

## OA in Action Abstinent Travel Tips

### On the road or around town...Emergency Kit

Scale (w/o batteries or extra batteries) and measure cups...folding cups and spoons  
Pre-measured foods in snack baggies  
Refrigerated coolers are available that can be plugged into your car's plug in outlets  
Bring gallon size bags of oatmeal etc. or individual snack bags with your serving  
Plastic forks, spoons and knives as well as food containers

### Types of food that does not spoil easily

Starches:       rice crackers  
                  whole grain cracker, such as Triscuit or sesame  
                  oatmeal  
                  whole grain dry cereal  
                  ready to eat pouches of rice

Meats:           canned or foil packaged tuna, salmon, chicken  
                  turkey peperoni (bagged does not need refrigeration)  
                  nuts and nut butter

Dairy:           powdered milk  
                  cheese sticks  
                  sugar-free hot chocolate mix

Fruits:          single serve applesauce  
                  fruit leather  
                  dried or dehydrated fruit  
                  100% fruit juice

Vegetables:     V8 or tomato juice  
                  dried vegetables from the Wedge, Whole Foods and camping stores such as REI

Fats:            cheese sticks, these do not last as long in the car  
                  nuts/nut butter  
                  olive oil and dressing in small containers

### General Tips:

Heat up your food in gas stations along the way  
Restaurants are flexible, ask for what you need.  
Bring gallon size bags of oatmeal or individual snack bags with foods that are portable and do not require refrigeration

### Hotel Tips

Choose a hotel that will accommodate your needs.  
Request a residential side/extended-stay section with a small kitchen  
Request a refrigerator and microwave in rooms without a kitchen  
Ask if a grocery store is near the hotel or if not close where the nearest store is located.

### Airplane/Train Tips

Pick up meals according to time zone...work with sponsor for dealing with meals on long flights

Might need a temp sponsor who is familiar with traveling over time zones or traveling out of the country

V8 or tomato juice is usually available on plane, can use as vegetables

Carry on meal suggestions:

dinner, spaghetti noodles/rice tomato sauce, meat and fat for cheese  
packaged tuna, crackers and V8 (cheese or nuts for fat)  
breakfast bread (muffins) see recipe below  
lunch/dinner bread mix in mashed vegetables such as carrots instead of fruit

### **Breakfast or Lunch Bread/Muffin Recipe**

2 eggs  
1/3 cup powdered milk  
1 cup fruit or smashed vegetables, such as carrots  
½ cup of raw oatmeal or 1 cup dry cereal such as a high fiber cereal  
1 tablespoon chopped nuts because dried milk has no fat at all!  
Spices to taste, cinnamon is good for breakfast, garlic for lunch.  
Bake at 350 for 30 minutes or until a knife stuck in center comes out clean.

This recipe can be altered to fit your food plan..

### **Camping Tips:**

Most of the specific food suggestions listed above are useful for camping too.  
Other non-refrigerated items: Canned (sugar free) fruit (pinapple) , vegetables, individual fruit juice bottles, dry pasta or rice (easy to cook on fire or camp stove).

Dry ice keeps things cold longer in a cooler. Freeze water in milk or water containers to cool food and drink it as it thaws.

### **Traveling Out of the Country – different culture and common foods**

Check out food customs, mindset and availability... (do not judge by American standards)

You can bring food with you or have it shipped but beware that it takes longer in some countries to get shipments of your food.

You may need to avoid raw vegetables and may need to have cooked vegetables instead of raw or use tomato juice or other vegetable juice when available. Work with your sponsor and others that have traveled where you are going so that you can plan ahead - be prepared.

Be careful washing your dishes while out of the country as the water most likely is not considered safe to drink.

	Spanish	French	Italian
sugar	el azucar	sucre	sucre
corn syrup	jarabe de maíz	sirop de maïs	sirop de maïs
high fructose corn syrup	jarabe de maíz de alta fructosa	Sirop de maïs à haute teneur en fructose	È possibile tosse notte sciroppo di fruttosio

### **General Tips**

Always carry baggies.

Work with your sponsor to make cultural, time zone and travel need accommodations ahead of time.

Use email, text, Skype, postcards to do your daily contacts. To save on postage you can write out daily and mail when you get home. When out of the country be careful about long distant phone and text charges. Be prepared, think ahead about your needs. You only fail when you fail to plan.

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