TKS Nutrition LLC
Healthy Habits For Life

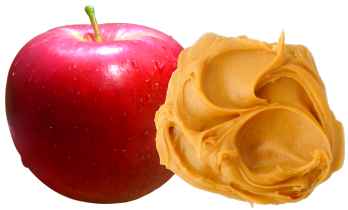
Travel Snack Ideas & Tips

Travel days can get busy! Packing a few snacks ahead of time helps you stay fueled, manage hunger, and have convenient options on hand while you're on the go.

Ready to Pack Snack Ideas

Simple snack formula: protein + healthy fat + carbohydrate

Apple + peanut butter packet



Whole-grain crackers + cheese



Trail mix + clementine



Veggies + hummus



Granola bar + jerky



Banana + almonds



Before You Leave

Keep snacks within reach

Pack a few snacks in your personal item, carry-on, or front seat so they're easy to grab.



Bring water

Bring an empty reusable water bottle and refill it after airport security, or pack water if you are traveling by car.



Plan for food safety

Use an insulated bag with an ice pack for perishable foods like cheese, hard boiled eggs and cut fruit. Keep cold foods at 40°F (4°C) or below.

Think about your travel time

Pack enough snacks for your journey, including potential delays or longer layovers.



Plan ahead and pack smart! Having snacks ready makes it easier to manage your hunger and energy needs wherever your travels take you.