

Hitting the Road

With millions of us hitting the road this holiday season for celebrations with family and friends, the car is bound to become a popular site for ‘dashboard dining’. Follow a few simple tips to ensure your travel plans aren’t ruined by a bad case of food-borne illness: Ideas for quick, shelf stable and easy foods to take on the road include:

- Breads/grains: single serve serving boxes of cereal, trail mix, energy bars, granola bars, cereal bars, bagels, muffins, crackers and popcorn.
- Fruits and vegetables: carrots and celery sticks and other cut-up raw vegetables, grapes, single-serve applesauce, whole fruit (apples, peaches, bananas, oranges), dried fruit, juice boxes
- Dairy: single serve, shelf stable milk, plastic single serve milk, string cheese, pudding cups
- Meat and protein sources: cans of tuna, peanut butter, nuts, packages of peanut butter and crackers or cheese and crackers.

Remember to use a cooler with ice or ice packs when transporting perishable food!