

Sample Installation Standard Operation Procedures for Recovery Fuel Nutrition Program

IMNE-MCY-LGSF

24 January 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Initial Military Training (IMT) Recovery Fuel Nutrition Program Guidance

1. REFERENCES:

- a. AR 30-22, The Army Food Program, 10 May 2005
- b. DA PAM 30-22, Operating Procedures for the Army Food Program, 6 February 2007
- c. TRADOC Regulation 350-6, Enlisted Initial Entry Training Policies and Administration, 28 January 2011

2. PURPOSE: To optimize performance by replenishing muscle and liver glycogen stores.

3. SCOPE:

- a. Applies to Basic Combat Training (BCT) and One Station Unit Training (OSUT) Soldiers. A recovery bar (granola type bar) containing a minimum of 28-30 grams carbohydrate, 8-9 grams protein, 3-5 grams fat, and a minimum of 10% Daily Value for iron (if available). Food Program Managers are required to submit recommended recovery bar items to the Joint Culinary Center of Excellence (JCCoE) dietitian and/or TRADOC dietitian for review and approval before the catalog process. Refer to information paper for specific examples of recovery bar model types.
- b. The type of activity and duration dictate the best time to consume a recovery bar. In BCT and OSUT, those training events that require  $\geq 90$  minutes of exertion are the target. A recovery bar is recommended for the below identified training events within the BCT/OSUT curriculum.

<b>Training Event</b>	<b>Timing</b> Note: Basic guidance provided below. Drill Sergeants/cadre will determine based on their assessment of Soldiers' performance needs and training sequence.
Confidence Tower	At event: optimal at midpoint OR end
Obstacle Course	At event: optimal at midpoint OR end
Foot March 1 (4k)	Optimal just prior to start of event
Foot March 2 (8k)	Optimal just prior to start of event
Foot March 3 (12k)	Optimal just prior to start of event
Foot March 4 (16k)	Optimal at midpoint OR end

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Training Event	Timing
Night Infiltration Course	At event
Basic Tactical Techniques (BTT) 2	At event
FTX 3 (first evening/night)	Start of FTX 3
Diagnostic Physical Fitness Test #1	Last formation night before
Record Physical Fitness Test	Last formation night before

4. PROCEDURES:

a. Recovery bar requests for training events will be purchased using an established field account through the Installation Subsistence Supply Management Office (SSMO). BCT and OSUT units will request recovery bar items using the installation provided memorandum of intent and a DA Form 5913, Strength and Feeder report to capture headcount data through SSMO. Prior to submittal to the SSMO, the request will be reviewed and approved by the command food advisor and the Food Program Management Office (FPMO). Units that do not have a command food advisor will submit their recovery bar item request directly to the FPMO. Installations that have established a process that units order operational rations through the dining facility on a field account can adjust these procedures to use their process as long as these **IMT recovery bar items are not billed to a dining facility account and not part of the dining facility inventory.**

- (1) Once the SSMO receives the approved unit request, the Food Program Manager/Subsistence Supply Manager will consolidate all unit recovery bar requests onto one DA Form 3294 utilizing the issue factors listed below and submit the consolidated request to the SSMO for issue. **Prior to ordering, the manager should conduct an inventory of all residual recovery bar items still on hand from previous requests and order only the amount required.**
- (2) **The Food Program Management office will be required to track recovery bar costs on a quarterly basis and to report the cost of this program to JCCoE when data is requested.**
- (3) Responsible units will maintain a running manual inventory of all recovery bar items on a DA Form 5914, Ration Control Sheet, for accountability purposes.

5. ISSUE FACTORS: **Recovery bar issue factors are one per individual per training event.** Subsistence Supply managers requesting those items should note the minimum case/container size and order accordingly. All items will be issued in case or container size quantities only.

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6. Questions concerning this SOP should be directed to the FPMO at (600) 300-8000.

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