

Snacking Healthy Alert Driving Pt. 2

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

TRUCKER SERVICE ASSOCIATION

AUGUST 2023



Driving All Night

"I've been driving all night, hands wet on the wheel." Golden Earring was speaking directly to truck drivers in their hit song, Radar Love. The amount of time spent on the road by truck drivers leaves little, if any, time left to be proactive in making health conscious snack choices. Going from point A to point B in as few stops as possible is every truckers main goal. Therefore, eating healthy may fall to the wayside, but it doesn't have to any longer.

For that reason alone, this month is dedicated to choosing QUALITY snacks that'll satisfy taste buds, mood, energy levels and most importantly the health of each driver.

With all the marketing techniques and strategies employed by corporations, it's difficult to navigate the food industry terrain and find health promoting foods or snacks that are convenient. That's why I took the guess work out.

LESSER EVIL

POPCORN



Cost

\$3.75 per bar

Flavors

Himalayan Gold
Avocado-Licious
Himalayan Pink Salt
Oh My Ghee

Purchase Me!

PALEO VALLEY

MEAT STICKS



Cost

~\$2.50 per stick

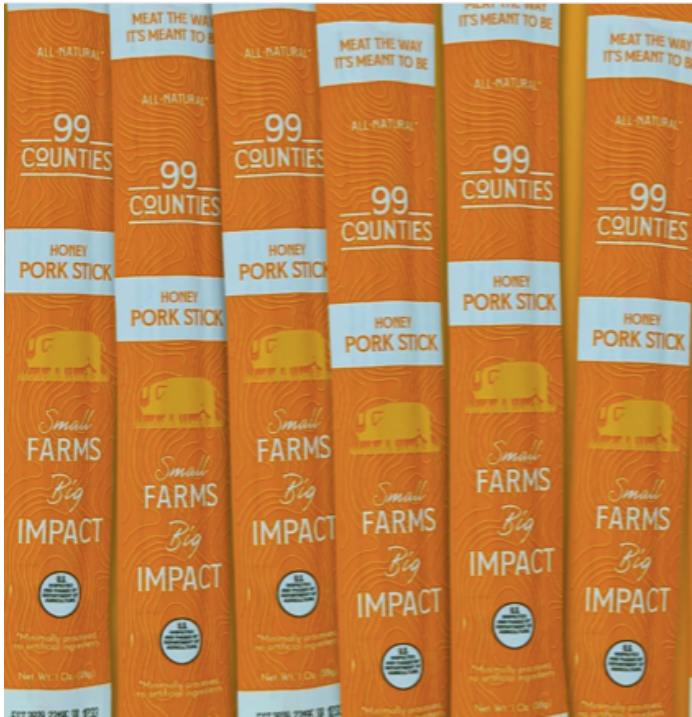
Flavors

Original
Teriyaki
Maple Bacon
Cranberry Orange

Purchase Me!

99 COUNTIES

MEAT STICKS



Cost

~\$3.00 per stick

Flavors

Original
Honey Pork
Hot Honey

Purchase Me!

SIETE CHIP



Cost

~\$3.75 per bar

Flavors

Tortilla
Salt & Vinegar
Barbeque
Chili Lime
Queso

Purchase Me!

MARY'S GONE CRACKERS



Cost

~\$6.00 per box

Flavors

Original
Herb
Black Pepper
Super Seeds

Purchase Me!

BARNANA PLANTAIN CHIPS



Cost

~\$5.00 per bag

Flavors

Pink Salt
Sea Salt & Vinegar
Acapulco

Purchase Me!

TERRA

PLANTAIN CHIPS



Cost

~\$5.00 per bag

Flavors

Sweet Potato
Plantain

Purchase Me!

LARABAR

REAL INGREDIENT BARS



Cost

~\$1.50 per bar

Flavors

MANY

Purchase Me!

ORGAIN

PROTEIN SNACK BAR



Cost

~\$2.25 per bar

Flavors

S'more
Chocolate Chip
Chocolate Brownie

Purchase Me!

ORGANIFI

COMPLETE PROTEIN



Cost

~\$70 per tub

Flavors

Vanilla
Chocolate

Purchase Me!

PRIMAL KITCHEN

VANILLA COCONUT COLLAGEN



Cost

~\$39 per tub

Flavors

Vanilla
Chocolate
Peanut Butter

Purchase Me!

KION

CLEAN WHEY PROTEIN



Cost

~\$1.80 per serving

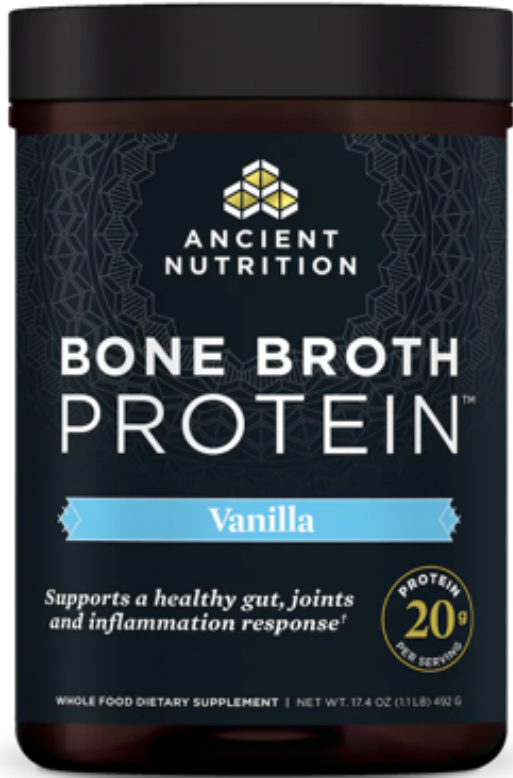
Flavors

Vanilla
Chocolate
Plain

Purchase Me!

ANCIENT NUTRITION

BONE BROTH PROTEIN




Cost

~\$42.00 per tub

Flavors

Vanilla
Chocolate
Salted Carmel

Purchase Me!



Above are some healthier snacks you can load up with before hitting the road. Take a few moments and use the hyperlinks attached to order directly to your house if your local store doesn't carry them.

Becoming healthy is a process and starting with great tasting snacks is one beautiful way to start.

Remember, these are all snacks, and healthy ones at that, but they do not replace a good quality meal made from real, single ingredient foods. Prioritizing REAL FOOD and using these snacks as a supplement is the right move here.

Enjoy the ride!



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