

**INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS
INTERNATIONAL ASSOCIATION OF FIRE CHIEFS**



IAFF Fire Fighter Nutrition

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IAFF Fire Fighter Nutrition



FIRE FIGHTER
nutrition

Eat for Health.
Eat for Life.
Eat for Real.



IAFF Fire Fighter Nutrition



- Identified at last WFI Task Force meeting a need for more nutrition education and programming
- Grant Funded – FP&S
- Launched at ALTS 2020
- Website, Resources & Facebook Group – www.iaff.org/nutrition
- Spring 2020 expanded campaign to include movement, wellness, resilience, behavioral health & sleep

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- Continue to populate the nutrition resource webpage
- Nutrition articles in the quarterly magazine
- Integrate nutrition into F2T Program
- Eat to Thrive – Nutrition Fundamentals
- Currently working on program objectives

