



# EXCHANGE STAFF VETERINARIAN

*Veterinary, Preventative Medicine and Public Health Newsletter*

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**New Army Public Health Command:** In July 2011, after a year of provisional status, the new US Army Public Health Command (USAPHC) reached its full operational capability combining the missions of the U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) and the U.S. Army Veterinary Command (VETCOM). LTG Eric Schoomaker, US



Army Surgeon General and MEDCOM Commander, directed the formation of the USAPHC to make public health services more accessible and effective. The combination of services merges the long established CHPPM and VETCOM into a single Army public health agency. USAPHC has the mission to promote health and prevent disease, injury, and disability of Soldiers and military retirees, their Families, and Department of the Army civilian employees; and to assure effective execution of full spectrum veterinary service for Army and Department of Defense Veterinary missions.

## AFI 48-117, Public Facility Sanitation Update:

AFI 48-117, *Public Facility Sanitation*, has become outdated with the increase in services the Exchange now offers in areas such as day spa, nail salons, spray tanning and threading, waxing, and tweezing for hair. Our office has updated the health and sanitation requirements for these areas and forwarded AFI updates to Air Force Medical Support Agency for coordination. In the meantime, if there are any Public Health personnel that do not have access to the Exchange services contracts specifying specific health and sanitation requirements please e-mail [Food-Drug.Safety@aafes.com](mailto:Food-Drug.Safety@aafes.com) and we will send you a copy.



## Are You Prepared For The Flu Season?

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February, however, seasonal flu activity can begin as early as October and continue to occur as late as May.



So what do you have to do to get prepared for the flu season? You and your associates can help reduce the risk to yourselves and our customers by following these simple steps: wash hands frequently with warm water and soap; cover all coughs and sneezes; don't show up for work if you have symptoms of the flu to include fever; avoid touching your eyes, nose, and mouth – these are the route to infection; report illness to your supervisor immediately; make hand sanitizers available to customers for use on shopping carts/baskets and at cash registers for cashiers; avoid large public gatherings; promptly clean and disinfect any items contaminated by coughs or sneezes.



## Salute to Top Performers on 3<sup>rd</sup> Quarter EcoSure® Inspections:

Motivate your associates and give them a goal to shoot for! Here are the top five installations EcoSure® certified during 3<sup>rd</sup> Quarter, 2011:

- Ft Sam Houston, TX** (99.2 average score)
- Ft Campbell, KY** (95.7 average score)
- Ft Leonard Wood, MO** (94.5 average score)
- Ft Bragg, NC** (92.6 average score)
- Ft Leavenworth, KS** (91.8 average score).

Outstanding job goes out to Ft Sam Houston Food Team: Eleven facilities scored 100; two facilities scored 98 and one facility scored a 97. This is by far the best outcome to date and sets the bar for food service excellence at an all time high. Keep up the great work and setting the example for others to follow.

## What are the 5 most common findings for 2011?

- ✓ Toxic substances not properly identified, stored, used (30%)
- ✓ Proper cold holding requirements not met (27%)
- ✓ Food contact surfaces not clean and sanitized (20%)
- ✓ Proper hot holding requirements not met (13%)
- ✓ Bare hand contact with ready-to-eat foods (12%)

These are easy to correct and prevent from recurring with a little associate refresher training and management emphasis on daily duties/tasks. Use checklists and self inspections to identify and correct problem areas. Lastly, contact us or your local PM/PH for assistance in troubleshooting issues.

**Snack Avenue:** Egg rolls, roller bites, and Banzi Sushi are just a few of the many ready-to-eat foods now available in our ever expanding and popular Express Snack Avenue concept. However, keeping up with food safety requirements remains a difficult challenge for managers. Food safety must be a top priority for all to help prevent foodborne illnesses.

