chemicals for cleaning on file for review?

How can you obtain more information on hazardous material storage areas? Dining Facility Managers can start by contacting the installation Department of Public Works, Environmental Officers or respective representative for the latest information on federal and local Standard Operation Policies on chemical storage. Remember, the key to safe chemical storage starts with you, the Dining Facility Manager.



## Getting Back to the Basics of Cooking

By

Mr. Raymond Arnold



The Army Food Program has come a long way since I entered the Army in 1978. Superb additions on how we conduct food operations have dramatically enhanced the quality of food and customer service provided to our warriors worldwide. One of the most significant creations was the Subsistence Prime Vendor Program. The program allowed dining facility managers to procure the same menu items as their competitors in the civilian food industry. However, we lost the art of creating and preparing food from scratch by virtue of many pre-packaged and boil-in-the-bag entrees that are available on our catalogs.

Some of us remember those glory days of having to prepare many of our baked goods, pastries, and desserts from scratch. The emphasis was on producing high-quality, handcrafted items. Developments of manual skills were constantly stressed. For this reason, a dining facility manager chose to do his/her own baking rather than purchase such goods from an outside source so that they could put its own distinctive stamp of quality on this part of the meal. To be a very successful baker, food service professionals must master a set of marketable skills. That is why they must be able to perform and produce.

An extremely important element in the training of bakers is the participation of the instructor, whose ideas and professional experience are invaluable. There is no substitute for firsthand seeing and doing, under the guidance of experienced instructors. Baking is an art as much as a skill, some may argue, a science. There are many points on which bakers will differ in their preferences. Discussions of baking theory should be presented in easy-to-read, point-by-point explanations. Techniques and makeup methods are detailed in concise yet complete step-by-step procedures.

Let's move on to decorative work and display pieces. The baker's art of making decorative items out of sugar, chocolate, and other materials can produce a wide range of creativeness. Although all the ingredients used for these pieces are edible, and many of these items are used to decorate fancy cakes and other desserts, many of them are not intended to be eaten. Rather, they are often made for show, such as centerpieces. In hotels and other food service operations, such show pieces can be re-used and save money in the long run. Materials such as pulled sugar require a great deal of practice before one can expect to achieve outstanding results.

I had the opportunity to witness such a feat while serving as the Manager on the US Army Hawaii Culinary Arts Team during the United States Army Culinary Arts Competition in 2004. Then Sergeant First Class Dave Turcotte (Team Captain) singled-out then Specialist Elisa Alves to become an apprentice in the art of pulled sugar. Many long hours ensued along with countless demonstrations. SFC Turcotte's superior knowledge, techniques, and training transformed Specialist Alves into one of the Army's elite pulled sugar specialist as witnessed during the competition and how well she medaled in that particular category.

In closing I'd like you to consider that most bakery products are made of the same few ingredients – flour, shortening, sugar, eggs, water or milk, and leavenings. Given that, one should have no difficulty understanding the importance of accuracy in baking, since slight variations in proportions or procedures can mean great differences in the final product. The same is true for many of our entrée and side items as well. I challenge you to periodically assign your cooks to prepare some of your menu items from scratch to determine whether or not we still have the true essence of cookery.



**Fort Lee, VA Military Chef's  
Support  
"The Big Easy"  
Naval Air Station  
Joint Reserve Base's Commissary Grand Opening  
By  
CW3 Adams**



Fort Lee, Virginia's Quartermaster School very own culinary skills received exposure from Military Chef's from the Joint Culinary Center of Excellence (JCCoE), during the Grand Opening of the Commissary in New Orleans at the Naval Air Station Joint Reserve Base (NASJRB) 7-8 February 2011. The Joint Culinary Training Directorate (JCTD) selected one Chef from each Branch of Service, to encase live-cooking exhibitions for VIP's from the NASJRB on the 7th, also for Patrons awaiting the ribbon cutting ceremony of their Newly Opened Commissary on the 8th.

The exhibition encompassed our Military Chef's showing support for the government's effort to revitalize the Gulf Coast Seafood Industry for the Defense Commissary Agency (DECA). Also joining the team of Multi-Service Chef's, were familiar local Chef's of the Gulf Coast Area. The Chef's prepared a variety of specialty recipes ranging from: Shrimp Scampi, Seared Tuna, Oysters Rockefeller, Crawfish Etouffee, Grilled and Charbroiled Oysters, Southern Sushi, Seafood Linguini, Shrimp & Grits and Crab Cakes just to name a few. Many thanks to the Gulf Coast Alliance, the participating local Chef's, DECA, and JCCoE for a successful exhibition.



