



EXCHANGE STAFF VETERINARIAN

Veterinary, Preventative Medicine and Public Health Newsletter

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Food & Drug Safety/Defense Team Update:

LTC Steve Lawrence joined AAFES in Sept 2010 and serves as the Europe/CENTCOM Region Staff Veterinarian. Welcome aboard! His contact information is at the bottom of the newsletter.

Food & Drug Safety/Defense Team Initiatives:

We are currently working with AAFES Sales and Real Estate Directorates to help mitigate vulnerabilities to AAFES



bagged ice operations. Food safety/defense and sanitation is paramount with bagged ice operations. Improved ice machine locations/security, training and accountability are the key elements we will focus on. We want to ensure we are doing everything we can to keep our customers safe.

Salute to Top Performers on 3rd Quarter EcoSure® Inspections:

★ Motivate your associates and give them a goal to shoot for! Here are the top five installations EcoSure® certified during 3rd Quarter, 2010: Fort Sill, OK (100% average score); Fort Sam Houston, TX (100% average score) San Antonio, TX (98.5% average score) Tyndall AFB, FL (98% average score); Fort Benning, GA (97.8% average score). Congratulations to the food associates and managers of these installations!



Alphabet Soup...Get Credentialed:

What is the big deal about having a whole bunch of letters following a name? Want to earn the respect of your colleagues and credibility of your peers? Becoming credentialed will enhance your promotion of career opportunities and it's a great way to upgrade professionalism in the food industry. Below are just a few food certifications you can obtain. None are endorsed or sponsored by AAFES, just examples of the type of food certifications out there. The National Restaurant Association offers a Foodservice Management Professional (FMP) Certification. The National Environmental Health Association offers a Registered Environmental Health Specialist/Registered Sanitarian (REHS/RS) and Certified Professional of Food Safety (CP-FS) certifications. Advance your career today with credentials that document and verify your workplace skills, knowledge and experience!

Disposable Razor Use at Barber Shops/Beauty Salons:

AAFES barber shops and beauty salons are authorized to use disposable razors. It is imperative that the facilities follow disposal procedures to avoid the risk of disease or injury to themselves or their patrons.

Razors must be used **only once**. Used razors will be placed in a rigid plastic container with an opening large enough for blades to be inserted without being bent or broken. Container will have a tight fitting cap, preferably a screw cap. Accumulated blades will be disposed of when

full but not less than weekly. **Prior to disposal, a small amount of commercial bleach solution (e.g. 10 to 15 ml per gallon) should be poured into the bottle to sanitize/disinfect blades. Bottle should be inverted several times to ensure chlorine comes in contact with all surfaces.** The container can then be



placed in regular trash.

Nicks and cuts will be handled in accordance with Public Health Standards. A first aid kit must be available in each facility for emergency purposes. SBMs are encouraged to work closely with installation health authorities to ensure compliance.

What's in Your Supplements?:

Although products marketed as dietary supplements may be sold legally in the United States, this does not imply that they are that they are without negative side effects. Just because a product is "natural" does not mean it is "safe". Many natural substances can cause harm; consumers must approach these products with a healthy skepticism. We encourage our customers to educate themselves on supplements before they make a selection. The AAFES approach is to educate customers in the proper use of legal and otherwise publicly available dietary supplements:

- AAFES urges you to **follow all dietary supplement label instructions and warnings** to include recommended serving sizes and frequencies.
- Taking more of the supplement than the label directs or talking multiple supplements with the same active ingredient(s), may cause medical problems and **will not** increase benefits.
- **Consult your health care provider prior to taking supplements**, if you are taking any prescription **OR**, nonprescription drugs; are undergoing any examination/treatment for any illness; have any disease condition, pregnant, nursing mother **OR** are considering using more than one supplement.
- **Stop taking** any dietary supplement and consult with your health care provider if you are experiencing unusual symptoms.
- With all creating products, drink plenty of water to prevent dehydration.
- Some dietary supplements may contain ingredients that cause **false positive results** in drug screening tests. Consult with your health care provider or your organization before use.



The sale of all AAFES supplement products are legal and considered safe when used as directed. As a reminder any request to limit the sale of AAFES dietary supplements should be submitted, in writing, through the Office of the Surgeon General to the Commander, AAFES. The request should list the specific product(s) in question and the rationale for such a request. Under provisions of AAFES concession contracts, the Commander, AAFES has the authority to direct the removal of products from sale when they are determined to be "unsuitable as to quality, value or other appropriate criteria." AAFES can be held financially liable to a contractor for any action taken that can be shown to have detrimentally affected the business. As a result, AAFES makes every effort to ensure the rationale for removal of products is supported by scientific or other convincing and compelling evidence.

