

**Tempe Fire Department Policies and Procedures**  
**Behavioral Component**  
**Nutrition**  
**112.04C**  
**02-26-01**

**PURPOSE**

The demands on firefighters are great. The stress caused by these demands physically, mentally, and emotionally is reflected in the annual IAFF Death and Injury Survey. The fuel necessary to meet these demands is found in the individual's diet. Proper nutrition is a must to meet the objective of wellness in the fire service. Members must strive to strengthen mental, physical and emotional disposition to withstand the stresses and strains of living in or outside the workplace. Proper nutrition enhances the performance and quality of life for all members.

**POLICY**

It is the policy of the City of Tempe and the Tempe Fire Department to provide our members with information on general nutritional concepts for the purpose of promoting an overall healthy lifestyle. The program will include educational discussions, nutritional information and materials.

**PROCEDURE**

All members will be given a minimum of 2 hours of nutrition education annually.