Food for Travel

Consider the following ideas for traveling, whether by car or plane, or when staying in a hotel.

**CAR**

- Beef or turkey jerky
- Cheese (i.e. string cheese, cubed, Babybel)
- Chicken salad with crackers (i.e. Bumble Bee)
- Cheese & crackers (i.e. Trader Joe's Fig & Olive Crisps & Spanish Cheese Tapas Sampler)
- Cottage cheese
- Dehydrated veggies (i.e. Trader Joe's Zesty Nacho Kale Chips, )
- Fruit (i.e. fresh/whole, fruit cup, dried fruit)
- Fruit strips
- Fruit or veggie squeeze pouches (i.e. Trader Joe's Applesauce Crushers, GoGo Squeez, Mamma Chia)
- Guacamole snack pack (i.e. Wholly Guacamole) with pita chips, pretzels, or veggies
- Hard-boiled egg (already peeled)
- Hummus snack pack (i.e. Trader Joe's, Sabra) with veggies or pita chips
- Nut butter (i.e. JIF To Go, Justin's) with apple slices, pretzels, celery sticks
- Nutrition bars (i.e. granola, protein)
- Nuts (i.e. almonds, cashews, peanuts, pecans, pistachios, soy, walnuts)
- Peanut butter and banana sandwich
- Peanut butter crackers (i.e. Horizon)
- Popcorn (already popped)
- Pretzels (pre-packaged or snack-size zipper bag)
- Protein powder
- Roasted chickpeas (i.e. The Good Bean)
- Sandwich with deli meat (i.e. turkey, ham, roast beef), provolone or Swiss cheese, veggies (i.e. lettuce, tomato, alfalfa sprouts) or baby carrots
- Seeds (i.e. sunflower, pumpkin)
- Snack packs (i.e. P3, Balanced Breaks)
- Sushi (bite-size pieces)
- Trail mix
- Tuna salad with crackers (i.e. StarKist, Bumble Bee)
- Yogurt

**CAR TRAVEL TIPS**

- **Drink ideas**: water bottle with filter (i.e. Brita, Bobble), almond milk (i.e. Almond Breeze single serving), coconut water, sparkling water (i.e. Izze, LaCroix, Pellegrino, Perrier).
- Use **collapsible tupperware** (i.e. Prepwork) to store food with containers that take up less space after you're finished using them.
- Try **reusable snack or sandwich bags** (i.e. ChicoBag, Blue Avocado) for an environmentally-friendly approach to storing food.
- Use an **insulated reusable bag** for storing food during your trip that you can fold down after you're finished to save space (versus a hard-shell cooler).
- Keep extra napkins, hand sanitizer, and a grocery bag for trash in your car.

**HOTEL**

In addition to the above ideas, you can also try the following at a hotel.

- Canned soup
- Cereal in a cup
- Microwavable frozen meals
- Oatmeal packets or on-the-go cups (i.e. Quaker)
Travel

**FLYING**

- Beef or turkey jerky
- Cheese (i.e. Babybel, string cheese, cubed)
- Cheese & crackers (i.e. Trader Joe's Fig & Olive Crisps & Spanish Cheese Tapas Sampler)
- Chicken salad with crackers (i.e. Bumble Bee)
- Dried fruit and dehydrated veggies (i.e. Trader Joe's Zesty Nacho Kale Chips)
- Fruit (i.e. apple, banana, grapes, clementines)
- Fruit strips
- Fruit or veggie squeeze pouches (i.e. Trader Joe’s Applesauce Crushers, GoGo Squeez, Mamma Chia)
- Guacamole snack pack (i.e. Wholly Guacamole Mini) with pita chips, pretzels, or veggies
- Hard-boiled egg (already peeled)
- Hummus snack pack (i.e. Trader Joe's, Sabra) with veggies or pita chips
- Nut butter (i.e. JIF To Go, Justin's) with apple slices, pretzels, celery sticks
- Nutrition bars (i.e. granola, protein)
- Nuts (i.e. almonds, cashews, peanuts, pecans, pistachios, soy, walnuts)
- Peanut butter and banana sandwich
- Peanut butter crackers (i.e. Horizon)
- Popcorn (already popped)
- Pretzels (prepackaged or in snack-size Ziplock bag)
- Protein powder
- Roasted chickpeas (i.e. The Good Bean)
- Sandwich with deli meat (i.e. turkey, ham, roast beef), provolone or Swiss cheese, veggies (i.e. lettuce, tomato, alfalfa sprouts) or baby carrots
- Seeds (i.e. sunflower, pumpkin)
- Snack packs (i.e. P3, Balanced Breaks)
- Sushi (bite-size pieces)
- Trail mix
- Tuna salad with crackers (i.e. StarKist, Bumble Bee)

**FLYING TRAVEL TIPS**

- **TSA guidelines** require liquids to be in a container that's less than 3.4 fluid ounces (prohibited items).
- Be careful about opening packets of nut butter in an enclosed area like an airplane since some people may have airborne food allergies. Rather, eat it ahead of time in the airport terminal.
- Pre-packaged tuna or chicken salad with crackers are a great option for traveling but not so fun for others to smell so perhaps eat it in the airport terminal rather than on the plane.
- While nut butters and jelly are considered liquids, you can take a pre-made sandwich or wrap as long as it is enclosed in saran wrap or a container.
- If you are packing a salad with dressing, oil, or vinegar on it, add the liquid to your container first, then add the vegetables and shake it up so the dressing spreads out onto the veggies.
- Any food that needs to be prepped with a knife (i.e. veggies, sandwich) should be done ahead of time.
- Pack a fork, spoon or “spork” (i.e. REI) in your carry-on bag, but not a knife. It is often easier to pick up a plastic utensil from a restaurant in the terminal after you have cleared security.
- If you need a condiment like ketchup, mustard, mayo or barbecue sauce, you can likely get a small packet at a restaurant in the terminal.