

What to Eat on Snow Plowing Nights

Some sleep deprivation studies support the idea that what people eat can either help or hurt. The body slows down during nighttime hours. Greasy protein foods cause the body to want to sleep! Operators can still enjoy eating with well-balanced meals and snacks. Such meals are compatible with a slower, nighttime digestive system.

Meal Before Night Work:

- Light protein foods — chicken, turkey, fish, cooked beans and peas.
- Low-fat foods only.
- Vegetables, fruits, breads, pasta and/or potatoes.
- Low-fat or skim milk, cheeses, and yogurt.



Meals During Breaks

- Soup and salad.
- Soup and a light sandwich.
- Light protein foods and vegetables.

Snacks Before and During Work

- Low-fat dairy products.
- Fruit, popcorn, cereal, plain cookies, and/or baked crackers.

Cut back on coffee, tea, smoking and chewing tobacco. These items contain caffeine or nicotine. Initially they are stimulants but soon become depressants; they make the heart beat slower.

Reprinted from Road Business, Fall 1994

Milestones

- **Joe Boucher**--New Highway Superintendent, City of Dover
- **Dean Truax**--New Foreman, City of Dover

Websites

- **Maintenance Assoc. of Granite State (MAGS):** www.nhmags.com
- **LGC Legislative Bulletins:** www.nhlgc.org/LGCWebSite/Advocacy/legislative_bulletins.asp
- **LGC Training Calendar:** www.nhlgc.org/LGCWebSite/Calendar/eventcalendar.asp
- **Primex Training Calendar:** www.nhprimex.org/EducationTraining/MemberOnlyBenefits/MasterTrainingCalendar.php
- **NHI Training Catalog:** www.nhi.fhwa.dot.gov/training/brows_catalog.aspx
- **APWA Online Workshops:** www.apwa.net/events/
- **NHDES A-Z Topics:** www.des.state.nh.us/programs.asp
- **FHWA Legislation & Regulations:** www.fhwa.dot.gov/legsregs/legislat.html

Maintenance Assoc. of the Granite State (MAGS)

The Maintenance Association of the Granite State (MAGS) is dedicated to the education of vehicle maintenance personnel, including technicians, parts professionals and managers. Their mission is to improve job skills to make the job easier and more enjoyable.

They meet regularly for education and networking with others in the field. Meetings are held in Concord and at member facilities. They invite anyone to join by attending a meeting.



www.nhmags.com