

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

PERISHABLES (Cooler Needed)

Fruits and veggies

Baby carrots, cherry tomatoes, red pepper sticks, frozen edamame, grapes, homemade fruit sauce (apple)

Scenario 1

Scenario 2

Scenario 3

All-Day Event

Overnight

International

yes

yes

Cucumber slices, broccoli, celery sticks, sugar snap peas, avocado, strawberries, blueberries, raspberries, cherries, grapes

yes

Dairy and meats

Greek yogurt (plain or flavored), cheese sticks

yes

yes

Low-fat cottage cheese, sliced turkey (no nitrates)

yes

Cooked food

Hard-boiled eggs (free-range), egg burrito, egg muffins

yes

yes

Cooked pasta, quinoa or grains, garbanzo, beet or black bean hummus

yes

Drinks

Water, 100% juice, homemade electrolyte drink, sports drink, local or organic milk and chocolate milk

yes

yes

Sports drink powder

yes

yes

yes

Materials

Lunchbox, duffle bag, tupperware, stainless steel water bottle, travel utensils, napkins, hand sanitizer

yes

yes

yes

Cooler, ice packs, travel spices

yes

FOR SAFE FOOD STORAGE AND HANDLING PRACTICES SEE:
WWW.CDC.GOV/FOODSAFETY