

# GOOD BOX ORGANIC'S ROAD TRIP GUIDE

FRESH FOODS  
FOR THE  
OPEN ROAD







# SUMMER TIME & THE LIVING'S EASY!

We love a good road trips and now is the perfect time to take advantage of our region's abundant beauty. AND it's extra nice when you bring your own organic produce along (a lot of rural grocery stores don't have great organic options). Setting yourself up with some yummy staples lets you eat some meals at home and continue to feel like yourself on the journey!

In the next page's you'll find...

- Pack and Prep Tips
- Scenic SoCal Destinations
- The Dirty Dozen foods list, to always buy organic
- The Clean 15 foods list
- The Roadtrip Mindset

**HAPPY TRAVELS!**



# PACK + PREP TIPS

## PICK THE GOODS

- Crafting a good shopping list ensures you'll have the right foods to keep you fueled! Select your Good Box add-ons a week or two before you go.
- Before the adventure begins, select foods that will stay fresh and are easy to eat on the move- apples, peaches, carrots, celery, oranges and more.
- Hardy fruits and veggies are great on their own or paired with nut butter or hummus.

## PACK LIKE A PRO

- Packing is an art and on a road trip, pantry management is like a giant game of Tetris. The box your produce comes in is perfect for car Tetris!
- Prioritize reachability so your snacks are easy to grab.
- A portable cooler with frozen water bottles for the first leg of your trip is perfect for leafy greens and other delicate produce.

## PREP FOR SUCCESS

- Peel, chop, and wash things like carrots and celery. Put them into jars with a separate dip container for snacking.
- Keep easy-to-eat fruits that don't require any prep all together and accessible.
- A knife and cutting board allow for on-the-go prepping of fruits and vegetables at rest areas.
- Reminder: let us know by Wednesday the week before whenever you need a vacation hold or want to add your road-trip-shopping list for delivery!





# SCENIC SO CAL DESTINATIONS

Here are some must-see destinations and routes to consider for your next Southern California road trip (and don't forget to pack your good box!)

## 1. Pacific Coast Highway

**Start local:** Start your trip in Santa Monica driving north through Malibu, where you can enjoy scenic ocean views and stop by Zuma Beach or Point Dume.

**Santa Barbara:** Continue north to Santa Barbara, and enjoy the lovely Spanish-style architecture, wineries, and a historic mission.

**Big Sur (optional extension):** If you have more time, extend your trip to Big Sur for breathtaking coastal cliffs and redwoods.

## 2. San Diego to Joshua Tree

**San Diego:** Begin your adventure in San Diego, home to beautiful beaches, Balboa Park, and the world-famous San Diego Zoo.

**Temecula:** Head inland to Temecula for wine tasting and hot air balloon rides over picturesque vineyards.

**Palm Springs:** Continue to Palm Springs, known for its mid-century modern architecture, luxury resorts, and the Palm Springs Aerial Tramway.

**Joshua Tree National Park:** End your trip at Joshua Tree National Park, where you can explore unique desert landscapes, rock formations, and stargazing.





### 3. Orange County Coastal Route

**Huntington Beach:** Begin your trip in Surf City USA, known for its surf culture and the Huntington Beach Pier.

**Newport Beach:** Head to Newport Beach for upscale shopping, dining, and a visit to Balboa Island.

**Laguna Beach:** Continue to Laguna Beach for art galleries, tide pools, and stunning coves.

**Dana Point:** Finish your trip in Dana Point, where you can go whale watching or explore the Dana Point Harbor.



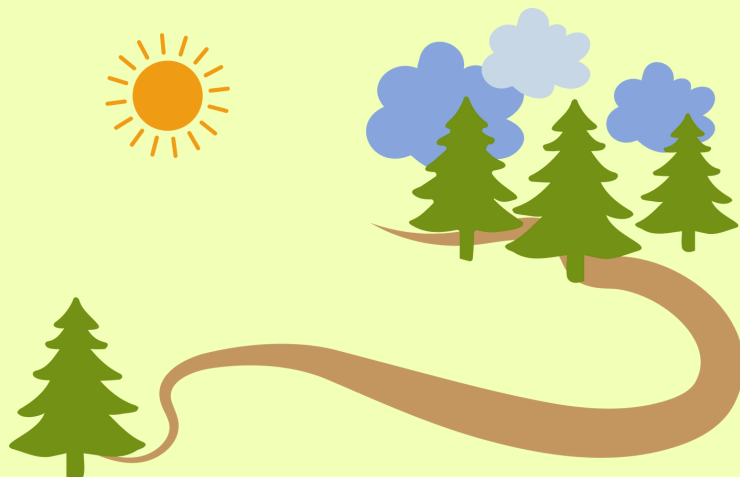
### 4. Inland Empire Adventure

**Riverside:** Start in Riverside, home to the historic Mission Inn and the Riverside Art Museum.

**Lake Arrowhead:** Drive up to Lake Arrowhead in the San Bernardino Mountains for outdoor activities like hiking, boating, and fishing.

**Big Bear Lake (optional extension):** Extend your trip to Big Bear Lake for skiing in winter or lake activities in summer.

**Temecula:** End your adventure in Temecula with a tour of the local wineries and vineyards.





# THE DIRTY DOZEN

This is the current list of foods that are most important to buy organic to minimize pesticide and herbicide exposure.