## Local Stock Number Conversion

By  
Mr. Raymond Hosey

National Stock Numbers (NSNs) are becoming a thing of the past. They are being replaced with Local Stock Numbers (LSNs). Change is the one constant we can all count on, so it is imperative we do our very best to stay current. Some time ago, Defense Logistics Agency Troop Support (DLA-TS), formerly known as Defense Supply Center Philadelphia (DSCP), began converting NSNs to LSNs. Item descriptions have changed as well.

Prior to the Prime Vendor (PV) initiative, NSNs were used to procure subsistence items. With the onset of the initiative both NSNs and LSNs were used to procure subsistence items. In addition, National Allowance Pricing Agreement (NAPA) numbers were used to procure items specific to one manufacturer. With the onset of Common Food Management System (CFMS), LSNs will be used almost exclusively. NSNs will be used in CFMS, but only those NSNs which are in support of the Operational Rations Program. All other NSNs have either been converted into LSNs or were deactivated since they were no longer used. NAPA items have always been LSNs so they will be covered under CFMS.

The CFMS ordering system was initiated to develop one integrated, streamlined ordering process for DOD military customers for subsistence items. This allows for one common ordering system for all Services which will replace the 5 current, legacy systems. The CFMS initiative will reduce inventory, overstocking, incorrect orders, receipt adjustments, faulted deliveries, etc., as well as assist in inventory management, item sustainability, and interoperability.

Catalog Standardization was necessary to reduce billing and payment issues and to prepare for CFMS. Standardizing descriptions so items are prepared for use in CFMS include truncating the item description from 80 characters to 30 characters, creating new abbreviations when necessary, and finalizing CFMS packaging data (UPP, package size, UOM, package code, Vendor UOM, PRF, catch weight if applicable).

Example:

LSN: 894001E950077

Old: ENTREE, ENCHILADAS BEEF & CHEESE, 96/7 OZ EA, 42 LB/CS, ROSE PACKING/MANN

New: ENCHILADAS, BEEF, F/C, FZN, w/o sauce, 96/7 oz ea

LSN: 8971001E618403

Old: MEAL KIT W/DRINK, VARIETY, SS, (3) BEEF & POTATO, (3) CHEESE LASAGNA, (3) PEPPER STK & RICE, (3) SOUTHWESTERN CKN & RICE, FLAMELESS FOOD HEATER, SALT WATER POUCH (to activate), 12/21.4 oz co

New: MEAL KIT W/DRINK, VARIETY, SS, 12/21.4 oz co

The first CFMS pilot should be off and running in the January/February 2011 timeframe.

\*\*Information contained herein was compiled with the assistance of DLA-TS, Cataloging & Standardization department.

Item Description Abbreviations can be found here:

<http://www.dscp.dla.mil/subs/support/techops/index.asp>

## DFACs Battle To Change Your Mind

By

Mr. Russell Wicke

IMCOM Korea Public Affairs

**YONGSAN GARRISON, Korea** — A meal at 1st Signal Sports Café this month could involve an encounter with a six-foot banana preaching a message of repentance.

In honor of National Nutrition Month, Soldiers dressed as giant fruits and vegetables are proclaiming the end may be near for unhealthy eaters – or at least nearer than it would be for those who maintain a wholesome diet.

Sgt. 1st Class Marion Rogers, 1st Signal Sports Café manager, is behind the fruit caricatures and he's on a mission to heighten awareness among Soldiers about the importance of eating healthy. The human-fruit hybrids are charged with handing out nutrition literature and encouraging healthy choices. Although they'll hang up their costumes at month's end, Rogers said nutritional awareness is a year-round effort at his dining facility.

That is probably why his sports café is one of four finalists competing for bragging rights in the Inaugural 2011 National Nutrition Month Competition in Korea. This competition is designed to uncover the prestige of Korea's most worthy DFAC in March — a time when nutrition is formally recognized in the United States since 1980. Of the 25 DFACs on the peninsula, only one was chosen from each of the four areas to be a finalist. They are:

- Area I: Camp Casey's World Class Café.
- Area II: Garrison Yongsan's 1st Signal Sports Café
- Area III: Camp Humphrey's 2nd CAB DFAC
- Area IV: Garrison Daegu's Henry Diner

These facilities competed this week for first place in best practices as a nutritional food provider and most creative promotion of healthy eating among its customers. The winner will be announced April 22.

