DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON, FORT GORDON
307 CHAMBERLAIN AVENUE
FORT GORDON, GEORGIA 30905-5730

REPLY TO
ATTENTION OF:

IMSE-GOR-ZA

NOV 15 2011

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Installation Food Service Policy Memorandum No. 59 – Fort Gordon Nutrition Awareness Program

1. Reference: AR 30-22, 10 May 05, Army Food Service Program.

2. Purpose: The Nutrition Awareness Program procedures apply to all active Army and contractor-operated facilities on this installation. The program establishes and provides the recommended dietary allowances and a standardized nutrient density index for normal and reduced calorie menu planning. The program also provides nutrition education guidance to assist our Soldiers in maintaining a healthful diet.

3. General: When planning dining facility menus, a variety of foods must be offered to meet nutritional requirements. The basis for selecting the proper choices to offer is the Food Guide Pyramid. A serving from each food group of the pyramid provides the diners with the required daily nutrients (proteins, fats, carbohydrates, vitamins, minerals, and water).

a. Concepts:

(1) The installation dietitian will have an integral responsibility in the total program, such as approving menus and conducting classes.

(2) The Food Guide Pyramid and dietary guidelines will serve as the framework for all food service menus.

(3) A salad bar will be available at lunch and dinner meals and a breakfast fitness bar for breakfast.

b. Standards:

(1) Army Food Management Information System (AFMIS) calorie information and standard recipes will be used for all nutrient values.

(2) Adherence to the nutrition standards IAW AR 30-22, DA Pam 30-22, will be required for all meals.

(3) The Guide to Good Eating Cards will be used when possible, informing diners of the nutrient values of food being served.

4. Menu Standards: The menu standards listed below will be followed in all dining facilities Nutrition Programs. The nutritional menus for all dining facilities will:

a. Provide a low calorie/low fat menu for each breakfast, lunch, and short order, as specified in DA Pam 30-22.

b. Include the following items daily:

(1) A variety of menu items, contrasting in texture, flavor, and color.

(2) Unsweetened, ready-to-eat, whole grain cereals.

(3) Fresh fruit or canned fruit, if fresh is not available or unsweetened juice.

(4) Non-caloric beverages unsweetened or prepared with an authorized sugar substitute in addition to caloric beverages.

(5) Margarine available as a spread.

(6) Whole grain breads and rolls.

(7) Low fat 1% white milk as the primary milk source in bulk dispensers at all meals. Skim milk, buttermilk, low fat chocolate flavored (1%) milk may also be offered.

(8) Reduced calorie or nonfat dressing(s).

(9) Sodium-free herbal seasoning mixtures (blends of sodium-free herbs and spices containing no calcium/potassium chlorides) for use as a salt alternative on the dining table. Procurement of commercial sodium-free herbal seasoning mixtures is authorized. Commercial salt substitutes are prohibited. Table salt is permitted for dinner use.

(10) Authorized granulated, non-nutritive sugar substitute, in addition to granulated sugar.

5. Preparation, serving standards, and storage of subsistence: The procedures to be used in the preparation and serving of meals in each installation operational dining facility are:

a. TM-10-412, Armed Forces Recipe Service of Army Food Management System (AFMIS), generated recipes will be used in food preparation.

b. Excessive fat will be trimmed from meat.

c. A non-fried entrée will be offered as an alternative when a fried entrée is featured.

d. Reduced portion sizes will be available at each meal (upon diner's request).

e. Cooked vegetables and starches, to include potatoes and potato substitutes will be served without margarine, butter, sauces, or gravies.

f. Progressive cooking of menu items will be utilized as much as possible to provide appealing, nutritious products.

g. Use of saturated fats for grilling will be avoided.

h. Food items will be covered prior to serving the meals service and during slow meal periods.

i. Excessive cutting/chopping of fruits and vegetables will be avoided.

j. The amount of time food is on the serving line will be minimized.

k. The temperatures on the steam tables will be regulated for proper holding temperatures. Do not boil the food.

l. Excessive stirring or handling of food items on the serving line will be avoided to minimize exposure to the air.

m. Resources permitting, alternatives to the traditional breakfast menu (examples in SB 10-260) will be provided, i.e., the breakfast bar.

n. Before finished meat products are served excess oils and fat will be drained.

o. When preparing fried meats, unsaturated frying oil will be used.

p. Foods will be stored at recommended temperatures.

q. The "first-in/first-out" method of food storage will be practiced and enforced.

r. Cool, dry, ventilated conditions will be provided.

6. Training Standards: The installation training program and dining facilities program are provided to assist Food Service personnel in the implementation of the nutrition standards. All training is based on established DA policy and guidance. The installation dietitian and the Food Management Assistance Team (FMAT) also provide nutrition training, during scheduled or regulated visits.

a. Each dining facility nutrition program must include the following:

(1) Instruction for Food Service personnel in the following areas:

(a) Basic nutrition.

(b) Food preparation.

(c) Serving techniques.

(d) Progressive cooking.

(e) Storage of subsistence.

(2) Low calorie and low fat meal preparation discussions during Installation Food Service Management Meetings.

b. Each dining facility will provide a Diner's Education Program in accordance with AR 30-22.

7. Dining Facility Standards: The following nutritional awareness enhancements will be available in every dining facility:

a. The calorie value of each menu item must be posted in a place visible to all diners before entering the serving area.

b. At least one of the following types of nutrition education material must be on display:

(1) Nutrition posters.

(2) Table tents.

(3) Nutrition bulletin boards.

(4) Guide to Good Eating Card

8. The proponent for this Policy Letter is the Installation Food Program Manager, DOSS, 706-791-2636.

ROBERT A. BARKER
Colonel, SC
Commanding

DISTRIBUTION: A

This Policy Memorandum supersedes the Garrison Commander's Policy Memorandum No. 52-Fort Gordon Nutrition Awareness Program, date 1 December 2009.