



A nutrition Fact Sheet



Travel Tips: Staying Healthy on the Road

Vacations and road trips often go hand in hand with unhealthy foods, but travelers can make healthy, safe choices instead. See below for tips!

Smart Ideas for the Road

- Eat a healthy breakfast at home before your trip.
- Bring a cooler with ice or ice packs and load it with nutritious easy-to-eat snacks and lunches. Make sure your cooler stays cool!
- Choose water. Bring a few reusable water bottles and fill them up at rest stops.
- Bring hand sanitizer.
- Throw in a few plastic grocery bags to use for trash bags.

Smart Foods for the Car

Think about what sorts of healthy foods your family normally eats at home. If possible, pack a few of those items for the trip.

- Foods for the cooler:
 - Individual lowfat or fat-free yogurt cups
 - String cheese
 - Fresh fruit – like grapes, apples, and clementines. Avoid messy fruits (like juicy peaches) and fruits that bruise easily (like bananas).
 - Individual applesauce cups
 - Fresh vegetables like snap peas, and cut-up carrots, celery, and cucumbers. Consider packing hummus if you like your veggies with a dip.
- Foods that don't need to be in the cooler:
 - Homemade healthy trail mix
 - Small portions of dried fruit
 - Whole grain crackers
 - Small portions of nuts

Choose Wisely on Vacation

When you stop for a real, hot meal think about making healthy choices:

- Look for grilled items versus fried items.
- Choose plenty of greens.
- Skip sauces and dressings or ask for them on the side and use them sparingly.
- Select side dishes other than French fries (like side salads, fruit cups, or lowfat cottage cheese).
- Choose milk or water instead of pop.
- Resist supersizing.

Stay Active on the Road

- It's a smart idea to take a rest stop break every two to three hours to stretch and move.
- Build an exercise break into your daily schedule. This might be a short hike or exploring a new town on foot.
- Bring a pair of tennis shoes along and take 10 minutes during a few breaks to do jumping jacks, step-ups on a bench, or jump rope.
- Play Frisbee on a break (when you have enough space).

Other Tips

- Roadside produce stands may be available on your route. Give local fruits and vegetables a try!
- When you do have to grab snacks at a gas station or convenience store, see if fresh fruit, lowfat yogurt, string cheese, whole grain crackers, or other healthy options are available.
- When planning your vacation, think about how to fit in active family activities.



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This institution is an equal opportunity provider.

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