



FARM SAFETY CHECK

Healthy Habits: Eat Well to Stay Well

Farmers are busy. Long days, unpredictable weather and machinery breakdowns can all add to the stress of the job. Staying healthy by making smart food choices is one way to make certain you are up to the task of whatever you might face. During busy and stressful seasons, eating well is important to prevent illness and provide enough energy to support physical and emotional health. With prior planning, meals and snacks can help accomplish any season without compromising your health.

You and/or your employee(s) can use this form to complete safety checks on your farm. Use the form below to list additional safety checks you think are important when inspecting your farm. Keep the completed forms for follow-up, future reference and inspections. Additional copies of this form can be downloaded at: <http://umash.umn.edu/umash-farm-safety-check/>

Potential Hazard OR Checklist Items	Yes	Needs Correction	Date Corrected or Notes
Do you eat a variety of foods including grains, fruits, vegetables, low-fat meat, and dairy? While convenient, try to limit processed foods as they contain high amounts of fat, salt, and sugar.	<input type="checkbox"/>	<input type="checkbox"/>	
Do you skip meals and find yourself irritable? Eating regular meals will keep your blood sugar constant to minimize feeling "hangry." Be sure to eat some protein with each meal, like an egg on toast instead of just jam.	<input type="checkbox"/>	<input type="checkbox"/>	
Are you drinking enough water? Hot weather, physical exercise, and not drinking enough can lead to dehydration. Keep fresh water available in various places (tractor, shop, ATV). If you struggle with this, try low-sugar flavor mix or electrolytes (Nuun, Liquid IV, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	
Are you reliant on caffeinated or sugary beverages, like soda or energy drinks? These may make you more dehydrated and contribute to fatigue. If you do drink caffeinated or sugary beverages, be sure to drink a glass of water alongside each.	<input type="checkbox"/>	<input type="checkbox"/>	
What nutritious snacks can you add to your diet? Fruit and nuts, for example, can provide more long-lasting energy than snacks like chips or cookies. You can often find nut, fruit, and cheese mix containers at the grocery store.	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have a well-stocked pantry? Stock up before harvest with foods that are not perishable, such as nuts, peanut butter, whole grain crackers, and canned tuna.	<input type="checkbox"/>	<input type="checkbox"/>	
Do you make use of leftovers? Try cooking once and eating twice by using leftovers the next day or freezing for longer storage (also often called 'meal prep').	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have a support system to help you? Preparing meals and snacks ahead of time - at the beginning of the week or the night before can help you stay on track. "Meal prepping" as a family can be fun and beneficial for everyone.	<input type="checkbox"/>	<input type="checkbox"/>	
Are you able to regularly find and purchase healthy foods? If this is a challenge, find resources to help on the next page.	<input type="checkbox"/>	<input type="checkbox"/>	

Name of person completing safety check: _____ Date completed: ____/____/____

SEE THE NEXT PAGE FOR ADDITIONAL RESOURCES



FARM SAFETY CHECK

Healthy Habits: Eat Well to Stay Well

Additional Hazards	Yes	Needs Correction	Date Corrected or Notes
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

ADDITIONAL RESOURCES

Eat Well, Farm Better: A Handy Guide for Farmers

Farm Strong

https://farmstrong.co.nz/wp-content/uploads/2018/08/Eat-well-farm-better_a-handy-guide-for-busy-farmers.pdf

Diet - Healthy Eating Suggestions

AgriSafe Network

<https://www.agrisafe.org/healthcare/diet/>

Food, health and nutrition

University of Minnesota Extension

<https://extension.umn.edu/food-health-and-nutrition#nutrition>

Save Money on Food: Nutrition Assistance

University of Minnesota Extension

<https://extension.umn.edu/nutrition-and-healthy-eating/save-money-food>

Food in the Field

University of Nebraska Lincoln

<https://food.unl.edu/foodinthefield>

Five Healthy Steps for Prevention of Diabetes Fotonovela

UC Davis Western Center for Agricultural Safety and Health

English: <https://indd.adobe.com/view/b15d1c66-6649-4b34-8604-f21dc20e1608>

Spanish: <https://indd.adobe.com/view/ed6f3c35-542f-4661-a9e3-682397132b3f>

UMASH Farm Safety Check: Fatigue

<http://umash.umn.edu/farm-safety-check-fatigue/>

The facts and information provided are suggestions for your safety, but are in no way a comprehensive and exhaustive list of all actions needed to ensure your safety, and are not an endorsement of any products mentioned.

For additional Farm Safety Check topics and resources, visit: <http://umash.umn.edu/umash-farm-safety-check/>

To receive Farm Safety Check topics via email, join the UMASH email list at <http://umash.umn.edu/join-our-email-list>

The Upper Midwest Agricultural Safety and Health Center (UMASH) is a Center of Excellence in Agricultural Disease and Injury Research, Education, and Prevention funded by NIOSH cooperative agreement U54OH010170.