NAVSUP INITIATIVES
FOR HEALTH & READINESS

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NAVSUP Dietitian
July 2008

Ready. Resourceful. Responsive!
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Standard Form 298 (Rev. 8-98)  
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ASHORE/AFLOAT HEALTHY ENVIRONMENT

NUTRITION

EDUCATION
- ACF NUTRITION TRAINING
- ANNUAL MENU REVIEW
- COMMAND GMT PRT FAILURES
- A SCHOOL

CULTURE
- NUTRITION

STANDARD MENU
- HEALTHY CHOICE NO FRIED ITEMS
- PRODUCT RESEARCH NATICK

SHIP’S STORE
- HEALTHY CHOICE
- TRANS FAT FREE ITEMS
- REDUCED CARGO
- LABOR SAVINGS

PHYSICAL FITNESS
- CMD FITNESS LEADER CURRICULUM
- FITBOA
NUTRITION INITIATIVES

• **Education**
  
  American Culinary Federation (ACF) training in fleet sites
  Annual menu review per P-486 guidelines
  General Military Training (GMT) for Fitness Enhancement Program (FEP) participants
  NKO – Nutrition ppts w/ exams for NEY contenders

• **Navy Standard Core Menu (NSCM)**
  
  Cost – BDFA
  Logistics- Reduce cargo
  Nutrition- Healthy non-fried choices, Product research with Natick
  Man Power - Labor saving production and galley
  Endurance – Freezer vs. chill vs. dry storage space
  Waste - Plastic
NAVY STANDARD CORE MENU (NSCM) HISTORY

- Established Partnership… CFFC, NAVSUP/NFS, Natick Labs, DSCP
  - CFFC visited NAVSUP Nov 2004
  - DODD 3235.2 dtd May 2004… Secretary of Army EA for R&E
- Conducted Data Analysis
  - Reviewed 160+ afloat Navy menus
  - Natick conducted industry product demos… sensory analysis
  - Recipes revised to match advanced components
  - NSCM load list created and 7330 updated
- Applied Spiral Development Approach
  - Laboratory testing conducted at Natick
  - Prototyped… USS NITZE (DDG 94) – V1
  - Prototyped… USS HALSEY (DDG 97) – V2
  - Version 3 available October 2006
  - Version 3.5 available October 2007
  - Version 4 under development
MENU RECIPE CONTENT BY SHIP CLASS

• Core Menu… “the standard”
  – Equally represents all pieces of the puzzle
  – Advanced foods… Scratch, Speed scratch
  – CG, DDG, FF, LCC, LSD, LPD

• Submarine Menu… “traditional”
  – More cook from scratch… less advanced foods
  – SSBN, SSN, HSV

• LCS Menu… “achieving the right balance”
  – Unique requirements… labor vs. storage
  – LCS, MCM, MHC

• Carrier Menu… “greater flexibility”
  – Part of a bigger plan
  – AIRFOR lead… NAVSUP Chef engaged
  – Increased advanced foods… multiple speed lines
  – CV, CVN, LHA, LHD, AS

• Ashore Menu… “under development…

MENU ALLOWS FLEXIBILITY TO SUPPORT ENDURANCE

- **Heat & Serve, Speed Scratch and Scratch Cooking principles**

  - Frozen Heat & Serve: $33
  - Prepared Mixes: $14
  - Scratch Ingredients: $12

Food Service Facility Design Criteria Est. 1964

Dry 90 days Chill 30 days / Freeze 60 days
PUZZLE PIECES FOR NSCM

- **Variety...** Steel beach picnics & theme meals
- **Crew Acceptability...** Not tofu & bean sprouts!
- **Nutrition...** Meets USDA Guidelines
- **Cost...** Within BDFA
- **Cooking Methodology...** Supports CS skill set
- **Minimize Load List Requirements...** Standardizes procurement process
- **Equipment...** No deep fat fryers
- **Product Availability...** Supports prime vendor program
# ITEMS ON THE NSCM

**French Fries**
- Lamb Weston X14: Generation 7 Concertina Cut, ½ French fry

**Potatoes**
- McCain O1F00215: Versitots, Tatertots
- McCain MCF03725: Harvest Splendor Sweet Potato Fries

**Seafood**
- Trident 400209: Battered Buttery Shrimp
- Rich Sea Pak 43801: Oven Crunchy Butterfly Shrimp
- Mrs. Fridays 73550: Oven Ready Crab Cakes

**Vegetables**
- McCain 40003495: Moore’s Bakeable Breaded Onion Rings
- McCain 50010145: Anchor Battered Cauliflower

**Chicken**
- Pierce SC115: Super Chik’N, Fried Chicken
- Perdue 80946: Battered Crunchy Style Precooked Chicken
MCDONALDS VS. LAMB WESTON

<table>
<thead>
<tr>
<th>Nutrition Information</th>
<th>McDonald’s Small French fries</th>
<th>Lamb Weston Generation 7 Fries</th>
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<tbody>
<tr>
<td>Portion Size</td>
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<tr>
<td>Calories</td>
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<td>147</td>
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<tr>
<td>Total fat, grams</td>
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<tr>
<td>Saturated Fat, grams</td>
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</tr>
<tr>
<td>Trans Fat, grams</td>
<td>3.5</td>
<td>0</td>
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Deborah Sisson, R.D., Natick Soldier Center - DoD Combat Feeding Program
VARIETY WITHIN (NSCM)

- 84 different entrees
- 42 different soups
- Theme meals
- 41 item salad bar
- Wednesday Lunch – Burgers
- Saturday Dinner – Pizza
- Sunday Lunch/Dinner - Seafood
- Breakfast sandwiches
- Protein salads (beans/animal protein)
- Portion Size through DSCP product specification
- Refresh annually
HEALTHIER INGREDIENTS

- Low fat dairy items
- Regular and low fat salad dressing
- Low fat cake mix
- Baked chips
- Ovenable vegetables vs. fried
- Working to eliminate sodas
BENEFITS OF NSCM

- Written by team of NAVSUP RD, Chef, retired NAVY with total of 80 years culinary experience, Natick Lab scientists, and Fleet input
- Guaranteed nutritional focus, healthier ingredients
- Standardized procurement
- Reduced cargo... streamline catalogs to ensure availability and consistency of product
- SIK Account... improved financial management