



Meals "On The Road"



The food items listed below will help you plan for healthy snacking and healthy meals on the road.

Vegetables - Keep vegetables cool to maintain freshness

Fresh raw vegetables for nibbling
Sliced tomatoes and lettuce for sandwiches
Vegetable salads

Fruit

Fresh pieces of fruit
Dried fruit

Breads and Cereals

Dry ready-to-eat cereal
Crackers
Bagels and spreads
Pretzels
Popped popcorn
Bread or buns for sandwiches
Muffins and quick breads
Pancakes and waffles
Rice cakes
Flour tortillas
Pita bread

Beverages

Canned or boxed fruit and vegetable juices
Boxed milk or soy milk
Coffee, milk or juice in a thermos
Bottles or insulated container of water

High Protein Foods

Peanut butter
Cheese*
Meat sandwiches*
Meats for sandwiches*
Hard sausages or salami*
Nuts
Unopened canned meats and fish

Dairy Foods

Yogurt*
Cheese*
Milk*

Dessert

Angel food cake
Homemade oatmeal cookies
Animal crackers
Graham crackers
Vanilla wafers
Gingersnaps
Jam filled cookies
Ready-to-eat single serving packages of pudding

****Keep these foods cold.***



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