

## Dietary Supplements:

Diet and nutritional supplements are part of a continuously evolving industry directed towards customers such as military members, retirees, family members and others who strive for a lifestyle change and improved fitness.

Unlike Over-the-Counter (OTC) drugs and other



consumable products, diet supplements **are not regulated** by the U.S. Food and Drug Administration (FDA) and are therefore not reviewed for

safety and effectiveness before marketing. These products typically include ingredients such as vitamins, amino acids and enzymes that can be beneficial to the consumer's health, but they can also include ingredients that pose a health risk, especially if stacked and taken in conjunction with medicines or other supplements. AAFES recommends that our customers consult their healthcare provider prior to consuming diet supplements.

The Department of Defense (DOD) prohibits the use of products containing ingredients such as DMAA, ephedrine, Hemp or salvia in any form. Due to these restrictions and the



potential health concerns associated with some products available on the market, the Exchange limits sales of diet supplements to only the following facilities: Exchange direct retail stores, General Nutrition Corp (GNC), Vitamin World, and 5 Star Nutrition concession activities. This ensures the Exchange can quickly respond to product recalls and identify any sales of recalled products to customers worldwide. **\*Note:** GNC, Vitamin World and 5 Star Nutrition are preferred Exchange concession providers and have established quality assurance programs to ensure product safety. Dietary supplements and herbal remedies are not authorized for sale as cash-and-carry items on short-term agreements or by unapproved vendors.

Fresh smoothies and fruit juice concessions (e.g. those located in gyms and fitness centers) that add vitamins and supplements to their beverages must comply with the DOD and Exchange guidance listed above. All supplements added to beverages by these concessionaires must be screened to ensure that prohibited ingredients are not served to customers, and all applicable product warnings associated with the supplement must be incorporated into the menu for customer awareness.

For questions about a dietary supplement product or concession offering, please email Mr. Robin Williams at [WilliamsRobi@aafes.com](mailto:WilliamsRobi@aafes.com).



## Requesting an Initial Sanitary Audit of an Approved Source:

Approved Sources are available for many different commodities worldwide, but sometimes buyers require a new source. Before requesting a new source, consider whether it is truly necessary or simply convenient. The AAFES Food & Drug Safety Office can assist in searching the *Worldwide Directory* for existing sources of the product in question. We can also provide guidance on food commodities that are actually EXEMPT from *Directory* listing.

If a new source is determined to be necessary, the AAFES Food & Drug Safety Office can assist in requesting an initial sanitary audit. The application process has two requirements:

- 1) a request from the manufacturer (**not the distributor**) of the product on company letterhead containing all information required in Appendix B of Circular 40-1, and

- 2) a cover letter from the purchasing or contracting agency (i.e. an AAFES buyer) endorsing the request stating intent to purchase the product in question. The second requirement can typically be satisfied with an email. Submission of initial audit requests through the AAFES Food & Drug Safety Office allows us visibility of the request and minimizes delays due to requests for additional information from Army Public Health Center (APHC).

Access the following link ([PHC Main View](#)), and click on Appendix B, Section 1 for CONUS and PAC requests, or Appendix B, Section 2 for Europe. For initial audit requests in Korea or CENTCOM, click on the appropriate link in the left hand margin to access Appendix B for those geographic locations. These sections detail what information must be provided on the manufacturer's letter. Companies are never authorized to directly request an initial audit – there must be an endorsement from a DOD procurement agency or contracting officer who intends to procure product from this manufacturer. The facility **MUST** be producing the product before the audit can be scheduled. The entire process takes about 6-8 weeks if no problems are encountered.

### Home Food Safety Myths and Facts:



Here is this quarter's popular food safety myth from the Partnership for Food Safety Education.

Please feel free to share the "facts" with co-workers and family members!

