

overeating.



Prepackage. Prepackage your foods before you head out and before you get hangry (hungry + angry). Doing so can help you focus on driving and not making an in-the-moment poor health decision. Overeating healthy foods is still overeating. Look for the snack size bags and, better yet, the bags with measurements on them, so there is no guessing. Flip the container over of those nuts, jerky, dried fruit, or prepackaged trail mix. What does it say is one serving size? Prepack that.



Pack Your Greens. Missing in most Americans' diets are their greens. With limited green food options in a truck stop (although some are providing more options), consider packing powdered greens along for the ride. Mix those powdered greens into a smoothie (pre-bottled or make your own), juice, or water. Give it a shake, and your body will be saying thank you. We often crave junk food because we lack essential nutrition, and our body doesn't get what we need from what we are eating, so we crave more, thinking that is what it will take to feed us. Except it doesn't.



Power Up Your Coffee. If you are going to drink coffee, you might as well give it a power boost. Not a breakfast eater? The best way to tame hunger, boost nutrition and get your wake-up call is to double up. Pour yourself a cup of coffee and add 1/2 to 1 scoop of protein powder to your coffee; add a little (almond) milk and stir. By starting your day out with some protein, you will feel less hungry and, protein helps balance blood sugar levels to avoid those crashes later on.

But what about making a healthy meal when you are limited in space, time, and resources? The key is to stop thinking fancy and start thinking functional.

6 Forgotten Foods For Eating Healthy Over The Road:

It's all about convenience, fast and efficiency. Now there are your drivers that have it all figure out, and that's great. But for most drivers, are at the starting line when it comes to making improvements on their food choices. And as you step past the starting line in eating healthy, always remember that consistency is critical. Making even one small change every day is better than changing everything for a few days and then throwing in the towel.



Eggs. Nearly every truck stop has hard-boiled eggs—a perfect travel food packed with lean protein, vitamin D, and low in calories. Spice them up with spices like paprika, red pepper flakes, salsa, hot mustard, salt and pepper, relish, or hot sauce, which most truck stops carry. The next time you stop at a truck stop, grab the hard-boiled eggs, celery sticks, spices, and a packet of ranch or mayo and a cup and make your egg salad. Pick up a pack of whole-grain crackers, and now you have yourself a fun, complete meal.



Tuna it up. Tuna is a great travel-friendly food packed with protein to keep you full; tuna can be a quick snack or an easy makeshift meal. You can now buy tuna in a wide variety of flavors. Just be mindful of added sugars in some flavorings and look for tuna's packet in water, not oil. You can buy them at the grocery store or on Amazon, flavors like herb & garlic, hickory-smoked, lemon pepper, ranch, sweet & spicy, honey bbq, bacon ranch, jalapeno, hot buffalo, Thai chili, sriracha Tapatio with lime, and several others. When you don't have to space, time, or resources to make every meal, there is convenience in letting someone else do the work for you. And in this case, tuna, and don't forget about tuna's friend salmon. I love adding tuna to dips, and with a few whole-grain chips or crackers, have a fun food feast.



Hold the bun. Everywhere you go, there is food in a bun. And partly what makes that food so unhealthy is the bun. Order your hamburger, roast beef sandwich, chicken, or hotdog and hold the bun. Opt for grilled when possible. And when ordering, ask for extra fixings like tomatoes, lettuce, pickles, onions, and eat your burger bunless. Better yet, make it into a salad and add some

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Bring on the Cold!

Yes, we have already seen some craziness in the weather, with areas already reporting record lows for this time of year. Not to worry, RoadPro Family of Brands' BlackCanyon Outfitters has your back even if you don't plan to return home for a few weeks.

You will find a complete line of cold-weather gear sure to fit your every need, whether extreme cold, torrential downpours, or safety.



