



AFTERNOON SHIFT

Shift start times:

2:00 PM; 3:30 PM; or 4:00 PM.

When to Eat

Main Meal

Main meal in the middle of the day rather than in the middle of their shift.

Eat more proteins during working time.

Snack

Snack at scheduled break times and lightly during your shift.

When choosing grain products, try to make higher fibre choices.

What to Eat / Drink

Stir fry with veggies, meat on whole grain noodles.
Roasted chicken breast, veggie sticks, brown rice.
Caesar salad with chicken meatballs and rice.
Slice of whole grain toast with an egg.
Salmon, tuna, pork, eggs, tofu.

Nuts and dried fruit
Hummus and whole wheat pita.
Veggies (carrots, sugar snap peas, cucumber) & dip.
¼ cup almonds.
Apple sauce.
Cottage cheese with fruit.
Hard-boiled egg with whole-grain crackers.
whole grain bagel with peanut butter.
Low-fat yogurt with frozen or fresh berries.
Whole grain muffins.



NIGHT SHIFT

Shift start times:

7:30 PM or 11:30 PM

When to Eat

Main Meal

Main meal before their shift starts, preferably at regular dinnertime between 5:00 p.m. and no later than 7:00 p.m.

Eat more proteins during working time.

Snacks

Snack at scheduled break times and lightly during your shift, and eat a small meal with adequate protein at your midnight break.

What to Eat / Drink

Protein and carbohydrate rich foods with fruit/veggies.
Chicken, lean beef, low fat cheese, nuts, eggs or tuna.
Roasted chicken breast, brown rice, steamed veggies.
Whole grain spaghetti with meat sauce & veggie sticks.
Meat or cheese sandwich.
Broth based soups.
Salmon or pork with beans.
Stuffed peppers with lean ground beef.

High fibre granola bar.
Nuts and dried fruit.
Hummus with whole grain pita wedges.
Veggies (carrots, snap peas, cucumber) & lower-fat dip.
Cottage cheese with fruit.
Lightly seasoned popcorn.
Hard-boiled egg with whole-grain crackers.
Whole grain bagel with peanut butter.
Fruit cup, bananas or soda crackers.