



U.S. Department of War



## DIRECTOR/CEO NEWSLETTER

DECEMBER 2025

### SAVE AT YOUR EXCHANGE THIS HOLIDAY SEASON



Happy holidays! The Army & Air Force Exchange Service is honored to support the heroes and families who selflessly serve our Nation.

During the season of giving—and every season—the military community saves with tax-free shopping and military-exclusive pricing on America's favorite brands.

Shoppers can find gifts for family and friends at PXs, BXs and [ShopMyExchange.com](https://www.shopmyexchange.com). Each week, new deals can be found [here](#).

Thank you for letting the Exchange be a part of your holiday celebrations. We look forward to seeing you at your Exchange in 2026.

Veteran for Life!

*Tom Shull*

Tom Shull  
Director/CEO



### 70 YEARS OF NOURISHING WARFIGHTERS' CHILDREN

For 70 years, the Exchange has fueled our Nation's youngest heroes with nutritious, affordable meals while giving military parents peace of mind.

The Exchange's school meal program operates in 73 Department of Defense Education Activity schools in seven countries (Japan, South Korea, Germany, United Kingdom, Belgium, Italy and Turkey), serving meals under the same USDA guidelines as schools in the U.S.



With about 20,000 meals daily, the program dishes up 3.4 million meals annually with whole grains, fruits and vegetables and reduced sugars and sodium.

Free or reduced lunches are offered consistent with USDA income eligibility requirements.

### BE FIT 360: FUELING WARFIGHTERS' READINESS, RESILIENCY



The Exchange is fueling healthy lifestyles for Warfighters with its BE FIT 360 program, making better-for-you choices easier. BE FIT 360 highlights health-conscious meals, grab-and-go dining, wellness services and fitness gear.

All 1,600-plus Exchange restaurants offer meals to support readiness and resiliency. Team Exchange is focused on growing better-for-you

brands, including Panera Bread, Qdoba Mexican Eats and Panda Express.

In 2025, the Exchange opened nearly 30 restaurants, including three Qdobas, five Panda Expresses and six Panera locations.

To fuel up on the go, Warfighters can use easy-to-spot Healthier Choices, Healthier Lifestyle shelf tags to identify BE FIT 360-approved snacks and meals at 350 Express stores worldwide.

Beyond food, the Exchange provides convenient supplemental medical services through more than 275 wellness services worldwide. Each year, about 1.3 million patients are seen at optical and optometry centers; dental offices; chiropractic clinics; and more.

To better serve the military community, the Exchange is introducing a variety of new health services including mental health facilities in PAC in the fall of next year.

ARMY & AIR FORCE EXCHANGE SERVICE