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SCHEDULE

10 Perfect Road Trip Snacks



★★★★★ 0 RATINGS //

30 January 2013



The perfect road trip foods are quick and easy to snack on while driving or while crammed in the back seat of the family car. Here are the best snacks to keep you fed on your next long-distance drive.



STORY BY:
JAN ROSS
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My husband took a bite of the sandwich I had carefully prepared for our road trip and, as chicken salad plopped down on his shirt front, I realized I had made a mistake. Chicken salad makes a great sandwich but not a great road trip sandwich. I had made a rookie mistake.

I learned about road trip snacks from my mother as we trekked across the country for vacations when I was a kid. With four kids in our family there was no money to stop for meals and certainly none for snacks, so we travelled with a big metal cooler and bags of carefully packed food.

The perfect road trip foods are not so much designed for the passenger as they are for the driver. The driver should be able to easily and safely eat and drive at the same time without spilling, say, chicken salad, all down his front.

There are certain foods that are perfect for a road trip. Here are some of my favourites.

1. Sandwiches made with materials that stay in the sandwich, not dripping all over the car. Lunch meat and cheese are good choices, but go easy on the mayo and mustard because they have a tendency to drip if too liberally applied.
2. Fruit that is easily eaten with one hand. Small pieces of cut-up fruit will work but only if they are not slick or slimy. Grapes are perfect.
3. Cheese that is firm and easy to hold. Any sort of cheddar or other firm cheese works. Just cut it up into small pieces that are easily handled.
4. Meat that is not greasy or messy. Slices of hard salami, ham and summer sausage are great. Any meat that requires a napkin is not so great.
5. Veggies that are already cut up. Carrots, celery, even cherry tomatoes—anything you can just pop in your mouth.
6. Chips of all kinds make a nice addition. Individual bags are especially good since you don't have to

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worry about closing up a big bag.

7. Cookies are great in the car, especially small ones you can just pop in your mouth. If you put a few in a plastic bag, it makes it much easier to get to them and to close up the bag and save the rest for later. Individual granola bars also make a great and tidy snack.

8. Candy that is neat and easy to eat. M&M's are perfect, although they will melt in a hot car. Skittles are excellent, as well. Any chewy, fruity, easily consumable candies that can be handled individually are perfect.

9. Food that has already been put together for you. Crackers with cheese or peanut butter already spread on them are perfect.

10. The last choice is not a food item but certainly comes in handy. Pack a bunch of small and large plastic bags, folding them all neatly into one big bag. They're useful for leftover snacks that didn't come in a resalable bag and you can use a big plastic bag for your trash.

Tuck away your leftovers, seal up your trash, dust off your hands and feel pretty darn smug about how much money you have saved on snacks and how neatly you have consumed them on your road trip!

What's YOUR favourite road trip snack?

JAN ROSS



After a lifetime of travel, Jan Ross can pack a bag and hit the road with very little notice, although she will always have a little black dress and some snazzy shoes in there. She loves to travel with her husband of more than 35 years as he is a great photographer and she is often way too busy having fun to think about taking pictures. Active travel or relaxing, she is up for it all!

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