## Guide to a Healthier Esky

A little planning and action at home can go a long way in keeping drivers healthy and alert.

What's one change you can make this week or month?

Daily
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## Pack a healthy meal

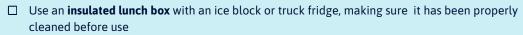
Enjoy a wide variety of foods from the five food groups

ד 1+	- type	of fruit
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- ☐ 2+ types of **vegetables** such as small carrots, qukes (mini cucumbers) or cherry tomatoes
- ☐ 1+ type of **protein** such as grilled chicken, tuna, roast beef, canned beans or hard-boiled eggs
- 1+ type of whole grain such as whole grain pasta, bread, wraps, crackers, brown rice or quinoa
- ☐ 1+ type of **dairy** such as Greek yoghurt, cheese or a milk drink

## Pack your food safely

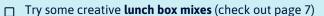
For more information on food safety, visit page 19



- ☐ Store food **away from sunlight** in your truck
- ☐ Use a **thermos** to keep hot foods hot
- ☐ **Reheat** your food properly at a rest stop if able
- ☐ Practice good **hand hygiene** before eating
- ☐ **Dispose of any leftover food** that has been left at room temperature at the end of the day; do not return to the refrigerator



Know your schedule and plan ahead



Prepare some **healthy snacks** such as a trail mix, fresh fruit with peanut butter, hard-boiled eggs, wholegrain crackers with peanut butter, cheese or hommus, popcorn or granola cups with yoghurt

Switch things up



☐ Challenge yourself to eat at least 5 different types of vegetables and fruit every week.

Tip: Cut up vegetables and store them in a container so they are ready to eat

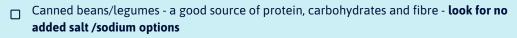
Eat seasonal and local

There are many cost savings and health benefits to **eating seasonally and locally** (for more information check out page 10)

## **Monthly**

Stock up on long life pantry staples

This will save time, energy and money



- Canned tuna/salmon or tinned tuna and beans a good source of protein and easy to store
- ☐ Shelf stable soups look for low sodium options (<300mg/100g)
- Natural nut butters make snacks more interesting and provide a small amount of protein and healthy fats
- ☐ Canned vegetables an easy addition for added veg throughout the day
- ☐ Long-life milk provides protein, vitamins & minerals
- Microwavable brown rice or grain cups provides low GI carbohydrate and fibre
- Fruit cups in juice an easy addition for added fruit throughout the day

**Add equipment** 

Add equipment to your truck set up such as a sandwich press or portable blender to make your on the go meals easier





