

**Most of us enjoy an occasional summer outing. We might take a drive for the day on the way to a picnic site or lake. We may take a weeklong road trip for a family vacation.**

Of course, we may get a little hungry for snacks while in the vehicle. Grabbing a quick meal or snack on the road is known as "dashboard dining." Eating in vehicles is at an all-time high.

Many of the snacks available in convenience stores are quite expensive. They also often are high in fat, sodium and added sweeteners. What can a family do?

## Plan for Healthy Snacks

A thermos of ice water and a cooler packed with nutritious foods and beverages is a welcome treat for travelers. That may save money and help with weight management, too.

Keep coolers filled with plenty of ice, bring disposable eating utensils and paper towels, and enjoy foods such as these:

- Small cartons of low-fat milk
- 100 percent fruit juice
- String or sliced cheese
- Containers of yogurt
- Baby carrots in small bags
- Low-fat deli meat (such as ham or turkey)

Other foods travel well without a cooler. They include:

- Single-serving sealed containers of applesauce
- Dried fruits such as raisins or cranberries
- Whole-grain crackers and cereal packaged at home in individual portions
- Packets of nuts and seeds
- Plain tortillas
- Peanut butter
- Apples, bananas and grapes

## Clean Your Hands!

Even when a sink isn't nearby, cleaning your hands before you eat is important. Use wet wipes if you won't be able to wash for 20 seconds, or use an alcohol-based hand sanitizer.

## Summer Food Safety Question of the Month:

At a picnic, how long is perishable food safe outside a cooler when the outdoor temperature is 90 degrees?

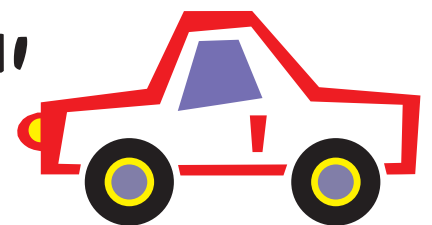
- a. One hour
- b. Two hours
- c. Three hours
- d. Four hours

Answer: a. One hour.

Visit [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise) for more information.

# "DASHBOARD DINING"

## Tips for Summer Adventures



This material was funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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## Is watermelon nutritious? How do I pick a “good one”?

As you might guess, watermelon is made up of more than 90 percent water. One cup of diced watermelon has 40 calories, 14 grams of carbohydrate and 1 gram of fiber. Watermelon is high in “lycopene,” a cancer-fighting antioxidant that also gives watermelon its rosy red color.



Choose watermelon with shiny skin and no cracks or soft spots. Lift it; it should be heavy compared to its size. Smell it; it should have a distinctive melon aroma. “Thump it” if you’d like; it should have a dull, hollow sound.

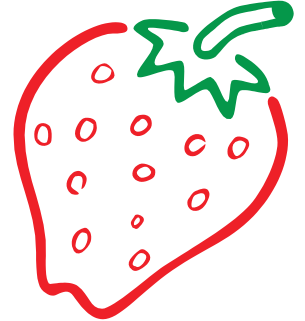
## What’s a good way to celebrate July, National Ice Cream Month?

Enjoy an “upside-down strawberry or blueberry sundae” and save some calories on a tasty treat! Place 1 cup of diced fresh or frozen strawberries or whole blueberries in a bowl and top with a small scoop (about ½ cup) of ice cream for a 180-calorie dessert.

Strawberries and blueberries provide vitamin C, folate and fiber, with about 40 calories per cup. One cup of regular vanilla ice cream has 280 calories and provides about one-fifth of your daily calcium needs.

## SUMMER FRUIT SALAD

- 1 cup diced, fresh or frozen strawberries
- 1 cup cubed watermelon
- 1 cup pineapple chunks, fresh or canned (in natural juice; do not drain)



Stir fruit together in a medium-sized bowl. Cover and chill. Serve. Refrigerate leftovers or try freezing for a slush.

*Makes four servings. Each serving has 40 calories, 0 g (grams) fat, 11 g carbohydrate and 1 g fiber.*

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Contact the local office of the  
NDSU Extension Service  
for more information  
on food and nutrition or  
managing your food dollar.

