



TOTE-ABLE TREATS



Here are some ideas for shelf-stable, single-serve foods are perfect companions for busy days, travel, or whenever you're on the go.

- Granola or snack bars – make sure they are GF. And if they contain oats, make sure they are labeled GF and/or use GF oats.
- GF instant meal cups where you just add water and heat in the microwave.
- Hummus – you can buy single serve packs or snack packs. Many of the snack packs include pretzels that are not GF but some include tortilla chips and that is GF.
- Jerky – most are GF.
- Oatmeal in a cup or overnight oats are easy breakfasts to prepare in a hotel room.
- Single serve packs of tuna or chicken. Bring your own GF crackers, and single serve mayo packs and you have a lunch on the go.
- Charcuterie style meat and cheese packs. Many of these are sold with crackers. Find ones that only have meat and cheese and bring your own GF cracker.
- Your favorite GF snack.



Original Hommus Singles



Original Hommus with Chips Snack Pack



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