STRAWBERRY



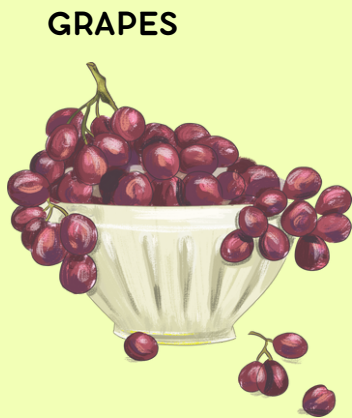
PEACHES



SPINACH



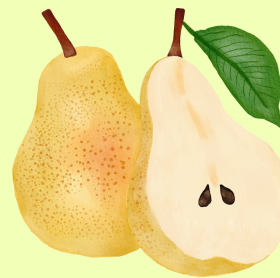
KALE,  
COLLARD &  
MUSTARD  
GREENS



GRAPES



BELL & HOT  
PEPPERS



PEARS



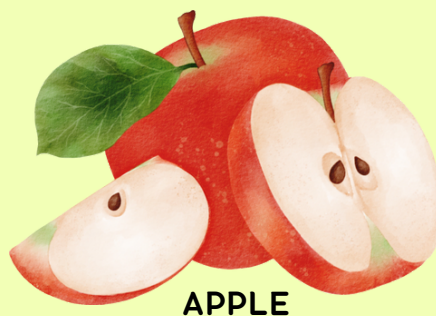
GREENBEANS



BLUEBERRIES



CHERRIES



APPLE



NECTARINES



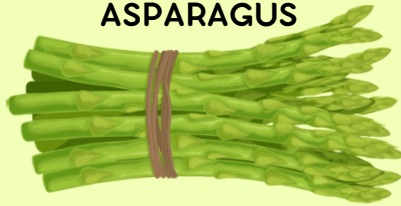
# THE CLEAN FIFTEEN

These are the foods that are safest to buy conventional.

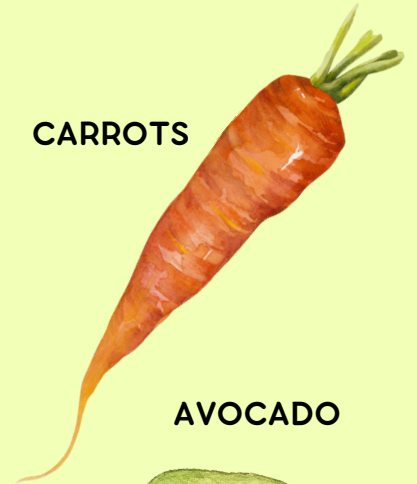
PINEAPPLE



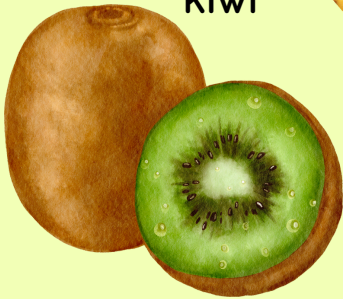
ASPARAGUS



CARROTS



KIWI



MUSHROOMS



AVOCADO



CABBAGE



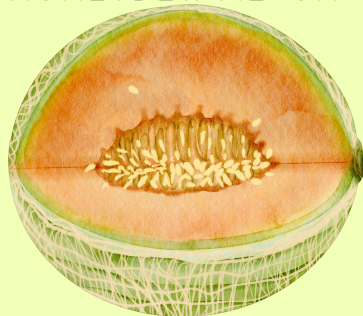
MANGOES



ONION



HONEYDEW MELON



SWEET PEAS



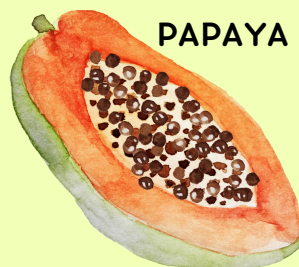
SWEET POTATOES



SWEETCORN



PAPAYA



WATERMELON





# THE ROAD TRIP MINDSET



A road trip isn't just about the destination; it's about the moments you collect along the way. Having your favorite fruit on standby sure feels a lot better than facing a wall of processed foods at a gas station. Whether it's a picnic at a scenic overlook, a dinner at a cozy campfire, or a breakfast at sunrise, the simplicity of fresh, organic foods can elevate your experience.



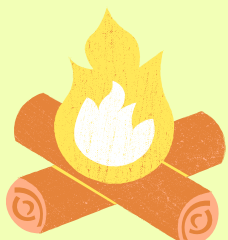
Nothing says 'freedom' quite like a road trip! The open road and blue skies beckon, promising fresh sights, experiences, and that coveted feeling of wind in your hair. But as exciting as a road trip is, eating local organic fruits and veggies often takes a backseat. That's where packing organic fruits and vegetables comes in, ensuring that every pit stop is a delight for your taste buds and a boon for your health. This guide will walk you through the art of crafting an organic road trip pantry that's sure to enhance your travel experience.



Road trips can be unpredictable, so it's important to have a plan, especially with snacking. Hungry travelers are not happy travelers, and without the right provisions, you may find yourself at the local convenience store, facing a wall of processed snacks. A well-stocked car includes sweet, savory, and satisfying options!



Fresh organic produce like apple slices dipped in almond butter or carrot sticks and hummus provide a healthy, filling snack. Oranges, blueberries, strawberries, or other easy-to-eat fruit help keep things light and sweet! Nuts and seeds offer a dose of healthy fats and a satisfying crunch. Dates with a side of dark chocolate are a great treat. By striking the right balance between these snacks, you can keep your energy levels up without compromising on your commitment to organic eating.



Feast on the view. Find a quiet spot to enjoy the panoramic views while dining. Engage with your surroundings. Cook a meal at a campsite and immerse yourself in the natural world. Share with new friends. A roadside meal can be an amazing conversation starter with fellow travelers. The organic road trip pantry you've packed isn't just about sustenance; it's a way to connect with your environment and the adventure of the open road.