

## Celiac Food for Travel (As of February 2007)

Disclaimer: Verify gluten-free status of products before applying them to your situation. Formulations change over time; read product labels at every purchase.

As celiacs, we know the importance of planning backup food for a trip where we may not conveniently find gluten-free items. Here are some ideas that have worked well for various members of our support group. Thanks to everyone who contributed to the list.

For day trips, use an insulated soft-side bag or small cooler and insert a frozen Blue Ice pack. For longer trips, a larger cooler may be appropriate. Some hotels and motels will allow use of their freezer to refreeze the ice pack overnight. Otherwise, it may be necessary to restock a cooler with ice, as needed.

### Consider these items:

Hillshire Farms Deli Select sandwich meats

Hormel Deli Sliced lunch meats (read label)

Hormel Vienna Sausages

Boar's Head meat, cheese, and condiments [at Hen House]

Olberto Original Beef Jerky; Hormel Beef Jerky, regular

Tuna salad (with Hellman's mayo or Kraft Miracle Whip  
and Vlasic pickle relish or chopped GF olives)

Potato salad

Egg salad

Hard boiled eggs

Deviled eggs

Fresh fruits and vegetables

Homemade onion dip (combine 16 oz. GF sour cream [such as Daisy brand], ½ cup  
finely chopped onions, and 2 tablespoons + 2 teaspoons Herb-Ox beef flavoring);

Lay's Classic Potato Chips or fresh veggies

Homemade cheese dip (microwave 1 lb Velveeta, 1 can Rotel tomatoes); Tostitos chips

Fritos brand bean dip

Assorted GF cheeses (after you slice or cube at home)

Peanut butter and jelly or peanut butter and honey (use on GF crackers, bread, or rice  
cakes). Also, Skippy Squeeze Stix (chocolate is not gluten-free).

Peanut butter and celery

Kraft cheese spreads in juice-glass style jar (pimiento, etc.)—made with Philadelphia  
cream cheese

Vlasic pickles

GF olives

Yoplait yogurt (not all flavors are gluten-free)

Individual pudding packs (Hunts and Hy-Vee; not all flavors are gluten-free)

Lipton Cup-O-Soup (tomato and broccoli with cheese are gluten-free)

Individual serving-size Progresso soups (lentil and chicken with wild rice are GF)

Individual serving-size of Dinty Moore beef stew

Individual serving-size Thai Kitchen rice noodle dishes (not all flavors are gluten-free)

Individual serving-size Hormel Kids' Kitchen Beans and Weiners

Ensure nutrition supplement (**EXCEPT** Ensure Nutrition and Energy Bars are not GF)

Carnation Instant Breakfast (**EXCEPT** Classic Chocolate Malt which contains gluten)

GF canned fruits—individual serving sizes (take plastic spoons)

GF dried fruits (not all dried fruits are gluten-free)

Fruit rolls and snacks (Justice League)

GF breakfast cereals (purchased or homemade, such as Betty Hagman's)

Instant grits (Quaker); take along some brown sugar, a bowl or cup and a spoon  
(inexpensive, light-weight, and space-saving)

## **Celiac Food for Travel** *(continued from preceding page)*

Homemade or purchased GF muffins and cookies (Pamela's, Mi-Del)  
GF bread (purchased or homemade)—use toaster bags to avoid contamination from motel toasters (Note: For travel, homemade bread in bun form creates fewer crumbs.)  
Microwave popcorn (Act II; Jolly Time: American's Best, Blast O Butter, Butter-Licious, Crispy N'White, Kettle Mania, The Big Cheez and other flavors) [use microwave at Quik Trip, 7-Eleven, gas station, etc.]  
GF crackers (Bi-Aglut, Ener-G, Blue Diamond, etc.)  
Rice cakes (some may not be gluten-free—read label)  
GF snack bars (such as Lara Bars, also Bumble Bars at some Wild Oats stores or order online at [www.bumblebar.com](http://www.bumblebar.com))  
Lays products: Classic Potato Chips, Ruffles, Tostitos, Fritos Corn Chips, Cheetos Nuts (Planters, Fisher)  
GF pretzels (Ener-G and Wylde)  
GF banana chips (Sweet Meadow) or other GF dried fruit chips  
GF candy bars (Hershey's plain or almond, Almond Joy, Butter Finger, Snickers, York Mints, M&Ms, Baby Ruth, Oh Henry, Heath, and others.)  
Gorp (combine Planters peanuts, M&Ms, and Sun-Maid raisins)  
Homemade trail mix  
GF fruit and vegetable juices—individual serving sizes (e.g., V-8; Dole; Minute Maid; Del Monte's 100% fruit juices, but read label)  
GF soda pop  
Fruit drinks: Capri Sun, Crystal Lite, Country Time, HiC, Minute Maid, Tang (pour powders into bottle of water and shake)

*Note: Citing brand names is for reader convenience and does not constitute endorsement of products or imply that these are the only suitable gluten-free products available. For all purchases, always read labels to be sure of gluten-free status.*

## **Self-Catering During Travel**

For longer trips, an option that works well is to purchase an inexpensive microwave oven (approximately \$50) and pack it in the car to heat foods that are prepared at home. Several items can be packed in an ice chest and reheated not only for you, but also for the rest of the family, in your motel room. When cooking meals at home, prepare extra quantities and freeze them to take on your next trip. Don't forget to take paper plates, plastic silverware, etc. (By avoiding restaurants, you soon recover the cost of the oven.)

Another option is to pack an electric skillet for cooking in your room (handy for air travel). Check in advance with your hotel or motel to verify that cooking in the room is permitted.

## **Products in Travel-Size Containers**

To order foods, beverages, cosmetics, and pharmaceuticals in travel-size containers, visit the Minimus website at [www.minimus.biz](http://www.minimus.biz). Not all products are gluten-free, so before ordering, you will need to verify which ones are. The website indicates the company will try to order requested items that are not in stock. All contacts must be by internet; the company does not provide a telephone number.

## **Keeping Food Cool During Air Travel**

Since frozen gel packs (such as Blue Ice packs) are prohibited on airlines, a suitable alternative that will pass inspection is bags of frozen peas or corn. Cooling lasts 7 to 24 hours, depending on conditions. *(This method is used by a shipper of frozen lobster in Nova Scotia.)*