




FIRE DEPARTMENT • CITY OF VICKSBURG

POST OFFICE BOX 150
VICKSBURG, MISSISSIPPI 39181-0150

HARRY L. MARTIN, III, Fire Chief

September 20, 2025

To: Board of Mayor and Aldermen

From: 
Fire Chief Harry L. Martin, III

Re.: Request to Purchase Protein Powder and Supplements for Training Division

The Vicksburg Fire Department would like to purchase protein powder, supplements and supplies in the amount of \$600.00 to be used by the Training Division for employee workouts and post-workouts as part of our in-house Firefighter NFPA 1001 training for rookie firefighters. We are seeking approval from the Board.

https://www.amazon.com/gp/cart/view.html?ref =nav_cart



Force Factor Creatine Monohydrate Gummies, 5g Dose for Men & Women to Support Muscle, Strength, Recovery, Cognitive Health & Memory, Mixed Berry, 150 Gummies

\$29.99

Join Prime to buy this item at

\$23.98

#1 Best Seller in Sports Nutrition Endurance & Energy Supplements

In Stock

FREE delivery Sun, Oct 5 available at checkout

☐ This is a gift [Learn more](#)

Flavor Name: Creatine Gummies Mixed Berry

Size: 150 Count (Pack of 1)

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VELOMIX -6 PACK- Shaker Cups for Protein Shakes 20 oz - 6x Wire Whisk | Leak Proof Protein Shaker Bottle for Protein Shakes, Shaker Bottle Pack for Pre & Post Workout, S...

20% off Limited time deal

\$19.98

List Price: \$24.95

In Stock

FREE delivery Sun, Oct 5 available at checkout

FREE Returns

☐ This is a gift [Learn more](#)

Color: ALL IN BLACK

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Beverly International UMP Protein Powder, Cookies & Cream. Unique Whey-Casein Ratio Builds Lean Muscle. Easy to Digest. No Bloat. (32.8 oz) 2lb .8 oz

\$46.95

In Stock

FREE delivery Sun, Oct 5 available at checkout

☐ This is a gift [Learn more](#)

Flavor Name: Cookies and Cream

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Beverly International UMP Protein Powder, Rocky Road. Unique Whey-Casein Ratio Builds Lean Muscle. Easy to Digest. No Bloat. (32.8 oz) 2lb .8 oz

\$46.95

In Stock

FREE delivery Sun, Oct 5 available at checkout

☐ This is a gift [Learn more](#)

Flavor Name: Rocky Road

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Subtotal (13 items): **\$505.53**