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May 10, 2017 - by Melody Wren



I used to take my own food on the plane

because I didn't like anything they offered and refused to pay for snacks when I had already paid so much for my ticket. Now gluten-free and lactose-free, it is out of necessity, but still so much more enjoyable and much healthier.' When you carry your own, it's easier to bypass the temptation of fast food at airports.

Many seasoned travelers can share a story about the time they were stuck on a plane for hours with limited water and no snacks. If you travel enough, its best to go prepared in every way.

Do check with your airlines if you are flying with any restrictions. If travelling within the same country, you are usually fine to carry fresh fruit, always a bonus to cut down on that dehydration associated with flying. Road trips are wonderful for the simple reason, you can carry whatever you like, unless you are crossing a border.

Steer away from anything with nuts in it. The last time I took a sachet of almond butter to spread on my crackers, it was announced on the flight, it was a nut-free flight and I wasn't allowed to open it. I have listed a few items that pack well, stay fresh and are good for you. Don't forget the water too!

- Bars – protein, fruit/nut bards, natural fruit bars, granola bars
- Dried fruit
- Popcorn or popcorn chips
- Crackers – healthy crackers
- Rice cakes
- Sandwich or a wrap
- Seeds or seed bars
- Dried pea crisps
- Homemade muffins



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