Let's start with outerwear. From a hooded yellow rain suit to an assortment of rain ponchos, you will find what you need to keep you dry. If it is the warmth you are after, a large selection of Sherpa-lined power fleece jackets, fleece cargo jogger pants, and thermal crew necks are sure to keep the cold away. For those drastic temperature drops when have to change that tire – check out the various warmer oxford jacket with a removable plush hood and elastic waist or the MA-1 coat that will

keep you dry and warm with its water resistance and quilted lining. If visibility is something you seek, a hi-vis bomber jacket will keep you safe and seen.



BlackCanyon Outfitters also offers a complete line of beanies in multiple styles and colors. Some have a warm fleece lining or HIVIS colors for safety. There is also a selection of balaclava 4 in 1 hoods and cool-looking trooper hats to keep you warm and in style.

You will also find a large selection of gloves available in store, including a range of fleece-lined gloves to keep your hands warm or solid work gloves lined for warmth but providing durability.

Don't forget BlackCanyon Outfitters blankets. There is a large selection of soft fleece blankets in various colors to keep you warm on those cold nights.

Whatever your need for winter gear, BlackCanyon Outfitters has you covered. Check it out at a travel center or truck stop near you! ●



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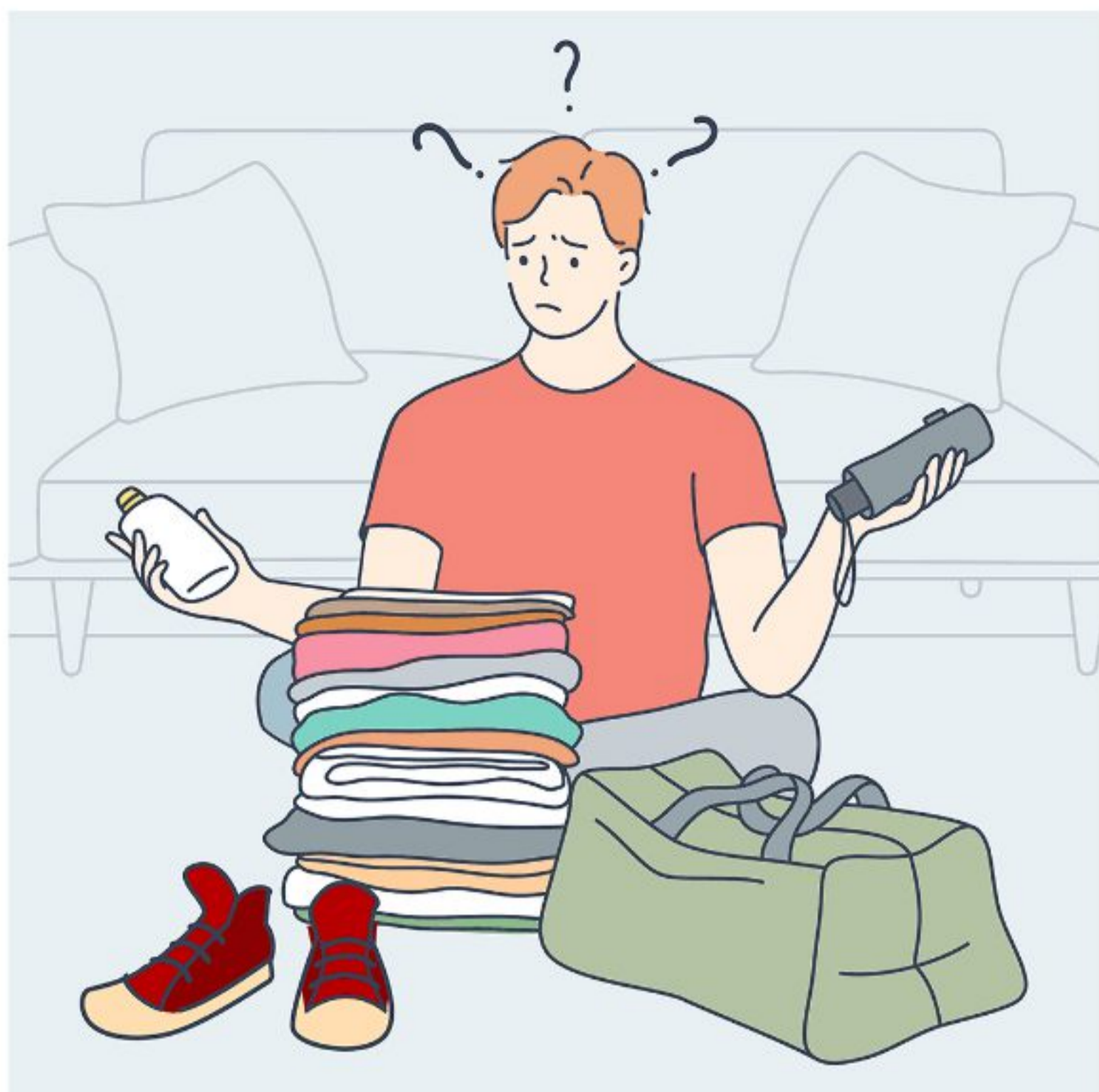


