



Meals in the Field

HEALTHY FARMERS

Planting and harvest are busy times of year. Farmers - make sure to take care of yourselves.



Eat Meals and Snacks

For sustained energy through the day and easier digestion for our bodies:

- Avoid eating 1 very large meal per day.
- Limit grazing.
- Give at least 2 hours between meals and snacks.



Wash Hands

When available, soap and water is the best option for handwashing.

Consider setting up a portable handwashing station. Or carry bottled water, soap, and paper towels for makeshift handwashing.

Or use moist towelettes and alcohol-based hand sanitizer. Hand sanitizer does not work effectively on dirty or soiled hands, so use the moist towelette first.



Hydrate

Regularly drink water and other fluids.

- If caffeine is a concern, choose decaf tea and coffee.
- If plain water is not appealing, add powdered or liquid water flavorings, citrus slices, or a splash of juice.



Take Breaks

Take breaks during these long days. Stretch the body. Focus on a few deep breaths.



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