Ironically, the founder of this peninsula-wide competition isn't in the food service business at all. Maj. Ronna Trent, 65th Medical Brigade nutrition consultant, sparked this effort by asking one question: *Why is it that medical professionals who promote healthy living and culinary professionals who provide garrison dining have not collaborated efforts with food service?* Trent said the nutrition competition is a good way to merge their efforts, and it "brings nutrition front and center to Soldiers" in the very place they eat.

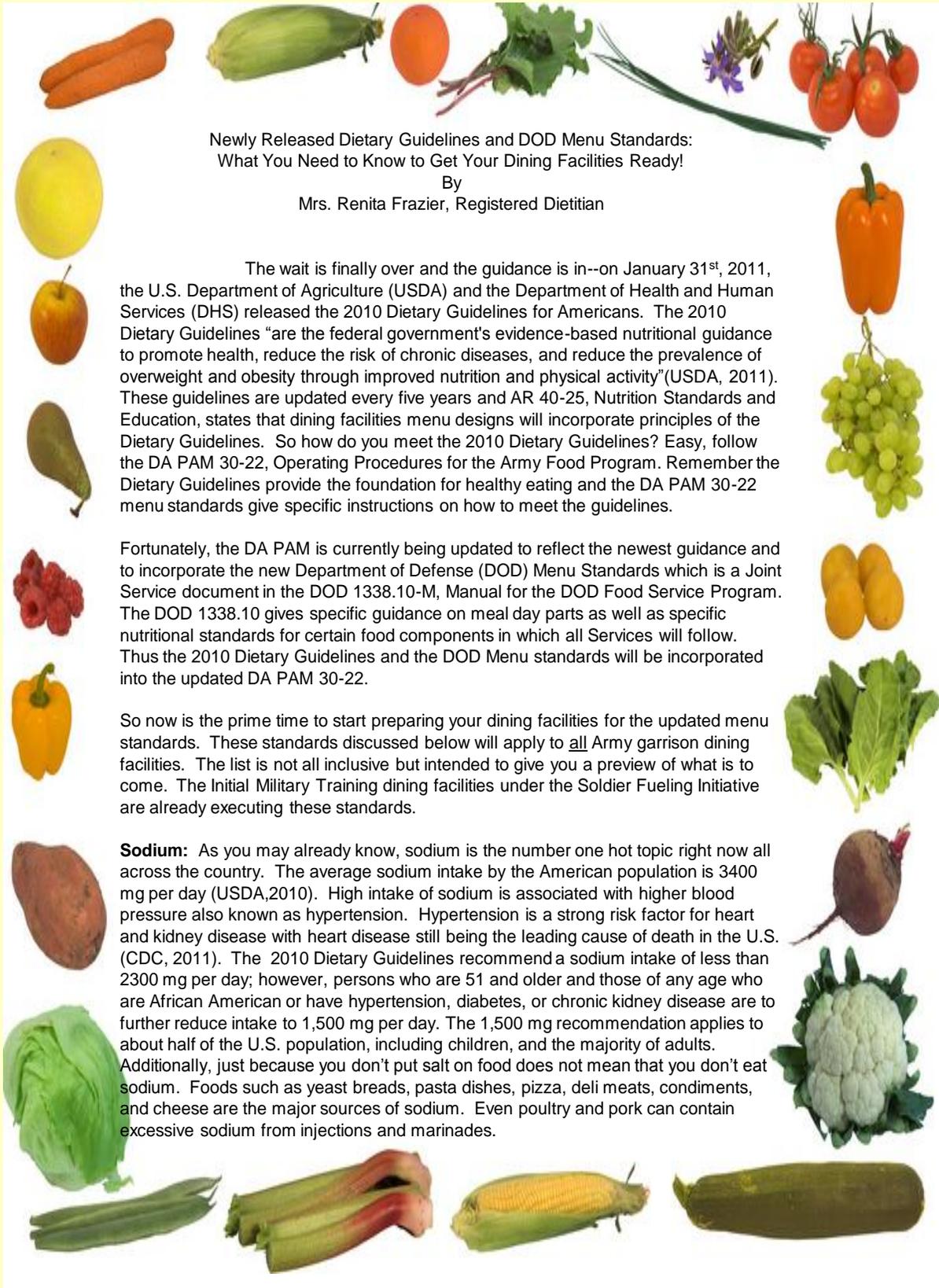
The idea isn't so much to proselytize her faith in nutrition to unhealthy eaters, but instead spread awareness about food quality and quantity in a way that is fun and friendly. Trent used the following metaphor as an explanation: "If everyone has a dirty front yard, those who might otherwise keep their yard clean may give up the effort," she said. "By having this friendly competition we encourage people to clean up their yard," which in turn will influence others to do the same.

