



Island Harvest
A FOOD BANK FOR LONG ISLAND

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The Grapevine

July 2021

7 Tips for Healthy Traveling



Vacation is a time to relax, unwind, and let go of any stress. Unfortunately, for many people, it can also be a time for over-eating and under-exercising. Although it can be sometimes challenging to stay on track, it is possible to eat healthy and still leave room for some of your favorite indulgences!

Staying on Track

1. **Aim for One Non-Restaurant Meal Each Day:** Eating at least one meal in can improve nutrition and save money. Breakfast items such whole grain cereals or whole grain muffins (see recipe next page) are portable and nutritious.
2. **Pack Healthy Snacks:** Bring along healthy snacks, especially if you will be going out for a long period of time. Check out this months' simple snack recipes for some take-along snack ideas.
3. **Be Mindful of Drink Choices:** Beverages, including alcoholic beverages, contain calories too! Drink water as your main beverage and avoid indulging in high-sugar drinks.
4. **Stay Active:** Look for fun activities that will get you and your family up and moving. Hiking, swimming and simply playing with the kids, will keep you moving and add to the quality of precious family time.
5. **Allow for Treats:** Allow yourself to indulge sometimes but avoid the mindset of "I will get back on track when I get home."



6. **Plan Ahead:** Try to pick restaurants before your trip. Look at the menu prior to going to see if healthy options are available.
7. **Ask Your Server How the Food is Prepared:** Sometimes even simple dishes such as chicken and vegetables are cooked in a lot of rich sauces or salt. Asking your server how dishes are prepared can allow for you to make healthy adjustments.

Kids' Activity Corner

Whole Fruit Ice Popsicles

These fresh fruit popsicles are a perfect summertime fun-food activity!



What you will need:

- 1/3 cup sliced or diced fresh or frozen fruit, such as strawberries, blueberries, mango or other fruit.
- 1 large banana
- ¾ cup 100% fruit juice such as apple or orange juice

What you and your child will do:

1. Slice/dice banana and other fruit into small pieces
2. Place fruit in popsicle molds.*
3. Pour fruit juice over fruits and freeze.

*If you do not have molds, you can use small 4–5-ounce paper or plastic cups instead. Fill with fruit and juice, cover with foil, and insert a popsicle stick through the center of the foil into the cup, then freeze.

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Visit this site for practical information about healthy eating on-the-go, snack suggestions and recipes.

[Packable Snacks](#)



Academy of Nutrition and
Dietetics

The tips sheets below will help keep you on track with your summer health goals, whether at home or enjoying a well-deserved vacation.

[Tips for Healthy Restaurant Eating](#)

[Tips for Healthy Snacking](#)



Whole Grain Yogurt-Blueberry Muffins

Ingredients: (12 muffins)

- 2 cups white whole wheat flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/3 cup honey
- ½ cup canola oil
- 12 ounces plain Greek yogurt
- 1 large egg
- 1 1/2 cups fresh or frozen blueberries



Directions:

1. Preheat oven to 380°F. and line 12 muffin cups with paper liners or spray a muffin tin with cooking spray.
2. Place flour, baking soda, and baking powder, into a large mixing bowl, stir to combine. Slowly stir in oil, yogurt, honey, egg and blueberries. Scoop into muffin tins.
3. Bake 380°F. for 16-20 minutes or until baked through.

Crispy Lemon-Pepper Roasted Chickpeas

Ingredients:

- 15 oz. can of chickpeas, rinsed well and drained
- Juice of lemon and zest (outside peel-optional),
- 1-2 tsp olive oil,
- ¼ tsp sea salt (optional)
- 1-2 tsp pepper, to taste



Directions:

1. Preheat oven to 450°F.
2. Dry chickpeas, *completely*.
3. In a large bowl mix lemon juice, zest, olive oil, salt, and pepper, stir in chickpeas and coat well.
4. Spread evenly on a baking sheet.
5. Bake for 20-25 minutes. Check at 20 minutes.
6. Let cool completely on tray before serving, or storing in an airtight container.

On-The-Go Trail Mix

Ingredients: (Yields 4-5 cups)

- Combine: 1 cup nuts (almonds, cashews, walnuts), 1 cup seeds (sunflower, pumpkin), 1 cup unsweetened dried fruit, ¼ cup dark chocolate chips (optional), 1 cup popcorn.