YOUR ECD AMBASSADORS' TRAVEL SURVIVAL GUIDE

1 **Find the nearest farmers' market or grocery store** and buy some portable foods such as apples, bananas, oranges, bottled water, dried fruits and nuts to carry in your cooler during the day.

- Kymberly Morgan

2 **Be intentional!** Before you go, think through travel "habits" that you can change. I used to need gummy bears to fly. Now I take dark-chocolate-covered pomegranate seeds and water.

- Allison Earnst

3 **If I know I am going to hit the road, I always spend a few minutes researching restaurants** that will be along the way. You can check out most menus while sitting in the comfort of your own home, and the healthy options are often posted.

- Stephen Hollohan

4 **Call ahead!** On my trip to Rome, I called the airline to ask for healthy gluten-free meal options and they were more than willing to provide.

- Kasey Arena

5 **Try the local cuisine!** Don't miss out on life by not trying a few bites of a local specialty, especially at a local market or family-run operation. Just watch your portion sizes and balance the day with Clean meals and lots of walking.

- Joanne Lusted

6 **Pack resistance bands** in your suitcase so you can work out in your hotel room.

- Kymberly Morgan

7 **Do a 10-minute circuit** each morning before you hit the shower. One minute each of squats, lunges, dips, push-ups and burpees. Repeat.

- Tracey Weaver

8 **Make sure to carry dry fruit, nuts, dry oats and whey protein.** These items can be easily pre-measured into resealable bags. You can get hot water on an airplane – simply add to oats and let sit for a few minutes to cook.

- Joe Salottolo and Shirley Rogers

9 **Pick up a pack of pre-boiled,** shelled eggs at Trader Joe's or Whole Foods. Try two whole eggs and two egg whites mixed with mustard and placed in a wrap with salad – just toss the two extra yolks.

- Chelle Stafford

10 **Small jars of organic pureed junior food (yes, baby jars!)** are portable and about the cleanest you will find (next to being straight from the garden). They're also the perfect serving size!

- Jill Holland

11 **I ALWAYS rent a house or apartment with a kitchen.** That way you can get groceries at a local store and stay on track.

- Joanne Lusted

12 **I always pack one to two scoops of whey protein powder** in a resealable bag for each day that I am traveling. I also pack my Blender cup just in case I only have access to water and need to make a quick shake with my whey.

- Theresa Lopetrone

13 **Homemade protein bars are the perfect portable snack!**

- Lavanya Krishnan

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