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Prepper or Hobo - What Kind of Packer are YOU?

By Craig Daniels

Now that you have finished training and are getting into your first assigned truck, the level of excitement is high. The urge to fill your truck with all you need suddenly turns into what you might need to what you might need "one day" then what you WILL need for sure.

Resist the temptation to load everything up at first. Sure, you will need a couple of weeks of clothes and some bedding. Then some food and even a way to cook that food but hold off there. Consider this; you move all your worldly possessions into your truck, and the next day it breaks down. Most likely, you will be in the shop for a while because it will not be simple; it never is.

A couple of days later, you end up moving into a different truck because this one has a significant issue that will take better than a week. The choice of waiting for it or getting a different one can be made by the simple fact that you didn't move everything from your storage unit in on the first day. This might even happen two or three times until you get a reliable truck.

Load your truck in stages and avoid putting so much in that your tare weight is affected.

Now I am not one to talk as it takes me a good day and a half to move from truck to truck, but I only do it every three years (380,000 miles) and then move into a new one again. Fortunately, my days of being in unreliable equipment are over. Save the satellite TV and radio, tweaked out CB, microwave, and George Foreman grill when you are fully established.

You have to have long pants and two pairs of shoes, preferably boots of some kind. The other should be a sneaker type. Avoid the flip-flops, please. They are unsafe to drive in, and most customers don't allow them on the property, so avoid the inevitable and just don't bring them.

Instead of bedding, consider using a sleeping bag and pillow for a while. It's easy to move and warm in the winter if the heater goes out.

Shirts can vary depending on how you want/need to present the image of the company that you work for. Presenting a professional appearance goes a long way with customers when others are not. It could even be perceived that you will be better at handling their load correctly and gaining additional business in the future.

Load your truck in stages and avoid putting so much in that your tare weight is affected. Start with the fundamental necessities to include some winter clothing even in the summer as I have seen it snow in July in Wyoming, and it rains everywhere, then go from there as you grow into the business. ●



Craig "1oring" Daniels has been driving for Crete/Shaffer/Hunt for the last seven years. Daniels is an Army veteran who went into heavy equipment repair after serving, and that led to almost twenty years of building roads by running asphalt plants, rock quarries, and paving crews. He tried his hand at his own business as a subcontractor, but he started driving truck when the economy tanked in '09. He has been led to help and guide others along the way in what he calls divine intervention. He has trained and mentored other Crete/Shaffer/Hunt drivers, helping new family members with policies and procedures unique to the company. He has been exposed to some special people who have taught and continue to teach him the force's ways and is proud to call a few good friends he values and takes their knowledge to heart.





