



January is here and so is the cold weather and winter for some of us. For those of you who made dieting your resolution, did you know this is National Diet Month? Good luck to all !!!



Superbowl Sunday is around the corner. Who will be this year's champion? For all of us here in Philadelphia, we are hoping the Eagles will win. FLY EAGLES FLY !!! Good luck to Tampa Bay, the Raiders and Tennessee. May the best team win!!



Dr. Martin Luther King, Jr.'s Birthday will be celebrated on Monday, January 20th. On this day, we will be observing the legacy and accomplishments of a great man.



February's Upcoming Events

Groundhog Day
President's Day



Valentine's Day
Black History Month

DeCA Customers Are Enjoying National Promotions

Washington Apple Commission Display Contest - Jan 16 - Feb 16 2003
Military Media Circular Ads
Jan 16 - Jan 29 Washington Apples
Jan 30 - Feb 12 Honey Tangerines
Feb 13 - Feb 26 Potatoes



Featured Item of the Month

Grapefruit

Grapefruit comes in white, pink and red varieties. When selecting, look for a smooth, firm, blemish-free outer peel, heavy for its size and well-shaped. It should be refrigerated and it does not ripen further after harvest. Grapefruit may exhibit some regreening of the skin; this does not adversely affect internal fruit quality. Neither does surface scarring, which occurs when wind brushes young fruit against the tree. Serving Tips. Toss grapefruit and orange sections in a fresh crunchy salad of mixed greens - the sweet citrus and crisp lettuce are an incredible wake-up call for the taste buds, and the juice from the segments moistens each leaf. Grapefruit is Saturated Fat Free, Sodium Free, Cholesterol Free, High in Fiber, a Good Source of the antioxidant Vitamin A, Fat Free and has High Potency Vitamin C.

Thought for the Month

"The purpose of life is a life of purpose."
- Robert Byrne

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NEWSFLASH



MUST READ - WHAT'S HOT - WHAT'S NOT!!!

<u>ITEM</u>	<u>SUPPLY</u>	<u>QUALITY</u>	<u>MARKET</u>	<u>STATE</u>
Beans, Snap and Pole Beans	Fair	Fair	Higher	FL
Green Cabbage, Super Select Cucumbers	Fair	Fair	Higher	GA
Corn, Yellow, White, Bicolor	Good	Good	Higher	FL
Onions, Yellow jumbos, red jumbos	Good	Good	Higher	CO/NY
Green Bell Peppers	Fair	Good	Higher	FL
Potatoes, Baking	Good	Good	Higher	OR/WA/CO
Round White Potatoes	Good	Good	Steady	MN/NY
Sweet Potatoes	Good	Good	Steady	NC
Sweet Potatoes	Fair	Fair	Steady	LA
Radishes	Good	Good	Steady	FL
Squash, Zucchini, yellow	Fair	Fair	Higher	FL
Tomatoes	Fair	Fair	High	FL
Honey Tangerines	Good	Good	Lower	FL
Red grapefruit	Good	Good	Steady	FL
Navel oranges	Good	Good	Steady	FL
Tangelos	Good	Good	Finished	FL
Temple Oranges	Good	Good	Lower	FL
Apples, Red and Gold delish	Good	Good	Steady	VA/NY/NC
MacIntosh Apples	Fair	Good	Steady	VA/NY/NC
Cantaloupes	Good	Good	Lower	Import
Honeydews	Good	Fair	Steady	Import
Strawberries	Fair	Fair	Lower	FL
Grapes White/Red Seedless	Good	Good	Lower	Chilean
Nectarines, Peaches, Plums - red	Good	Good	Lower	Chilean
Asparagus	Good	Good	Steady	CA
Artichokes	Good	Good	Steady	CA
Broccoli Crowns	Good	Good to exc	Steady	CA
Cauliflower	Good	Exc to good	Steady	CA
Celery	Good	Good	Strong	CA
Iceberg Lettuce	Good	Good	Steady	CA
Strawberries	Good	Good to exc		CA
Apples, Red/Gold Delish, Fuji	Plenty	Good to exc		WA
Apples, Granny Smith	Very Limited	Good to exc		WA
Apples, Braeburn, Royal Galas, Red Rome	Plenty	Excellent		WA
Apples, Jonagold, Pink Lady, Cameo	Plenty	Excellent		WA
Hot House Rhubarb	Limited	Excellent		WA
Pears, D'Anjou, Bosc Golden Russet	Plenty	Good to exc		WA
Pears, Red D'Anjou, Seckel Large	Plenty	Good to exc		WA
Pears, Yellow comice, Asian Russet	Limited	Exc to good		WA
Grapes, Cantaloupes, Honeydew	Good	Good		Import
California Navels, Lemons, Kiwifruit	Good	Good		CA

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DID YOU KNOW ?????

- ★ ***DSO Seattle*** Chief visited the commissary at Bremerton Naval Ship Yard, Washington. A very productive visit was accomplished with discussions with the store director and the produce management staff. Issues discussed were quality, delivery times and emergency vendor support. As a distinct plus, the store director proudly displayed customer feedback sheets that praised the quality and appearance of the produce section.
- ★ ***DSO Tidewater*** has been busy coordinating a large airlift of frozen and dry provisions destined to various ships in support of Operation Enduring Freedom. The first shipment consisted of 32 tri-walls and the final shipment consisted of 19 tri-walls of miscellaneous items. The provisions were airlifted from Dover to Ramstein, picked up by the Prime Vendor, and then delivered to the respective ships. DSO Tidewater supported AAFES Puerto Rico with several airlifts of miscellaneous freeze and chill items for resale and food courts.
- ★ Although sales for some Departments in the Commissary were down as compared to last year the Produce Department was up 4.7% for the month of December compared to last December. Also the Produce Department had a record breaking sales day of over 16,000 Dollars. Congratulation to Scott AFB Produce personnel, Cusumano & Sons Produce Co. and ***PBO Kansas City*** for a job well done.
- ★ Personnel from ***PMO Wicomico and various field buyers*** coordinated Zone Manager Specials for the month of December which included Asian Pears, Clementines, Sharon Fruit and Gold Pineapples. Dollar value was \$100,543.10. For the calendar year 2002, PMO Wicomico and field buying personnel coordinated over \$4M of Zone Manager Specials for DSO's Tidewater and Jacksonville, and PBO's Birmingham and Jessup. Way to go team!
- ★ ***To All Our Valued Customers*** - Announcing a new and delicious snack pack!!! "Healthy Treats", a nutritious and economically priced at under a dollar per unit, snack. The Healthy Treats are packaged in individual molded plastic containers which contain an Apple (Fuji/Granny Smith/Red Delicious) or Orange and Baby Carrots, plus Ranch Dip). There are 24 assorted units in each case. Healthy Treats will last up to 12 hours without refrigeration, 30 days with refrigeration. Healthy Treats were originally developed for the National Guard for use during their annual training or weekend duty. Many field and service personnel have expressed interest in buying these snacks in the commissary stores. Please contact Ms. Amelia McGarvey at (215) 737-3676 or Ms. Gail Labroschiano at (215) 737-8760 for more information.

Please feel free to provide your comments directly to me at
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Remember, as Kevin Spacey said in his new movie,



Our customers should always be able to say:

“THE PRODUCE WAS WORTH THE TRIP !!”