

# NUTRITION TIPS FOR SUMMER TRAVEL WITH KIDS

Long-anticipated summer travel has nutritional challenges, and adding young children to the mix multiplies those challenges. There's more to consider than packing extra snacks and baby wipes. Follow these tips for a healthy, happy, and nourishing summer vacation with kids.

## Road Trip

Logging long miles in the car may have your kids asking for snacks to ease the boredom. Anticipate this, and be prepared. Work with your kids on a list of boredom-busting activities, including games, music, videos, coloring books, and more. Before turning in the ignition key, review the day's schedule. Explain when and where you'll eat, and make a solid effort to stick to your regular eating schedule.

Pack some travel-friendly foods for children over four, as some may pose a choking risk for younger children. If your child is at risk for choking, enjoy your food at a rest stop so you can supervise while eating.

Keep perishable items in a cooler with ice to reduce your chances of food-borne illness when on vacation.



- Low-fat yogurt
- Cheese sticks
- Cottage cheese
- Sliced bell peppers
- Cucumbers
- Carrots, or other easy-to-eat veggies
- Applesauce
- Dried and fresh fruit
- Popcorn
- Trail mix
- Peanut butter sandwiches
- Whole-grain crackers
- Low-fat milk boxes
- 100% fruit or vegetable juice
- Water

**Don't forget portable eating utensils and plenty of napkins and wipes.**

Have your kids come up with fun meal ideas combining their favorite snacks with another item you purchase at a restaurant. Kids can combine lean proteins with whole grains, fruits, and vegetables to build a balanced meal or snack that's part of retail, apart from home.

Ultimately, you will save money and eat healthier. Water and milk are good beverage choices; even restaurant meals should include fruits and vegetables. If the restaurant doesn't offer good options, fill in with the supply in your cooler.

## A Stay at the Beach

The same guidelines apply whether you're hitting the beach for a day or staying for a week. Try to stick as closely to your regular eating schedule as possible. Bring a cooler with some of the above foods and plenty of ice. Pack ample Water and encourage frequent sipping. The hot sun can dehydrate, and the cool ocean water and fun can distract kids from drinking fluids.



## Cruising Along

Food is constantly present on cruise ships and in glorious displays. Remind children that just because food is there doesn't mean the family needs to eat it. Be a role model to your kids and encourage them to eat mindfully when hungry.

## Travel Abroad

If you are traveling far or to places with new types of cultures, work with your family to plan where to eat before your trip. Most restaurants around the world provide nutrition information online so you can plan on choosing the nutritious items that you have researched. Being in a new culture is also an excellent time for your family to try fresh foods.

## Visiting Family or Friends

You may run into well-meaning food pushers, whether traveling with others or staying in their homes. Give relatives and friends a kind heads-up about your expectations when offering food to your children. Help them find other ways to express love and warmth, such as reading a story or taking your child for a special outing.