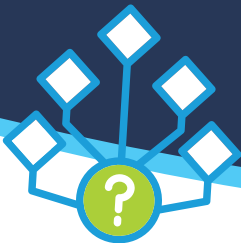


Nutrition

“What ifs”



Being on-call can present unique challenges for firefighters. Here are four common situations that threaten to derail your health goals and how you can combat them.

SITUATION

HOW TO COMBAT

On slow shifts, I find myself mindlessly snacking, usually on nutrient-poor options sitting around the station.



- Store snacks, don't display them
- Plan ahead—make time for meals when your schedule allows
- Prepare snacks ahead of time
- All foods fit! Eat what you enjoy, but doing it with intention

I never know when my next meal will be, so I eat very quickly. This happens even when I'm not on shift.



- Protect your baseline: eat regularly, stay hydrated and move in healthy, enjoyable ways
- Fast eating serves a distinct purpose in your work. Don't let it be the norm.
- Practice mindful eating (see following page)

I might get a call first thing in the morning, disrupting my breakfast and my entire day.



- **Protect your baseline:** Stay well-fueled daily so a missed morning won't affect you much
- **Stock up** the truck or your pockets with **portable snacks**
- **Eat a nourishing meal** as soon as possible

I don't have the energy to cook and do dishes.



- **Canned foods** like soups, chilis and **heat-and-eat packets** make clean up a snap
- Use **salad kits** to minimize prep
- Consider **batch cooking** when you have spare time. **Store portioned meals** in your fridge or freezer for quick options



Mindful Eating

Food is one of life's great joys. Slow down and savor the experience with the following tips:

- Sit down to eat
- Minimize distractions (e.g. no phone or TV)
- Say a blessing or have a moment of gratitude before beginning to eat
- Engage with others at the mealtime
- Put utensils down between bites
- Chew each bite thoroughly
- Set a timer—extend the meal longer than usual
- Choose high-fiber foods like raw fruits and veggies that require more chewing

