

Summer

Health & Safety



Week 7 - Summer Travel

Before Leaving Home

1. Notify a neighbor or friend when you will be out of town. Ask this person to monitor your home, respond to suspicious activity, or to house-sit during the night. Provide that person with contact information and check in regularly.
2. Make sure all locks are in working condition and have been secured before leaving. Turn on your security system if you have one. Don't leave spare keys hidden outside.
3. If you'll be away for more than a week, ask your post office to hold your mail, and ask your newspaper to suspend delivery. A stuffed mailbox or papers on the lawn indicate that you're not home.
4. Lock valuables in a fire-proof safe before leaving. Fire-proof safes are available at discount stores, office supply stores, hardware stores, or from a locksmith.
5. Pack a list of emergency numbers and copies of medical information

Road Trip Ready

Your car should be in good shape and stocked with essentials before you leave.

1. Check your car before you leave:
 - Tires properly inflated
 - Windshield wipers in good condition
 - Oil changed
2. Make sure you have emergency equipment:
 - First aid kit
 - Flares
 - Extra food
 - Bottled water
 - Blanket
 - Flashlight
 - Jumper cables
3. Ensure you've packed the essentials:
 - Proof of insurance and registration
 - Spare tire
 - Maps of areas you will be traveling through
 - Emergency contact information
 - Cell phone or change for a pay phone

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Lost Children

Review these guidelines to keep your child(ren) in sight and safe:

1. Instruct children to always get permission before going anywhere
2. Have children wear up-to-date personal identification at all times. This can be attached to a lanyard and worn around the child's neck and under a shirt, or put into a pocket
3. Parents should always have a photo of a child handy
4. Instruct children to stay put if they get lost
5. Tell children to go to a parent with other children or to a uniformed employee for help
6. Go over stranger rules:
 - Never talk to a stranger unless it's an emergency
 - Stay a safe distance from strangers
 - Scream "Help – you're not my mommy or daddy" if someone tries to grab them

Non-parent caregivers:

Make sure the adult responsible for the child has a signed medical release form so that adult can authorize treatment if the child needs medical help.

Theft

When you are in an unfamiliar place, you're at a higher risk for theft. Decrease your theft risk in the following ways:

- Don't travel alone at night
- Stick to well-lit, populated areas
- Beware of pickpockets. They often have an accomplice who will distract you in some way
- Wear the strap of your bag across your chest, and walk with the bag away from the curb
- If you are confronted, don't fight back
- Keep your hotel room locked at all times
- Never leave your bags unattended

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Abroad

Remembering to pack essential items and to protect your valuables and personal information abroad will make your trip more hassle-free.

1. Know the location of the closest U.S. Embassy or Consulate
2. Carry the minimum number of valuables, and know how to conceal them
3. Pack extra medicine, glasses and contacts, ensuring that all labels are left on containers with your name on them for verification at borders
4. Make copies of all legal documents, such as passports, and store in separate places in case they are lost or stolen
5. Put your name, address and telephone number inside and outside each piece of luggage
6. Sign up for the State Department's Smart Traveler Enrollment Program to reach you in case of an emergency abroad. Visit <https://travelregistration.state.gov>
7. Keep cash in your hotel safe, and only carry the minimum needed each day

Road Trip Foods and Nutrition Tips

It is important to plan ahead for eating on the road to maintain a healthy and balanced diet. Families can save money by packing a cooler. Items brought from home also tend to contain fewer calories and are more nutrient-dense than those found at fast-food restaurants or convenience stores.

Consider packing your car with a cooler or snack bag filled with these healthy and inexpensive options. Be sure to keep perishable foods cold, including dips, meat and dairy products.

- Milk (1% or skim for kids 2 and older, whole milk for those younger than 2)
- Fruit preserved in water or its own juice, without added sugar
- Pretzels
- Roasted, unsalted nuts
- String cheese
- Snack-size dried fruit
- Individual yogurts
- Whole-wheat bagels
- Low-fat popcorn
- Sugar-free drink mix
- Diet soda or ginger ale

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- Light cream cheese
- Carrots, celery, tomatoes, sliced cucumbers
- Lean lunch meats, such as ham, turkey or roast beef
- Peanut butter and jelly sandwiches
- Whole-wheat crackers
- Fruit leather or real fruit snacks
- Whole fruit (apples, bananas, oranges)
- Hummus and pita bread

Make Your Own Trail Mix:

For snacking on the road, mix up a batch of trail mix and use baggies to separate into individual servings. This recipe makes seven 1-cup servings.

- 3½ cups whole-grain cereal (such as Cheerios, bran flakes or Rice Chex)
- 1 cup raisins or other dried fruit
- 1 cup roasted, unsalted nuts
- 1 cup popped low-fat popcorn
- ½ cup chocolate chips or chocolate candies, such as M&Ms

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Fast Food Facts:

If you must stop for fast food, make informed, healthy choices, such as those listed below. Check out restaurant nutrition facts online to see more options.

Subway

1. 6-inch sandwich on nine-grain wheat bread (other breads may increase calories and decrease fiber content):
 - Black Forest Ham, Oven Roasted Chicken, Roast Beef, Subway Club, Sweet Onion Chicken Teriyaki, Turkey Breast, Turkey Breast and Black Forest Ham, and Veggie Delite all have less than 400 calories and 5 grams of fat or less
 - Add mustard instead of mayo or dressing to save approximately 120 calories and 12 grams of fat per tablespoon
 - If you like chips with your sandwich, split the bag with another person to save fat and calories
 - Opt for water, milk or diet soda instead of high-sugar sodas, lemonade and sports drinks
2. Fresh Fit for Kids
 - Choose an item off the Fresh Fit for Kids menu – kids get milk and apple slices
 - Select nine-grain wheat bread

Subway nutrition information: <http://www.subway.com/menu/default.aspx>

Wendy's

1. Garden Side Salad with Classic Ranch Dressing
 - 210 calories, 13 grams of fat
 - Choose a fat-free vinaigrette dressing to save more calories and fat
2. Small chili
 - 210 calories, 6 grams of fat, 6 grams of fiber
3. Baked potato or sweet potato
 - 320 calories, 3.5 grams of fat, 7 grams of fiber
 - Take off the sour cream and save 45 calories and 3.5 grams of fat
4. 1/4lb single hamburger
 - 580 calories, 33 grams of fat
 - The more patties and the larger the hamburger, the more calories

Wendy's nutrition information: <http://wendys.com/food/NutritionLanding.jsp>

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McDonald's

1. Egg McMuffin
 - 300 calories, 12 grams of fat, 260mg of cholesterol
2. Fruit and Yogurt Parfait
 - 150 calories, 2 grams of fat
3. Grilled Chicken Classic Sandwich
 - 350 calories, 9 grams of fat
 - Skip the mayo to save calories
4. Single hamburger or cheeseburger
 - About 300 calories and 10-12 grams of fat
5. Blueberry or Banana Nut Oatmeal
 - 290 calories, 8 grams of fat, 5g of dietary fiber

McDonald's nutrition information:

<http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>

Burger King

1. Quaker Oatmeal Maple and Brown Sugar
 - 270 calories, 4 grams of fat, 5 grams of fiber
 - Kids' size has 170 calories, 3.5 grams of fat
2. BK Breakfast Muffin Sandwich: Egg and Cheese
 - 220 calories, 9 grams of fat, 160mg of cholesterol
3. Single hamburger or cheeseburger
 - About 300 calories and 8-12 grams of fat

Burger King nutrition information:

http://www.bk.com/cms/en/us/cms_out/digital_assets/files/pages/MenuNutritionInformation.pdf

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