

FRST CENTER NUTRITION

FUEL FOR FALL: BACK TO ROUTINE



SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training

Fall is a great time to reset your routine — not with a restrictive diet, but by getting back to consistent meals, smart snacks, hydration, and recovery. For first responders, having a reliable nutrition routine can help support steady energy through unpredictable shifts!

BACK TO BASICS: BUILDING A ROUTINE THAT WORKS

- Get back to consistent meals and snacks
- Plan ahead for unpredictable shifts
- Keep easy, balanced foods available
- Avoid going too long without eating
- Build meals that provide lasting energy

STAY FUELED: KEEP YOUR ENERGY STEADY THROUGH THE SHIFT

- Eat before you get overly hungry
- Pair protein with carbohydrates for sustained energy
- Choose balanced snacks between meals
- Stay hydrated throughout the shift
- Use caffeine strategically rather than relying on it for energy

Cheeseburger Casserole¹

Serves 10

Calories: 693 kcal | Carbohydrates: 47g | Protein: 30g



Ingredients:

For the Casserole:

- 1 lb. dried elbow macaroni
- 1 lb. lean ground beef (90/10)
- 3 Tbsp. unsalted butter
- 1/4 cup all-purpose flour
- 3 cups whole milk
- 1 Tbsp. mustard (Dijon or yellow)
- 2 Tbsp. grilling seasoning
- 2 tsp. Worcestershire sauce
- 1 tsp. kosher salt, plus more for pasta water
- 12 oz. sharp cheddar cheese, grated and divided (about 3 cups)
- Nonstick cooking spray
- 8 slices American cheese

For the Topping:

- 1 cup panko breadcrumbs
- 1/4 cup unsalted butter, melted
- 3 Tbsp. sesame seeds
- 1/2 tsp. kosher salt

Directions:

1. **Cook macaroni:** Preheat oven to 425°F. Cook macaroni in salted water for 7–8 min. Drain.
2. **Cook beef:** Brown ground beef in a Dutch oven over medium heat for 7–8 min. Drain and set aside.
3. **Make cheese sauce:** Melt butter in the Dutch oven. Whisk in flour; cook 2 min. Gradually add milk and cook until thickened, about 5 min. Stir in mustard, grilling seasoning, Worcestershire sauce, salt, and 2 cups cheddar cheese until melted.
4. **Combine:** Stir beef and macaroni into the sauce. Transfer to a greased 9x13-inch dish. Top with remaining cheddar cheese and American cheese slices.
5. **Bake:** Combine panko, melted butter, sesame seeds, and salt. Sprinkle over casserole. Bake 15–20 min. until golden and bubbly. Cool 5 min. before serving.

1. Klinger H. Cheeseburger casserole. The Pioneer Woman. Updated February 19, 2026. Accessed August 25, 2026. [Cismaru J. Southwest chicken and rice skillet. Craving Home Cooked. Published April 23, 2023. https://cravinghomecooked.com/southwest-chicken-and-rice-skillet](https://cravinghomecooked.com/southwest-chicken-and-rice-skillet)