

# Fuel for a hard day's work

Loggers shared their photos and thoughts on diets and work-life balance

**NORTHEAST  
CENTER**  
FOR OCCUPATIONAL HEALTH AND SAFETY



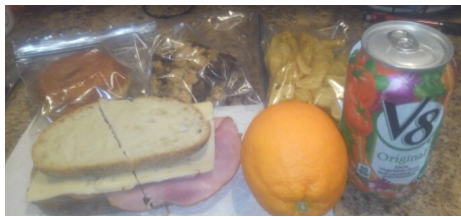
"I just **don't have time** in the morning to make breakfast. It's a lot **easier to get it at the store.**"



". . . **My wife's good to me.** As you can see I have **beans** just like the **loggers from years ago . . .**"



"When you're **lazy and running late . . . P.S. none of this is good for me . . .**"



"**Healthy lunch** with carbs, **fruit** and V8 instead of soda"



". . . a **healthy snack at work.** We buy it [**yogurt**] in a large container and put it in Tupperware with **fruit** mixed in. **Easy to put together . . .**"



"Meal consists of over half **plant based diet!**"



". . . This is typically **what I can find to eat** in hot box **at most stores** I am working near without waiting for a special order. It's what I get if I didn't call in a **sandwich order . . .**"



". . . I **cook** for a few days and do a lot with the **leftovers.** It's **venison** hamburger with black **beans** and **corn** with some mexican style **spices.** You can put it over **rice, hashbrowns, . . .**"





"Pork chops from **pigs that I raised**. A lot better tasting than store bought and most likely **a lot healthier** . . ."



"This is what happens when I go to **the local Irving station** for diesel **at lunch time**. **Bad food choices!**"

"I feel like **my meals and food priority is very low** in comparison to other things. When I plan it, I do eat healthy, but it is not available all the time. **The solution is if someone could make an affordable adult size lunchable**. Have steak strips and **fruit** in there, maybe flavored water."

## Common themes

Supportive family with preparation

Pre-planned



High quality food

Home grown food

Convenience

Unplanned



Low in fresh ingredients

Processed store bought food

**Want the whole picture? Check out our paper:**

Graham J, Scott E, Tinc P, Hirabayashi L. The modern gut-hammer: Understanding the eating habits of loggers through Photovoice. *Appetite*. 2021; 171:105882. DOI: [10.1016/j.appet.2021.105882](https://doi.org/10.1016/j.appet.2021.105882)

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