Time and temperature play a huge role in whether food is safe to eat or needs to be discarded. Roller grill items must be heated to an internal temperature of 165 degrees Fahrenheit prior to placing in warmer or leaving on grill. Using a food thermometer to check product temperatures is the only sure way to know if your food has reached the proper temperature to destroy foodborne bacteria.

- ✓ Wearing disposable gloves use tongs to pick up the product.
- ✓ Insert sanitized temperature probe into the end of the product.

- ✓ Check the product temperature to ensure an internal reading of at least a 165 degree Fahrenheit temperature.



- ✓ Record the temperatures on the food temperature log.
- ✓ Remove temperature probe.
- ✓ Clean and sanitize the thermometer probe between uses. Alcohol swabs or designated sanitizing wiping cloth solutions are acceptable.

Food safety has to be a priority for the safety of our customers and the protection of our brand. As a food retailer, it is essential. We sell quite a large selection of food products. It's a major part of our business and becomes even more so as we expand our food offering. In the end we want to be known in the consumer's mind as a place to go for fresh, high-quality food that is good and safe!

### Tips For Preparing For A Health Inspection:

Practice, practice, practice! The best way to prepare for your health inspection, whether from the recurring military, franchise or third party audit is to perform your daily documented self-inspection IAW EOP 25-4. Keep the following tips in mind when conducting your self inspections:



- ✓ Make them random: vary the days and shifts of your inspection.
- ✓ Have your proper equipment for inspection: clipboard, form, flashlight, alcohol wipes and chemical test strips.
- ✓ Use the forms you get inspected by: i.e. local public health form, franchise inspection form, or third party auditor form, i.e. EcoLab inspection or AIB inspection form.
- ✓ Be critical: if this means putting on the white glove than do so. This method will help ensure your facility has the best chance of passing by letting your employees see you are serious when it comes to food safety.
- ✓ Ask employees food safety/defense questions: most inspectors will ask your employees questions to gauge their understanding of food safety and the reasons behind the food safety procedure.
- ✓ Discuss the "good, bad and ugly": As you conduct your inspection point out the good. Give credit where credit is due. When you see the bad and ugly, take the time to train and educate to your employees on the proper way to perform that task. Not only is this a great mentoring opportunity but it will also correct the discrepancy on the spot.
- ✓ Review facility records: Check records regarding food handler certifications, training records,

temperature charts, MSDS's, etc. Ensure all these records are available to inspector upon request.

- ✓ Out brief your employees on findings and corrective actions needed. This will promote continuous improvement of potential health and food safety conditions.

Make your self-inspection program an integral part of your overall food safety/defense program. By doing so you can proactively identify health and safety issues before they can potentially cause harm.

### Service Business Managers (SBM) Corner:

Expanding the services offered in our Barber and Beauty Salons is great from both a business and customer satisfaction standpoint. But, the expansion is not worth the trouble if you fail to enforce sanitation standards!!



In accordance with Exhibit H of their contract, employees must comply with both Military and local cosmetology licensing requirements. SBM's are further advised to complete a review of these procedures as part of their quarterly activity reviews. Adherence to these procedures will not only ensure our customer's "well being" but will also establish AAFES as the first and best option in the minds of our customers.

### Supplement Question of the Month: Does the Military Regulate or Approve Supplements sold in Exchange Facilities?

NO. The military does not authorize any drug or nutritional or dietary supplement for sale anywhere. These products are regulated by other federal agencies such as the FDA. The stock assortment carried in GNC stores mirrors that available in the private sector.



These items are classified and regulated as food, not as drugs. Sale of these products is legal and considered safe when used as directed. By law, the manufacturer is responsible for ensuring that its dietary supplement products are safe before they are marketed.

Supplements do not need approval from FDA before they are marketed.

It is important that the consumer be well informed about products before purchasing them. Because it is often difficult to know what information is reliable and what is questionable. To be better informed, FDA provides the following site: [Tips For The Savvy Supplement User: Making Informed Decisions And Evaluating Information](#)

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