



# What Keeps You Steady

The right fuel can help you stay more even, focused, and in control – instead of riding spikes and crashes through the shift.

## Protein + Carbs Together

Combining protein with carbs helps keep your energy steady instead of spiking and crashing. It gives your body something that lasts – not just a quick boost. When you eat one without the other, you burn through it fast. Pairing them slows things down in the right way, so you're not hitting a wall mid-shift.

### Banana + Peanut Butter

Fast carbs balanced with protein and fat. Easy to carry, no prep needed.

### Greek Yogurt + Fruit

High protein base with natural sugars. Keeps you fuller, longer.

### Protein Bar + Water

Portable, no-mess option when you're between calls and time is short.

## Hydration

Drinking water consistently helps you stay clear, focused, and more in control. Even mild dehydration – the kind you might not notice right away – can make you feel more fatigued, irritable, and slower to react. On a long shift, that adds up. This isn't about hitting a daily quota. It's about keeping your system running without friction.

### Keep a Water Bottle Nearby

If it's in arm's reach, you'll drink it. Out of sight usually means out of mind. Make it a fixture in the cruiser.

### Add Electrolytes on Long Shifts

Water alone doesn't replace what you lose through heat and stress. A small electrolyte packet goes a long way.

### Limit High-Sugar Drinks

Energy drinks and sodas spike fast and drop hard. They also accelerate dehydration – not worth the trade-off mid-shift.

# Consistent Fueling

Eating something small every few hours helps prevent energy drops. It keeps your system steady instead of running on empty – which is when decision-making slips, patience shortens, and fatigue sets in. You don't need a full meal. You need something real, at regular intervals, before you're already depleted.

## → Snack Between Calls

Use downtime to eat. A few minutes is enough. Don't wait until you're starving to think about food.

## → Small Meals Over Long Gaps

A big meal with a long gap after it is harder on your body than two smaller ones. Spread it out.

## → Keep Something in the Car

Trail mix, a bar, crackers with peanut butter. Options you can grab in under 30 seconds.

## The Pattern That Works

You don't need a meal plan. You need a default. Pick two or three snacks you can keep on hand every shift and rotate them. That's it. Consistency beats perfection every time.



Eat Early



Snack  
Between



Refuel Before

# Slow, Steady Energy

Foods that break down slower help you stay even throughout the shift. They support focus and reduce the ups and downs that come with quick snacks or high-sugar options. The difference isn't dramatic in the moment – but over a 10- or 12-hour shift, it's significant. Your reactions, your patience, your ability to read a situation clearly – all of it is affected by what you're running on.



## Oatmeal

Slow-digesting carbs that hold steady for hours. Add peanut butter or nuts to extend it further.



## Whole Grain Wraps

More fiber than white bread means a slower release. Pair with protein – eggs, turkey, or beans.



## Nuts and Trail Mix

Fat and protein in a portable format. Calorie-dense without the crash. Easy to keep in a kit bag.

**Fuel steady = stay steady.** What you eat on shift is a performance decision – not a lifestyle one.