Fly Control in Food Facilities: The key to controlling flies is sanitation. Starve the insects through cleanliness! If there is nothing to eat, they will go somewhere else. Eliminating fly breeding sites (i.e. the material to which they are attracted to and on which they lay eggs) is usually sufficient to eliminate and prevent fly infestations.



Without thorough sanitation, other control methods are largely ineffective. Therefore, trash should be kept in sealed containers. Dumpsters should be upwind from the facility, so that flies in the dumpster are not lured into the facility. Dumpsters and garbage cans should have tight-fitting lids and no holes. They should be cleaned regularly to remove garbage residues that attract flies. Pay particular attention to odors coming from the dumpster, because flies smell them from a long distance. Despite the best sanitation efforts, flies are attracted to buildings by food odors and temperature gradients in the air. All of the doors leading to the outside should be self-closing. Screens on doors should not have tears or holes and the weather-stripping around all edges of doors should be intact and tightly sealed. *Remember, when receiving supplies, leave doors and screens open for the shortest time possible.* Cracks and other openings to the exterior that could admit flies should be sealed. Flies will always be present, but their number can be controlled. The airflow in your building can often affect whether or not flies are able to get inside. The air in your building should flow outward; to check the airflow, stand in a doorway with a lighter. The flame should blow out. If the flame blows in, work with your HVAC provider to adjust the airflow. Add air curtains above frequently used entryways and loading docks to literally blow pests away.

Good sanitation is the primary control and facility construction must be sound, with no openings. Remember, flies, as filthy as they are, do not cause foodborne illness in the U.S. today. However, they are a certain cause for loss of customers and profits. A few dollars spent on cleaning and maintenance will contribute to the degree of competitive excellence needed to ensure long term profits.

Food Safety Insight: Food Safety Starts with You! Food safety, including foodborne illness, continues to be a concern. In the United States, the Centers for Disease Control and Prevention (CDC) estimate that foodborne diseases such as *E. coli* and salmonella cause about 76 million illnesses, 325,000 hospitalizations and 5,000 deaths each year. Good food safety practices start with you! Always remember to clean, separate, cook, and chill your food – keeping within proper temperature guidelines.

Food Recalls: Within the past few weeks, we have been the recipients of bad news regarding food safety. We have witnessed numerous food recalls; one affecting over 32 million cartons of eggs contaminated with Salmonella and as of last week, sickened over 1,400 consumers. The latest recall of approximately 8,500 pounds of ground beef contaminated with *E. coli* O26. These two recalls alone may have you wondering if anyone is out there monitoring AAFES food supply.



In the event of a food or drug recall, AAFES Quality Assurance personnel notify buyers to determine whether the potential product is in our system. Buyers then provide information such as the scope, Universal Product Code and lot numbers. Once quality assurance specialists send recall information to impacted stores and distribution centers, disposition instructions are issued. If the product is in AAFES system it is isolated and placed on medical hold.

When a customer walks into any of our food facilities, they can rest assured that a network of food safety specialists is working for them to ensure that the food there is the safest and most secure available.

AAFES Food Safety Program Intranet Portal: Do you know how to find information on food safety, barber shop, beauty salon, and day spa sanitation? If not, the **Staff Vet/Food & Drug Safety Program** link on the AAFES Intranet under the Sales Division, Restaurant & Theater page is your one stop source. It provides quick access to commonly required AF and DA regulations, references, AAFES policies, and guidance such as VETCOM Approved Sources Directory, the Food Code, Shelf Life Extensions, DA Pam 40-11, and AFI 48-117 to assist you in your operations. For those outside AAFES, you can access this information at www.aafes.com under "About AAFES" or direct link: http://www.aafes.com/qa/docs/qa-food_and_drug_safety.htm

Kudos! An infestation of Khapra beetle had recently been detected in whole wheat flower shipments to the Gruenstadt Bakery in Germany. The Khapra beetle is considered to be one of the world's most destructive pests of stored food products. Special thanks to the **OUTSTANDING** surveillance and detection efforts of our quality assurance specialist, entomologist, and entomology and Army vets involved!



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Useful links (control click to use):
[VETCOM Approved Sources](#)
[Staff Vet/Food & Drug Safety Program \(AAFES Associates Only\)](#)
[Staff Vet/Food & Drug Safety Pgm \(Non-AAFES Associates\)](#)
[Consumer Food Safety Info](#)