



HEALTHY HABITS


PART 1: PLAN – PREPARE – PORTIONS




ABL's Occupational Wellness Manager and staff KNOW that working the night shift or rotational shifts can disrupt the body's cycles. Paying attention to what and how much you eat and drink can help you stay alert and perform your best on the job when you're working a variety of shifts.

Plan: make a menu plan for the week. Try choosing foods and snacks that are nutritious that are low in fat, sugar and salt.  **HINT:** use a menu planner app on your phone or computer to simplify your recipes and grocery shopping

Prepare: meals and snacks should be made at home to help you eat well on your shift. Make meals at home in large batches and freeze the leftovers to take to work  **HINT:** use microwaveable dishwasher safe containers, thermos for hot foods and re-usable ice packs to keep food fresh

Portions: smaller snacks versus a larger meal during a night shift to avoid becoming too sleepy and help you stay alert.  **HINT:** pack using smaller containers and snack baggies enough for one portion

- ✓ Avoid sugary and fatty foods as these can make you feel more tired.
- ✓ When choosing grain products, try to make higher fibre choices.

 **EatRight Ontario** This service is **FREE**, has numerous articles, resources and can answer your nutrition and healthy eating questions.

<https://www.eatrightontario.ca>