In order to be competitive in this competition, Trent said it takes more than just providing healthy food options. All DFACs on the peninsula use the same prime vendors anyway, which means the food is the same at all facilities – it only differs in preparation. What gives a DFAC the competitive edge is how well it educates and promotes nutrition and healthy eating. Sgt. Maj. Michael Davis, 8th Army chief of food operations, made it clear that "This is a matter of awareness." Davis, who has run several of his own DFACs, said tangible methods of communicating nutrition have the best impact on customers. Displays such as a simulated pound of fat, amounts of sugar in soft drinks, and 3D nutrition pyramids are a few examples. Some facilities might have people present taking blood pressure for interested patrons and others might be offering free cholesterol checks. Davis said efforts of this kind are successful because they bring a Soldier's mind to nutrition in the very place where he dines. So, "it's not just about the food being served, but about influencing the customer" to make better choices, he said.

Does this mean DFAC managers must resort to dressing up their Soldiers as grape clusters and carrots? Perhaps. But as Rogers would probably say, the means in this case will justify the ends: a longer life, a healthier Army.

This is just one initiative to increase awareness of nutrition and making smart choices by the diner. Army Regulation 30-22 requires the dietitian be part of the food service management board meeting, to make decisions and education training of dining facility managers in menu preparation, selection of products, ensuring nutritional standards are followed.





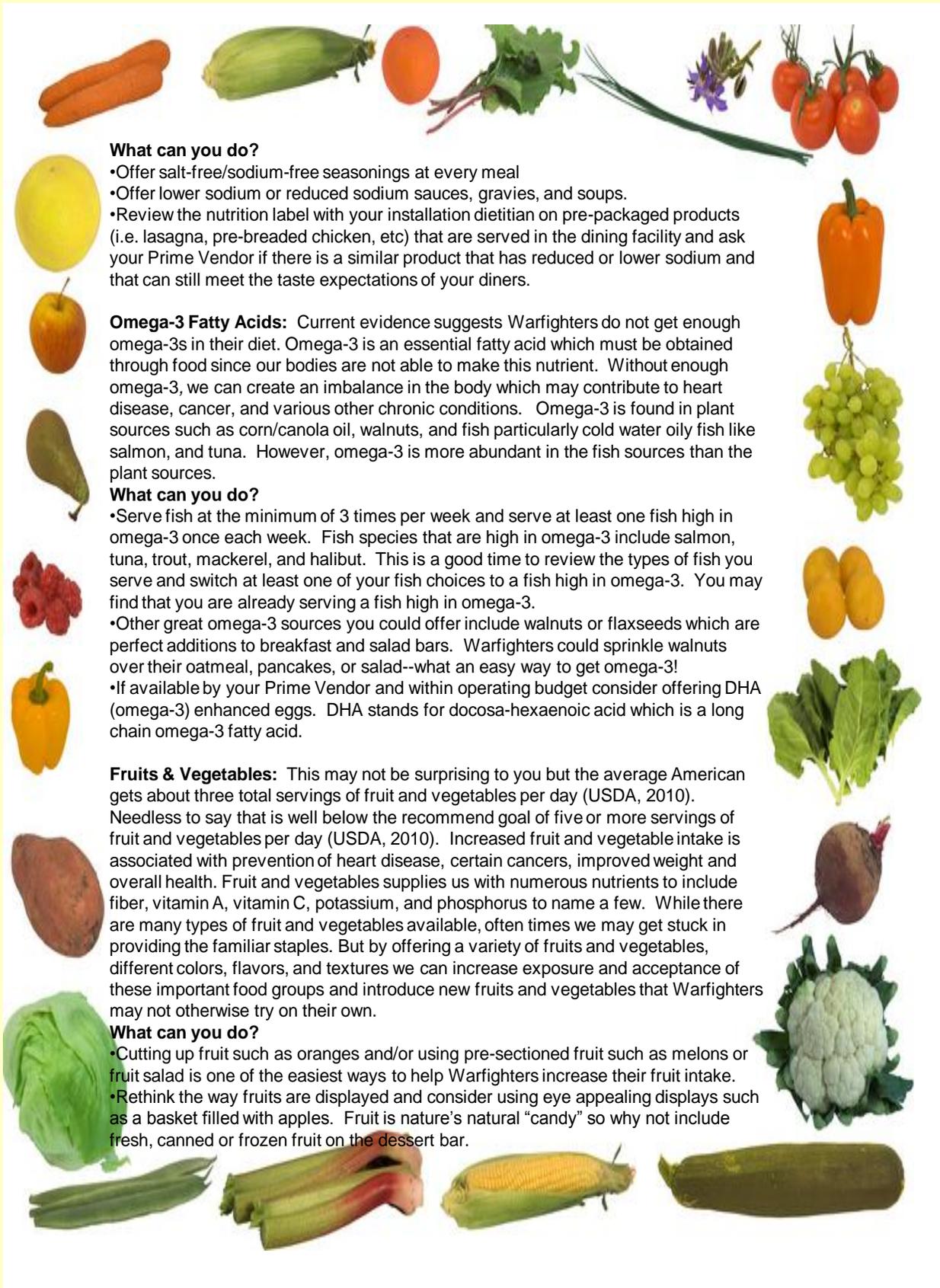
Newly Released Dietary Guidelines and DOD Menu Standards:  
 What You Need to Know to Get Your Dining Facilities Ready!  
 By  
 Mrs. Renita Frazier, Registered Dietitian

