

# KEYS TO BETTER HEALTH™

## Dashboard Dining - Eating Healthy on the Road

With 36.1 million Americans estimated to have taken a road trip greater than 50 miles away from home during the 2014 Memorial Day holiday, it's safe to say that Americans still love hitting the road for their summer vacations<sup>1</sup>. Road trips provide unique opportunities for families to create lifelong memories, but they can also lead to less-than-healthy eating habits and many expensive meals out. Not to worry, our three P's can help you keep your wallet and your waistline in check this summer season.



### 1. Pack for Convenience

Set yourself up for success by packing road-friendly meals and snacks.

- Single containers of yogurt, nut butter, and pre-made bags of fruits, vegetables, and whole grain crackers make for easy snacking
- Pack plenty of water to stay hydrated, and freeze several to work double-time as ice packs in your cooler
- Don't forget the utensils. Plastic or reusable silverware, plates, napkins, hand sanitizer and a plastic table cloth are essentials for a successful picnic.

### 2. Plan for Snacks

What's the recipe for a good snack? The website [FruitsAndVeggiesMoreMatters.org](http://FruitsAndVeggiesMoreMatters.org) suggests combining at least two food groups with one being a fruit or vegetable<sup>2</sup>. Here is what that might look like on a road trip.

- Combine your favorite fruit (fresh berries, canned fruit with pop lids, apple slices) with string cheese, no-salt added nuts, whole grain crackers, or your favorite nut butter
- Make it fun and convenient with kabobs. Layer cherry tomatoes, chunks of mozzarella cheese, and slices of deli meat for easy eating
- Dip baby carrots or sugar snap peas into hummus or other low-fat bean dip

### 3. Park for Picnics

Drive past fast food restaurants with ease by planning for structured stops along your route where there may be sheltered areas to have a picnic and space for the kids to run and play.

- Try whole grain wraps with hummus, turkey slices, and plenty of fresh vegetables
- Repurpose sandwich fixings to layer on whole grain crackers for a more portable meal
- Utilize mason jars and screw top lids to make convenient, pre-portioned salads customized to each family member's specific tastes

**Keys to Better Health™** offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags!

#### Resources:

1. After a Harsh Winter More Americans to Start Summer Travel Season with a Memorial Day Getaway. AAA website. <http://newsroom.aaa.com/2014/05/harsh-winter-americans-start-summer-travel-season-memorial-day-getaway/>. Published May 16, 2014. Accessed April 3, 2015.
2. Kirchherr, K. Summertime Snacks...On the Road or At Home. Fruits & Veggies More Matters website. <http://www.fruitsandveggiesmorematters.org/summertime-snacks-on-the-road-or-at-home>. Accessed April 3, 2015.

