



MEGAN LAUTZ, MS, RD, CSCS, TSAC-F

FIRE RECRUIT NUTRITION ACADEMY

Preparing for the Academy (60 min)

Recruit Meet & Greet: 2 weeks before the academy

Topics: Meal times and preparation, hydration, rhabdomyolysis prevention

Handouts: Preparing for the Academy & Rhabdomyolysis

Nutrition 101 (60 min)

Orientation Week: Week 1 of the academy

Topics: General nutrition, macros, and calories

Handouts: Preparing for the Academy & Rhabdomyolysis

Hydration (60 min)

1-2 weeks Before Suppression

Topics: Hydration for fire suppression, ORS products

Handouts: Recruit Hydration Poster

Preparing for Fire Suppression (60 min)

EMS to Fire Transition: Halfway through the academy

Topics: Calorie adjustments for fire suppression

Handouts: Weight Gain/High Calorie Ideas

Sleep and Resilience (60 min)

Midway through Suppression

Topics: Sleep and optimizing recovery

Nutrition in the Firehouse (60 min)

Graduation Week: Last week of the academy

Topics: Nutrition for 24-hour shifts

Handouts: Fire Station Dinner Recipe Book

\$1,200

3 Presentations

Prep for the Academy
Nutrition 101
Nutrition in the Firehouse

Add personalized
macro reports for each
recruit (\$50/recruit)

\$1,600

4 Presentations

Prep for the Academy
Nutrition 101
Sleep & Resilience
Nutrition in the Firehouse

****recommended****

\$2,400

6 Presentations

Prep for the Academy
Nutrition 101
Supplements 101
Hydration
Fire Suppression Prep
Sleep & Resilience
Nutrition in the Firehouse



Prevent hydration-related injuries and rhabdomyolysis



Optimize performance and body composition



Realistic nutrition tips for each leg of the academy and career