April 2019

Letter to the Editor [Herman Lenz] 2

Follow this and additional works at: https://scholarworks.uni.edu/postville_documents

Part of the Public Affairs, Public Policy and Public Administration Commons

Let us know how access to this document benefits you

Recommended Citation

https://scholarworks.uni.edu/postville_documents/265
August has definitely sunk up on us and with the days dwindling before the start of school, many will be taking last minute family vacations. Even if the vacation is only a few hours drive away, almost all of us will roll out the towels, fill up the tanks, and set the "table" for lunch on the go. Unless you travel as an RV or limousine, that table will probably more closely resemble a dashboard and the tablecloth a paper bag you lug in your dash, dining, or eating in the car, doesn’t necessarily have to be an unhealthy habit. If planned right, it can be far healthier than some on-the-go options or purchase build-your-own sandwiches such as bread, meat, cheese and condiments or build-your-own salads such as lettuce, veggies, yogurt, lunch meat, cheese, and for dessert fresh fruit and those pudding cups! No room in the car for a cooler? Instead of stopping for lunch at a fast food restaurant, stop at a grocery store. Choose from fresh deli selections or purchase build-your-own sandwiches such as bread, meat, cheese, and condiments. Many stores will gladly rinse fresh fruits for you as well! This will save money and calories for the whole family as well as build family memories of "out the box" dining!

Keep hydrated on the road with resealable bottles of water and low-sugar flavor packets. Refill water bottles as needed from water fountains to again save money, sweet, salty and savory.

Eating out for a longer trip, or if you will be on the road at mealtime, prepare a case and plan a place at a roadside park. Pack foods in air-tight containers, such as a peanut butter and jelly sandwich with celery, pretzel mini-muffins for breakfast on the go, a jar of gelatin, peanut butter, popscicle microwave popcorn, crackers, single serve apple sauce or pudding cups, nuts, and raisins or dried cranberries. Pack a variety of foods for healthy, fun, and healthy eating trigger. A second trigger is only a few hours drive away. Taking a trip doesn’t necessarily mean you have to be idiots to believe we have “EQUAL justice in our laws and courts.”

If heading out for a longer trip, or if you will be on the road at mealtime, prepare a case and plan a place at a roadside park. Pack foods in air-tight containers, such as a peanut butter and jelly sandwich with celery, pretzel mini-muffins for breakfast on the go, a jar of gelatin, peanut butter, popscicle microwave popcorn, crackers, single serve apple sauce or pudding cups, nuts, and raisins or dried cranberries. Pack a variety of foods for healthy, fun, and healthy eating trigger. A second trigger is only a few hours drive away. Taking a trip doesn’t necessarily mean you have to be idiots to believe we have “EQUAL justice in our laws and courts.”

If heading out for a longer trip, or if you will be on the road at mealtime, prepare a case and plan a place at a roadside park. Pack foods in air-tight containers, such as a peanut butter and jelly sandwich with celery, pretzel mini-muffins for breakfast on the go, a jar of gelatin, peanut butter, popscicle microwave popcorn, crackers, single serve apple sauce or pudding cups, nuts, and raisins or dried cranberries. Pack a variety of foods for healthy, fun, and healthy eating trigger. A second trigger is only a few hours drive away. Taking a trip doesn’t necessarily mean you have to be idiots to believe we have “EQUAL justice in our laws and courts.”

If heading out for a longer trip, or if you will be on the road at mealtime, prepare a case and plan a place at a roadside park. Pack foods in air-tight containers, such as a peanut butter and jelly sandwich with celery, pretzel mini-muffins for breakfast on the go, a jar of gelatin, peanut butter, popscicle microwave popcorn, crackers, single serve apple sauce or pudding cups, nuts, and raisins or dried cranberries. Pack a variety of foods for healthy, fun, and healthy eating trigger. A second trigger is only a few hours drive away. Taking a trip doesn’t necessarily mean you have to be idiots to believe we have “EQUAL justice in our laws and courts.”

If heading out for a longer trip, or if you will be on the road at mealtime, prepare a case and plan a place at a roadside park. Pack foods in air-tight containers, such as a peanut butter and jelly sandwich with celery, pretzel mini-muffins for breakfast on the go, a jar of gelatin, peanut butter, popscicle microwave popcorn, crackers, single serve apple sauce or pudding cups, nuts, and raisins or dried cranberries. Pack a variety of foods for healthy, fun, and healthy eating trigger. A second trigger is only a few hours drive away. Taking a trip doesn’t necessarily mean you have to be idiots to believe we have “EQUAL justice in our laws and courts.”

If heading out for a longer trip, or if you will be on the road at mealtime, prepare a case and plan a place at a roadside park. Pack foods in air-tight containers, such as a peanut butter and jelly sandwich with celery, pretzel mini-muffins for breakfast on the go, a jar of gelatin, peanut butter, popscicle microwave popcorn, crackers, single serve apple sauce or pudding cups, nuts, and raisins or dried cranberries. Pack a variety of foods for healthy, fun, and healthy eating trigger. A second trigger is only a few hours drive away. Taking a trip doesn’t necessarily mean you have to be idiots to believe we have “EQUAL justice in our laws and courts.”