

Next time you have to travel for competition, take this list to the store to help you plan and shop for your next trip! This grocery list focuses on:

SCENARIO 1: ALL-DAY ATHLETIC EVENTS

SCENARIO 2: TRAVEL + OVERNIGHT STAY

SCENARIO 3: INTERNATIONAL TRAVEL

TrueFood Travel Packs Grocery List



TrueSport

NON-PERISHABLES	Scenario 1	Scenario 2	Scenario 3
<i>Dried fruit and nuts</i>	<i>All-Day Event</i>	<i>Overnight</i>	<i>International</i>
Dried fruit: apricots, prunes, raisins, cranberries, dates, apples	yes	yes	yes*
Nuts and seeds: pecans, almonds, walnuts, cashews, pistachios, peanuts, pine nuts, sunflower seeds	yes	yes	yes
Nut butters and spreads: peanut butter, almond spread, individual peanut butter packets	yes	yes	yes
<i>Fruits</i>			
Organic or local apples, pears, bananas, peaches, apricots	yes	yes	
<i>Pantry</i>			
Mini bagels, granola, granola bars, ready-to-eat cereals, pretzels, raisin cookies, rice cakes, pureed fruits, canned or sachet ethical tuna or salmon, local jerky (nitrite free), 100% fruit bars, dark chocolate bars (fair trade), iced tea packets, tea, sports/energy bars, 100% fruit jam	yes	yes	yes
Crisp breads, crackers/saltines, local honey, organic popcorn	yes	yes	
Instant rice, instant mashed potatoes, quickcook farro & barley, quinoa, powdered hummus mix, powdered black bean soup, falafel mix, instant soup, miso soup, instant organic oatmeal, muesli mix		yes	yes
Organic dried milk powder, powdered peanut butter			yes

*FOR INTERNATIONAL TRAVEL: CHECK WITH YOUR AIRLINE TO SEE IF YOU CAN TRAVEL WITH SEEDS.