The wait is finally over and the guidance is in--on January 31<sup>st</sup>, 2011, the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) released the 2010 Dietary Guidelines for Americans. The 2010 Dietary Guidelines "are the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity"(USDA, 2011). These guidelines are updated every five years and AR 40-25, Nutrition Standards and Education, states that dining facilities menu designs will incorporate principles of the Dietary Guidelines. So how do you meet the 2010 Dietary Guidelines? Easy, follow the DA PAM 30-22, Operating Procedures for the Army Food Program. Remember the Dietary Guidelines provide the foundation for healthy eating and the DA PAM 30-22 menu standards give specific instructions on how to meet the guidelines.

Fortunately, the DA PAM is currently being updated to reflect the newest guidance and to incorporate the new Department of Defense (DOD) Menu Standards which is a Joint Service document in the DOD 1338.10-M, Manual for the DOD Food Service Program. The DOD 1338.10 gives specific guidance on meal day parts as well as specific nutritional standards for certain food components in which all Services will follow. Thus the 2010 Dietary Guidelines and the DOD Menu standards will be incorporated into the updated DA PAM 30-22.

So now is the prime time to start preparing your dining facilities for the updated menu standards. These standards discussed below will apply to all Army garrison dining facilities. The list is not all inclusive but intended to give you a preview of what is to come. The Initial Military Training dining facilities under the Soldier Fueling Initiative are already executing these standards.

**Sodium:** As you may already know, sodium is the number one hot topic right now all across the country. The average sodium intake by the American population is 3400 mg per day (USDA,2010). High intake of sodium is associated with higher blood pressure also known as hypertension. Hypertension is a strong risk factor for heart and kidney disease with heart disease still being the leading cause of death in the U.S. (CDC, 2011). The 2010 Dietary Guidelines recommend a sodium intake of less than 2300 mg per day; however, persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease are to further reduce intake to 1,500 mg per day. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults. Additionally, just because you don't put salt on food does not mean that you don't eat sodium. Foods such as yeast breads, pasta dishes, pizza, deli meats, condiments, and cheese are the major sources of sodium. Even poultry and pork can contain excessive sodium from injections and marinades.



**What can you do?**

- Offer salt-free/sodium-free seasonings at every meal
- Offer lower sodium or reduced sodium sauces, gravies, and soups.
- Review the nutrition label with your installation dietitian on pre-packaged products (i.e. lasagna, pre-breaded chicken, etc) that are served in the dining facility and ask your Prime Vendor if there is a similar product that has reduced or lower sodium and that can still meet the taste expectations of your diners.

