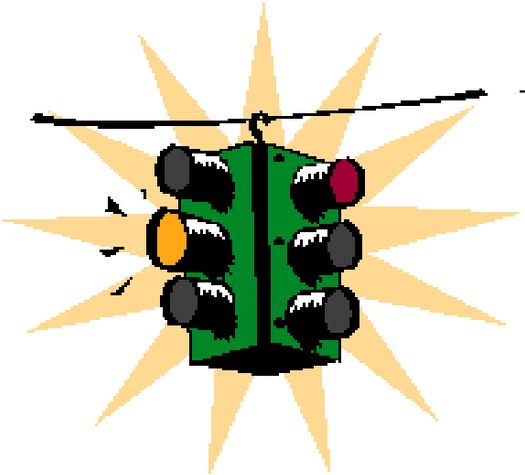
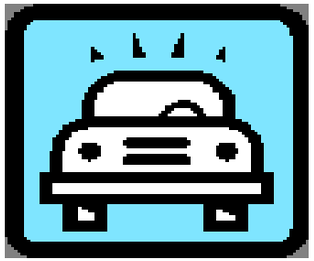


# Eat Smart Away From Home

It may be challenging to eat healthfully away from your home, but it is not impossible! Whether you are dining out for the evening or you are on a trip, you do not need to give up eating right. The following tips can help you eat smart when you are away from home.

## When traveling...



Plan ahead. Pack healthy snacks that do not spoil easily, such as a whole-wheat bagel, juice box or cut-up vegetables. Drink plenty of fluids, especially water and juice.

If you are traveling by airplane and your flight includes a meal, you may wish to ask about a low-salt or low-fat option when you make your reservation.

## When dining out...

Choose restaurants wisely. Restaurants that offer a variety of foods are good choices. Opt for steamed, broiled, baked, grilled, roasted, stir-fried, or lightly sautéed foods. If the restaurant servings are large, split an entree, or ask if you can order a half-size.

Some fast food places have healthier foods than others. You can find soup, salads, baked potatoes, low-fat yogurt with fruit and granola and lean cuts of meat. Look for “light” options on menus.

## Keep food safe to eat...

Older persons have a special need to handle food safely because they are at high risk of foodborne illness. Wash your hands with warm, soapy water or a cleansing towelette before handling food. If you take perishable foods with you when you travel or bring them home from a restaurant, remember that if you leave them at room temperature for more than 2 hours, they may contain a toxin produced by harmful bacteria. Do not taste such a food. Just throw it out. Even if it looks and smells fine, a small portion may cause foodborne illness.

Did you know that the **Kansas Food Assistance Program** can help you stretch your food budget? Eligible senior adults can use the program’s benefits at local senior centers and for home-delivered meals. Call 1-888-369-4777 toll free to find out if you qualify for food assistance.

For information about food assistance for senior adults, please call the Kansas SRS Service Center toll free at 1- 888-369-4777.
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