



HEALTHY TRAVELER'S GUIDE

- Snacks for the ultimate roadtrip -

HOW MANY HOURS WILL YOU BE DRIVING, STATE LINES WILL YOU BE CROSSING, PIT STOPS WILL YOU BE MAKING & SNACKS WILL YOU BE NEEDING?

DID YOU KNOW?

When it comes to "packing light", the one thing you do not want to skimp on are snacks! Snacks can be a great way to help children get their mind off of the long hours (or minutes) in the car and give them something to look forward to. Choosing a healthy and well-balanced assortment of snacks will not only help your children's happiness level and attention span, nutritious snacks will also help stabilize their energy levels.

Have you ever taken a trip when it seemed like one minute there was silence, the next minute giggling and laughing, the next minute screaming and crying, and then it happens all over again? Well, truth be told, the ingredients in many pre-packaged snacks consist of sugar, food coloring, preservatives and other ingredients that might seem fun to eat at the moment, but contribute to crankiness and mood swings, poor digestion (think potty stops), fluctuating energy levels and hyperactivity.

SNACK-BY-SNACK MUNCHIES GUIDE



ROAD TRIP TIPS

Choose a variety of semi sweet snacks and salty snacks.
Create one small snack bag for every two hours that you will be on the road.
Set a timer so that you have a good reminder of when to give out the next snack bag, and if the kids start asking, just give them a quick glimpse of the timer.
Always have water available in non-spill water bottles or sippy cups.
Don't forget to pack snacks for the grownups in the car too!

Snack Bag Ideas ...

Hour 1: Organic Apple Slices
Hour 2: Cheese Slices & Einkorn Crackers
Hour 4: Wolfberry Crisp Bar with a handful of green grapes
Hour 6: Carrot sticks w/Peanut Butter
Hour 8: Handful of Einkorn Granola
Hour 10: Small box of Raisins

Healthy Drink Options ...

Have about 10 ounces of purified water as your base liquid, then add one of these:
Vitality Drops
1 Ounce of NingXia Red
Lemon Vitality - 1 drop
Citrus Fresh Vitality - one drop
Peppermint Vitality - 1 drop

Young Living Snack Ideas

Einkorn Crackers
Wolfberry Crisp Bars
Chocolate Coated Slique Bars
Einkorn Granola
NingXia Wolfberries (dried)
NingXia Red (2oz Packets)

FOR THE PARENTS

NingXia Zing (chilled if possible)
NingXia NITRO - energy booster
Peppermint Vitality & Lemon Vitality as flavoring for water
*Joy oil blend and Peace & Calming oil blend to diffuse for a joyful and peaceful roadtrip experience

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