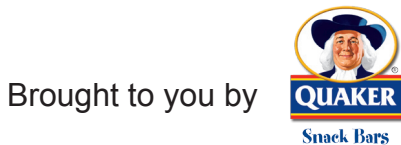




Eating on the Go



It can be difficult to eat well when you're on the go or on the road, but a few simple steps will help keep you well-fed:

At Home

- Plan your meals for the week in advance. When possible, double your recipes and freeze half of the meal for use during a busy day.
- Create a list of "30-minute favorites" — meals that will be easy to prepare with ingredients on hand. For example, pasta with a vegetable-tomato sauce and grilled chicken makes a great meal in under 30 minutes.
- Try buying nutritious bulk items such as granola, raisins, nuts and dried fruit. Keep them on hand in separate containers so that you can create your own trail mix recipes for a snack.
- Host a "dinner exchange" where participants bring in several family size portions of their favorite freezable meals (e.g., chili) to trade with other participants.
- Prepare a snack bin of pre-packaged snack bars, baked chips, pretzels, etc., so that you'll have quick and easy access to wholesome and nutritious snacks.

On the Road

- Keep plenty of nutritious snacks in the car or in your bag. The following are simple, filling and tidy snacks for those trips around town:
 - Whole-grain pretzels
 - Dried fruit
 - Quaker Granola Bites
 - Nuts
 - Small bottles of water
 - Granola bars
 - Multigrain crackers
- When on a long road trip, **plan your meal stops in advance**. Use the Internet to find local restaurants with nutritious food choices.
- **Stop for a snack at a local produce stand** instead of a fast-food restaurant.
- Instead of stopping at a restaurant, **find a local grocery store and select some picnic items**. Then, ask a store employee to direct you to the nearest playground or park for a fun and active picnic.
- Most **convenience stores now carry a variety of nutritious snacks**, including fresh fruit, salads, yogurt and whole-grain snacks.

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