**Omega-3 Fatty Acids:** Current evidence suggests Warfighters do not get enough omega-3s in their diet. Omega-3 is an essential fatty acid which must be obtained through food since our bodies are not able to make this nutrient. Without enough omega-3, we can create an imbalance in the body which may contribute to heart disease, cancer, and various other chronic conditions. Omega-3 is found in plant sources such as corn/canola oil, walnuts, and fish particularly cold water oily fish like salmon, and tuna. However, omega-3 is more abundant in the fish sources than the plant sources.

**What can you do?**

- Serve fish at the minimum of 3 times per week and serve at least one fish high in omega-3 once each week. Fish species that are high in omega-3 include salmon, tuna, trout, mackerel, and halibut. This is a good time to review the types of fish you serve and switch at least one of your fish choices to a fish high in omega-3. You may find that you are already serving a fish high in omega-3.
- Other great omega-3 sources you could offer include walnuts or flaxseeds which are perfect additions to breakfast and salad bars. Warfighters could sprinkle walnuts over their oatmeal, pancakes, or salad--what an easy way to get omega-3!
- If available by your Prime Vendor and within operating budget consider offering DHA (omega-3) enhanced eggs. DHA stands for docosa-hexaenoic acid which is a long chain omega-3 fatty acid.

**Fruits & Vegetables:** This may not be surprising to you but the average American gets about three total servings of fruit and vegetables per day (USDA, 2010). Needless to say that is well below the recommend goal of five or more servings of fruit and vegetables per day (USDA, 2010). Increased fruit and vegetable intake is associated with prevention of heart disease, certain cancers, improved weight and overall health. Fruit and vegetables supplies us with numerous nutrients to include fiber, vitamin A, vitamin C, potassium, and phosphorus to name a few. While there are many types of fruit and vegetables available, often times we may get stuck in providing the familiar staples. But by offering a variety of fruits and vegetables, different colors, flavors, and textures we can increase exposure and acceptance of these important food groups and introduce new fruits and vegetables that Warfighters may not otherwise try on their own.

**What can you do?**

- Cutting up fruit such as oranges and/or using pre-sectioned fruit such as melons or fruit salad is one of the easiest ways to help Warfighters increase their fruit intake.
- Rethink the way fruits are displayed and consider using eye appealing displays such as a basket filled with apples. Fruit is nature's natural "candy" so why not include fresh, canned or frozen fruit on the dessert bar.



