



# TOTE-ABLE TREATS CONTAINERS

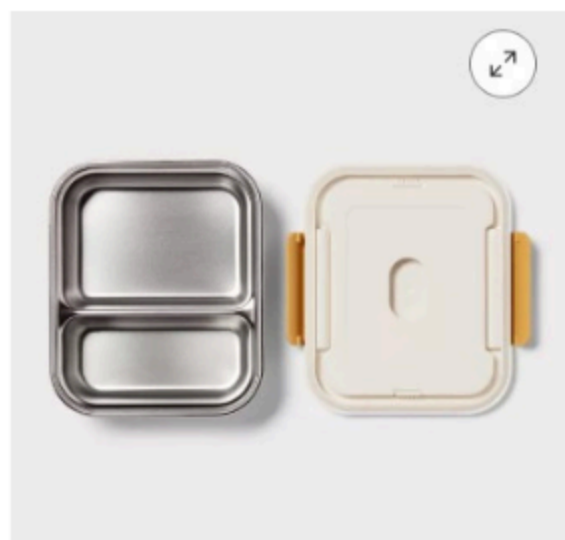


When you are on the go and live with celiac disease, you often bring food with you. You need ways to carry that food and for some items you need to keep them hot or cold. Here are some ideas.



A good lunch box is important. You should make sure it is sturdy and something you are happy to carry with you. Also different compartments for cold and shelf stable items can be convenient.

A thermos or other type of vacuum flask is a great way to carry foods that need to stay hot or cold. Many come with utensils.



Bento style boxes are a great way to carry different types of food. The food stays separate during travel and the box doubles as your plate.

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