



Safety Bulletin: Good Nutrition Fuels Safety November 2025

Attention: All District Staff

Safety on the job requires us to be alert, focused, and physically capable. What we eat and drink impacts our energy levels, muscle function, and overall well-being.

Poor nutrition increases our risk for injury because it can lead to fatigue and slower reaction times. Proper nutrients support muscle function, balance, and recovery. Stable blood sugar from balanced meals prevents lapses in attention.

Safety starts from the inside out so consider the following to help keep you safe:



- Plan and prepare healthy meals and snacks in advance to avoid reliance on fast food which often has low nutritional value.
- Limit caffeine and sugar to reduce energy crashes.
- Snack smartly. Replace sugary snacks with nuts, yogurt, or fruit.
- Eat lighter at night as heavy meals before bedtime can disrupt sleep patterns which lead to exhaustion and slower cognitive function the next day.
- Keep a water bottle close. Dehydration impairs judgment and coordination.
- Move more, especially if you are at a desk all day. Activity will support digestion and overall metabolism.
- Good nutrition is essential for the brain to function at full capacity. Research shows that diets rich in omega-3, iron, and B-vitamins improve memory and decision-making.
- Employees engaged in physically demanding jobs require a higher caloric intake to sustain energy levels.
 - Focus on high quality carbohydrates like whole grains, fruits, and starchy vegetables.
 - Support muscle recovery and endurance by increasing protein intake with lean meats, eggs, and legumes.
 - Eat balanced meals throughout the day to keep energy levels consistent.



When we make smart food choices, we perform our best, stay safe at work, and lead more fulfilling lives.

Resources: www.nutrition.gov