

TIPS FOR TRUCKERS

- Get a cooler box. By using stackable rectangle food storage containers and zip bags, you'll make much better use of that limited space.
- Buy canned beans, corn, fruits, & boxes of vegan soups, rusks, crackers, quick rice.
- Pack a can opener.
- Use the microwave ovens at truck stops to bake potatoes.
- Nuts, seeds, dried fruits, and instant oatmeal are tasty, nutritious, filling, and take up little space.
- Nowadays, even fast food chains have vegan options. Research these (by country) before you travel.
- Shopping centres and malls have large parking lots for your truck while you visit to replenish your stash.

Veganism is not about us. It's not about our baby steps, our "journey," our lifestyle, our comfort level, or anything else about us. Veganism is about justice.

~ Gary L. Francione

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TRAVELLING WHILE VEGAN

It's easy to stay vegan, even while on the road.





IT'S EASY TRAVELLING AS A VEGAN

All it takes is a little planning, eating the foods that you already love, and being curious about the local vegan dishes.

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Top Tips

1. If you're taking a plane, preorder your vegan meal. To be on the safe side, call the airline 48 hours prior to travel and make sure they've prepared a vegan option for you.
2. Just in case, have some dried fruits, roasted nuts, legumes and grains, crackers and a pack or two of microwavable popcorn. Those are especially useful if you have a long layover.
3. Remember that some countries, the USA among them, don't permit any fresh plants or seeds to be brought in by private citizens. If you have a carrot, apple, or pepper that you didn't manage to eat before getting to immigration, declare the produce and hand it over.

DIDN'T HAVE TIME
TO PREPARE?
DON'T WORRY!
YOU'VE GOT THIS!

Wherever you go, you will likely find fruits, vegetables, grains, legumes, nuts, and seeds. Grocery stores carry those products, however limited the variety. Even corner shops carry basic whole plant foods, canned veggies and fruits, nut butters, breads. Stock up!



While driving in the countryside during the summer and autumn, be alert. Some farmers sell their freshly picked produce on their farm grounds or on carts by the road. Have cash ready in case you see such a sale.