



Proper planning and prep

No cooler is too big! Better to over-pack than to under-pack and be stressed about running out of food! Eventually you will get into the groove of how much is needed to bring. Practice every time you leave the house and things will fall into place! You can't eat what you don't bring. As always, being properly prepared and ahead of the game is KEY!

Pack a cooler when possible

- Pre-cut, washed, and bagged greens
- Cold bean and veggie salads
- Pre-made salad-in-a-jar
- Whole grain vegetable wraps
- Hummus and raw veggies like carrots, celery, sugar snap peas
- Baked potato or sweet potato
- Canned beans with a pull off lid
- Homemade oatmeal bars
- Sliced fruit and applesauce packets
- Salt-free seasoning shaker
- Ice packs + water bottles

Grab-and-gos

- Fruit + nut bars: Lara Bars or Phive
- Fruit bars: That's IT! or Pressed by KIND
- Dried fruit: raisins, mango, goji berries
- Apples, bananas, and almond butter
- Clementines or mandarins
- Dry roasted/dehydrated chickpeas
- Dry roasted/dehydrated edamame
- Raw nuts and seeds or trail mix
- Kale chips
- Tea bags

Trip tips

1. Freeze one or two servings of soup in microwave safe containers prior to your trip. These will first serve as an ice pack, then heat up later [microwaves at gas stations or at your destination].
2. Pack dried goods in a separate bag so you're not opening and closing the cooler.
3. Don't forget a trash bag, napkins, plastic silverware, and wet wipes.