

Nutrition During Smoke Events Quick Guide



Printable family reference - FireSeasonWellness.com

TODAY

- ☐ Choose no-cook, microwave, slow-cooker, pressure-cooker, or covered stovetop meals instead of frying or broiling.: Cooking particles can add to indoor pollution when windows are closed.
- ☐ Combine produce, grains or starches, and protein foods that your household already tolerates.: Familiar foods reduce stress and make it easier to eat regularly.
- ☐ Keep water available and drink regularly, especially during heat or outdoor work.: Follow medical fluid restrictions when applicable.
- ☐ Do not rely on foods, teas, supplements, or herbs to remove smoke from the lungs.: Cleaner air, prescribed care, and medical evaluation remain the priorities.

REMEMBER

- ☐ Food cannot detox wildfire smoke. The practical goal is to stay nourished and hydrated while avoiding cooking methods that add more particles to indoor air.
- ☐ Follow official evacuation orders, local public-health guidance, and individual medical or veterinary advice.