

January 2012

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Express Line

Your Commissary.....It's worth the trip!

Fort McCoy Commissary



Steve Brown
Store Director

steven.brown@
deca.mil

608-388-3542

Store Hours

Sun. 1000- 1800
Mon. Closed
Tue. 1000- 1800
Wed. 1000- 1800
Thu. 1000- 1800
Fri. 1000- 1800
Sat. 1000- 1800

Early Bird Shopping
Self Checkouts ONLY
Tue-Sat
0900-1000 Hours

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Enjoy your food, just eat less

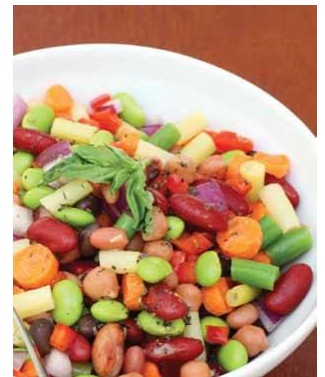
By Kay Blakley
DeCA home economist
Kay.Blakley@DeCA.Mil

Have you noticed that dieting season begins almost as soon as the last of the holiday indulgences have passed our lips? We certainly notice it at your commissary – diet, low-fat, fat-free and sugar-free versions of almost every kind of food imaginable start flying off our shelves and

into shopper's carts. The object is to get rid of any extra holiday pounds before they start to feel at home on your hips, and that's very smart thinking. But, if resorting to so-called diet foods leaves you feeling deprived and unsatisfied, there are other ways to successfully attack those unwanted pounds. The 2010 Dietary Guidelines for Americans includes

the common sense advice to “enjoy your food – just eat less.”

For full article go to:
[Enjoy your food](#)



New Year's Resolution: To feel good

By Chris Halagarda
Navy Fitness, Performance
Enhancement Dietician
Chris.Halagarda@Navy.Mil

For many Americans, it's that time of year to declare New Year's resolutions.

Unfortunately, too many people have previously made the decision to start exercising, eat right and lose weight as a resolution but have failed. If you have made those resolutions in the past, ask yourself what went

wrong. Over the years, it has been my experience when talking with thousands of people about nutrition and fitness, chances are they probably “bit off more than they could chew.” Meaning: They set up unrealistic goals. Maybe you said you would go to the fitness center every day, never eat cookies or cake again, or even eliminate soda from the diet. But what you really need to

do is set more specific goals such as: I will go to the fitness center or exercise at home at least three times each week. I will allow myself two cookies twice a week; or, I will have one soft drink a week. Be specific and realistic! For full article go to: [Feel Good](#)



Staying informed of food-safety-related recalls can be a full-time job. Thanks to Commissaries.com it's just a couple of clicks away. Click [Stay Informed](#) for alerts on products sold in commissaries or [All Recalls](#) and scroll to FDA for all recent food alerts and product recalls.

My commissary benefit

Hear what Washington State Navy Reservist Chief Petty Officer Rene Sotolongo said about his commissary benefit when one of our corporate communications staff members caught up with him in the San Diego Commissary. Commissary savings were a big factor in his decision to come back to the Navy Reserves after he'd been out a year.

[CPO Sotolongo speaks](#)

What's that surcharge used for?

Narrated by DeCA Historian Dr. Peter Skirbunt, this "history of the Surcharge" video includes vintage drawings and photos showing when and how the surcharge came to be and, more importantly, how the money benefits commissary customers. This video is the seventh in a series of A Minute of History videos produced by DeCA to observe the agency's 20th anniversary and the commissary benefit's 145th.

[Surcharge Video](#)

Exclusive savings, recipes, gift cards

Special offers and promotions from our industry partners means more savings for you. Find them at [Exclusive Savings](#) for commissary shoppers.

Turn everyday ingredients into well-balanced meals using our [Kitchen-Tested Recipes](#).

Birthdays, weddings or just because, commissary gift cards are always in season. They are available in \$25 and \$50 denominations in your commissary or [online](#).

Store Director's Scoop

Happy New Year! With the new year we are introducing a monthly news letter from the Fort McCoy Commissary. We feel it is a very informative source for recipes, savings ideas, and links to pertinent commissary information including case lot sales dates and times. We are only sending this news letter to you at this email address once, in the hopes you will contact us with the desire to continue to receive it once a month in the future. If you wish to continue receiving it via email, contact michael.waddell@deca.mil or call him at (608) 388-3542.

It's only January but we have already set the date for our May case lot sale here at Fort McCoy. It will be held Saturday and Sunday, May 19th and 20th, so mark your calendars. Also, we have set the dates for our remote sales at Minneapolis, Green Bay, Madison, and Duluth. They are as follows:

- April 21stFort Snelling, Minneapolis, MN.
- May 5thGreen Bay, WI.
- June 2ndMadison, WI.
- June 24thDuluth, MN.

More information on times and locations will follow in the months to come.

Watch for details of our upcoming "Leap Year Sale", one day only on February 29th. Lots of special deals just that day!