#### **Myth: "Putting chicken in a colander and rinsing it with water will remove bacteria like Salmonella."**

**Fact:** Rinsing chicken in a colander will not remove bacteria. In fact, it can spread raw juices around your sink, onto your counter tops, and onto ready-to-eat foods. Bacteria in raw meat and poultry can only be killed when cooked to a safe minimum internal temperature, which for poultry is 165 °F, as measured by a food thermometer. Save yourself the messiness of rinsing raw poultry. It is not a safety step and can cause cross-contamination! Always use a food thermometer to check the internal temperature of your food.

#### **Barber/Beauty, Nail and Spa Licensure Requirements:**

The information below is excerpted from the current EOP 30-1, Chapter 9:

9-15. The contractor of a barber, beauty, nail, and spa operation must provide the SBM or Exchange management the names and license information of all technicians employed 10 days prior to the commencement of services, in accordance with contract terms. If licensing information is not provided, Exchange management should advise the HQ contracting officer so contractual action can be taken.

9-16. Following are the licensing requirements for barber, beauty, nail, and spa technicians on military installations within CONUS where the federal government has jurisdiction or less-than exclusive jurisdiction. OCONUS commanders may set minimum requirements for licensing or certifications of barbers, stylists, aestheticians, nail, and spa technicians as deemed necessary by installation health authorities.

- a. Unless otherwise provided for below, employees providing services listed herein must possess a valid current license from one of the 50 states. Contractors are responsible for adhering to state law.
- b. A valid temporary permit issued by the state in which the exchange is located, to an out-of-state licensed barber, stylist, nail technician, or apprentice, will satisfy the Exchange licensing requirements for the period of the temporary permit. Any performance restrictions imposed by the state in connection with the temporary permit will apply.
- c. If the Exchange is located in a state that provides for licensing of apprentices, they may be employed in

performance of the contract in numbers not to exceed the following:

- (1) One or two person staff.....None.
  - (2) Three person staff.....One apprentice.
  - (3) Four or more person staff ....Ratio not to exceed one apprentice to three licensed barbers, stylists, aestheticians, or nail technicians.
- d. Unless otherwise defined by state or territory regulations, an apprentice is considered one who is currently attending or has attended an accredited cosmetology or technology school and is not licensed to perform services. The apprentice may perform in accordance with the state limitations.
- e. Licenses will be kept current and maintained on file by the concessionaire manager and readily available for inspection by the Exchange authorities.

The Army is drafting a new Technical Bulletin (TB) Med 531, Facility Sanitation Controls and Inspection. New verbiage in this draft document **will prohibit** apprenticeship programs in all but deployed settings.

#### **HQs Fundraising Events:**

Groups planning food sales fundraiser events at AAFES HQs must review, sign, and submit the "Food Handling and Sanitation Requirements for Fundraising Events" info paper ([click here](#)) with the group's request to conduct the fundraiser. Contact Ms. Jamie Deramee at [derameej@aafes.com](mailto:derameej@aafes.com) if you plan to host such an event.

#### **The Exchange Food Safety & Defense Internet Portal:**

Are you looking for past newsletters on food safety, food defense and barber/beauty/spa sanitation? Previous editions are found by accessing either of the Staff Vet/Food & Drug Safety links at the end of this newsletter. Associates are also able to consult the site for quick access to commonly required AF and DA regulations, references, Exchange policies, and guidance.

#### **Contact Us –**

##### **Dallas Team**

[Food-Drug.Safety@aafes.com](mailto:Food-Drug.Safety@aafes.com)

LTC Riley: 214-312-3604 [Rileypy@aafes.com](mailto:Rileypy@aafes.com)

SMSgt Sigley: 214-312-3736 [Sigleyj@aafes.com](mailto:Sigleyj@aafes.com)

FAX: 214-465-2488

##### **Europe Team**

LTC Canchola: 9-011-49-6302-6098475 DSN: 314-545-6475

[Cancholapi@aafes.com](mailto:Cancholapi@aafes.com)

#### **Useful links (control-click to use links):**

- [Worldwide Directory for Sanitarily Approved Food Establishments for Armed Forces Procurement](#)
- [Staff Vet/Food & Drug Safety Program \(AAFES Associates Only\)](#)
- [Staff Vet/Food & Drug Safety Program \(Non-AAFES Associates\)](#)