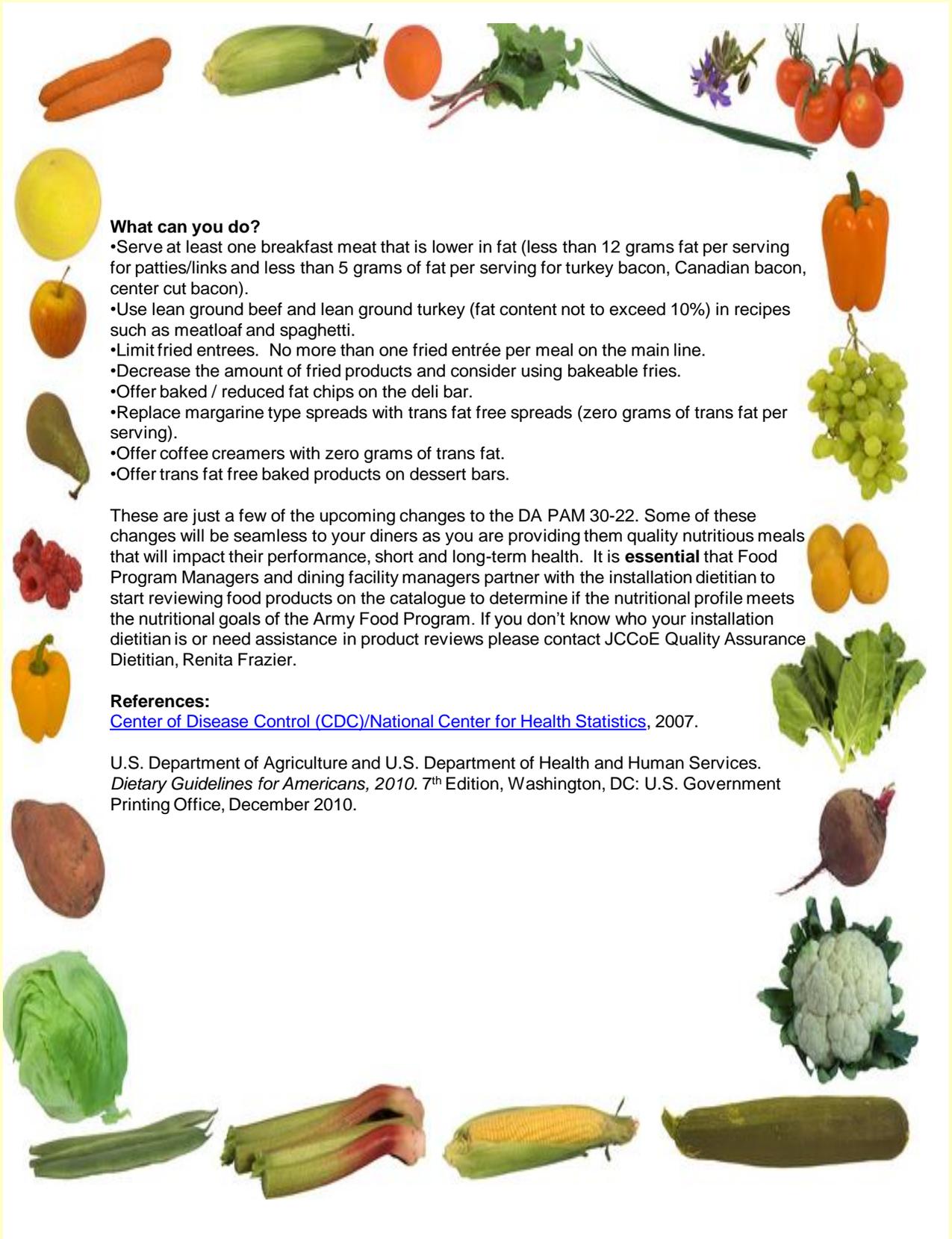
- Another easy way to help Warfighters increase vegetable intake is to place vegetables first on the serving line instead of at the end.
- Serving legumes and beans such as black beans, lentils, navy beans, or pinto beans at least three times per week as a side dish or entrée.
- Offering salsa, diced peppers, or diced tomatoes, at breakfast for Warfighters to add to their scrambled eggs or omelets.
- Cooking vegetables in a way (steaming and progressively cooking) to preserve nutrients and vibrant colors. Picture vibrant green broccoli versus limp, dark green broccoli—which would you rather eat? Overcooking vegetables is one way to get Warfighters to NOT eat vegetables.
- Compared to entrée items, vegetables are typically lower in cost so if diners ask for additional servings of vegetables you are encouraged to honor that request.

**Whole Grains:** You may have heard “now with whole grains” on a television ad for your favorite food but what does whole grains really mean. Whole grain means the food product contains all the essential and naturally occurring nutrients of the entire grain seed (Whole Grain Council, 2011). By contrast, refined grains do not contain the entire seed and the essential nutrients are added back to the product—that is why you see enriched white bread or enriched pasta. Whole grains contain many nutrients to include B-vitamins, vitamin E, iron, magnesium, and fiber. Whole grains consumption is associated with reduced risk of heart disease, and lower risk for obesity. Oatmeal, rye, corn, brown rice, and wild rice are a few examples of whole grain products.

**What can you do?**

- All sliced bread offered must contain whole grains (white with whole grains or whole wheat with at least 2.5 grams of fiber per serving). White with whole grains is an easy way to provide the taste and texture of white bread but with whole grains and fiber.
- Provide at least four ready-to-eat cereals with a minimum of 2.5 grams of fiber per serving. A variety of cereals including traditional favorites meet this requirement as whole grain is becoming a priority with food manufactures.
- Other ways to increase whole grains in your dining facility is to use whole grain pasta instead of regular white pasta and whole grain rice instead of white rice especially in mixed dishes (baked spaghetti, chicken and rice).
- If you serve oatmeal, you are already using a whole grain!

