

Firefighter Cookbook



Try some firefighter snacks with your child(ren)! Your child(ren) can eat the same foods that firefighters eat while working on wildfires. These snacks are also perfect to put in a grab and go bag. Try it today with your child(ren) to get them excited about eating like a firefighter.

JJ's favourite fire line meal is canned chili. When he is working on wildfires, he organizes where the air tankers and helicopters go.

Max eats crackers and peanut butter when she is working in the forest. This makes her strong to use her chainsaw to clean up overgrown forests and help prevent wildfires.

Nick eats canned tuna with pre-cooked, dehydrated rice, so he has energy to get water from the lakes to the tops of the mountains when he works on wildfires.

When there is a wildfire, **Sarah** tells the community where the fire is and how the firefighters, aircraft, and heavy equipment are working to put it out. After, she snacks on dried fruit like mangos or raisins.



Learn more about FireSmart at firesmartbc.ca/ember