

AUGUST

Eating On The Road  
On Vacations



## On The Road On Vacation Avoid Fast Food

-  **Grocery stores often have great prepared foods sections**
-  **Carry healthy snacks with you in the car: dried fruit, nuts**
-  **Go ahead, stop to eat rather than eating in the car**
-  **Find food co-ops along your route:  
[www.localharvest.org](http://www.localharvest.org)**