**Saturated & Trans Fat:** Saturated fat and trans fat continues to be nutrients that need to be reduced in the diet. High saturated fat and trans fat intakes are associated with higher blood cholesterol levels and increased risk of cardiovascular disease. The 2010 Dietary Guidelines recommend eating less than 10% of calories from saturated fat and to keep trans fat intake as low as possible.



**What can you do?**

- Serve at least one breakfast meat that is lower in fat (less than 12 grams fat per serving for patties/links and less than 5 grams of fat per serving for turkey bacon, Canadian bacon, center cut bacon).
- Use lean ground beef and lean ground turkey (fat content not to exceed 10%) in recipes such as meatloaf and spaghetti.
- Limit fried entrees. No more than one fried entrée per meal on the main line.
- Decrease the amount of fried products and consider using bakeable fries.
- Offer baked / reduced fat chips on the deli bar.
- Replace margarine type spreads with trans fat free spreads (zero grams of trans fat per serving).
- Offer coffee creamers with zero grams of trans fat.
- Offer trans fat free baked products on dessert bars.

These are just a few of the upcoming changes to the DA PAM 30-22. Some of these changes will be seamless to your diners as you are providing them quality nutritious meals that will impact their performance, short and long-term health. It is **essential** that Food Program Managers and dining facility managers partner with the installation dietitian to start reviewing food products on the catalogue to determine if the nutritional profile meets the nutritional goals of the Army Food Program. If you don't know who your installation dietitian is or need assistance in product reviews please contact JCCoE Quality Assurance Dietitian, Renita Frazier.

**References:**

[Center of Disease Control \(CDC\)/National Center for Health Statistics](http://www.cdc.gov/nchs), 2007.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7<sup>th</sup> Edition, Washington, DC: U.S. Government Printing Office, December 2010.

## JCCoE introduces a new member to our family



SFC Jeffrey Mc Kinney  
Food Operations Management NCO  
Joint Culinary Center of Excellence  
Fort Lee, VA

SFC Jeffrey McKinney is the new Food Operations Management NCO with Concepts, Systems and Policy Division of the Joint Culinary Center of Excellence. He was previously assigned to the Advanced Food Service Training Division where he was the Primary Instructor for the Army Food Service Management Course.

SFC McKinney's previous assignments include Gelsenhausen Germany, Camp Casey Korea, Camp Zama Japan, Fort Ord, California, Fort Huachuca, Arizona and Fort Carson, Colorado. While at Fort Carson, SFC McKinney proudly served as the Regimental Dining Facility Manager for the 3D Armored Cavalry Regiment (Brave Rifles). He also served as the Brigade Dining Facility Manager and Brigade Senior Food Operations Management NCO for the 2<sup>nd</sup> HBCT 4<sup>th</sup> Infantry Division (Warhorse). SFC McKinney has safely completed 4 combat tours in support of Operation Desert Storm & Iraqi Freedom.



## Cooking Tips from our very own JCCoE Chefs

### Herbs and Spices:

**Storage Tips:** Store spices in a cool, dark place. Humidity, light and heat will cause herbs and spices to lose their flavor more quickly. Although the most convenient place for your spice rack may be above your stove, moving your spices to a different location may keep them fresh longer.

As a general rule, herbs and ground spices will retain their best flavors for a year. Whole spices may last for 3 to 5 years. Proper storage should result in longer freshness times.

When possible, grind whole spices in a grinder or mortar & pestle just prior to using. Toasting whole spices in a dry skillet over medium heat before grinding will bring out even more flavor; just ensure they do not burn.

Because the refrigerator is a rather humid environment, storing herbs and spices there is not recommended. To keep larger quantities of spices fresh, store them in the freezer in tightly sealed containers.

### Usage Tips:

Use a light hand when seasoning with spices and herbs. Your goal is to compliment your dish without crowding out the flavor of the food. Remember, it's usually impossible to "un-spice" a dish!

Finely crush dried herbs before adding to your dish after measuring.

When using dried herbs verse fresh, normally use 1/3 the amount in dried as is called for fresh.

Keep it simple. Unless the recipe specifically calls for it, don't use more than 3 herbs and spices in any one dish. The exception to this rule is Indian cooking, which often calls for 10 or more different spices in one curry dish.

## Upcoming Events

<b>Memorial Day</b>	30 May 2011
<b>Army Birthday</b>	14 June 2011
<b>Independence Day</b>	4 July 2011