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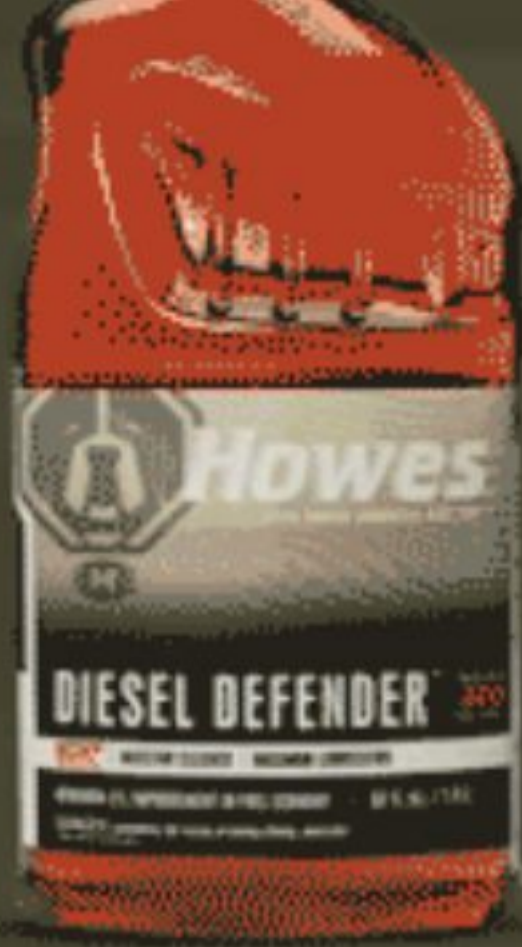
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**YOUR YEAR-ROUND
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10 Things to Keep on Your Truck this Winter

By Robert Greene

It is coming up at that time of year. Yep, you guessed it, cold weather! It is essential to prepare in advance as you could actually encounter colder temperatures in any part of the country way before is typical. Let's cover a few things that will help you have what you need on the truck to get you through cold weather climates.

- 1 Always carry extra wiper blades and windshield washer fluid, and a bottle of alcohol to add to it in cold weather.
- 2 Keep shelf-stable food, especially items that you can add hot water and make a warm meal or invest in a RoadPro 12-Volt Portable Oven or other RoadPro 12 Volt appliance of your preference.
- 3 While this might sound off the wall – SOCKS – lots of socks! You may be changing your socks several times a day if you are getting out in slush or snow. If your feet are wet and cold, you will be miserable, so make sure you have plenty on hand.
- 4 Get yourself a large 3-wick candle and a coffee can or small bucket. This candle will give enough heat to save your life if you cannot heat your truck. Of course, having extra warm clothes and a warm blanket or thermal sleeping bag is a must.
- 5 Carry a power bank to charge your phone or other small electronics. If you have no power in your truck this will keep at the very least your phone charged that you are able to use to call for help or let the company you are delivering to you too that there may be a delay.
- 6 Hand warmers can be found in most travel centers and truck stops. Not only good for warming your hands, but you can also use them on your feet and place them under your arms to help keep you warm.
- 7 Always keep anti-gel for the fuel and ice melt or cat litter to place under your tires to help you start moving. Be sure to keep some of the ice melt in the cab, so if it ices or snows overnight and you open the door, you can sprinkle in on the steps to keep you from winding up on your butt at the bottom.
- 8 Make sure always to have some sort of head covering on hand as you lose a significant part of your body heat from the top of your head. Also, have on hand some type of warm waterproof rain to help you stay dry.
- 9 Cash – have extra cash on hand as if credit card systems or ATMs are not functioning; you may need to buy food, fuel, or other essentials. Keep it in a lockbox with other essential contact numbers and important documents where it will be safe.
- 10 Last but not least, keep a log chain with you just in case you or someone else need a little pull to get going.

These are just a few of many of the things you may need to get through the winter months – and some may sound pretty basic or evident, but after 30 plus years of driving, I have learned the hard way.

Stay safe, and remember that the most important stop is when you park your truck at home. No load is worth your life or someone else's. ●

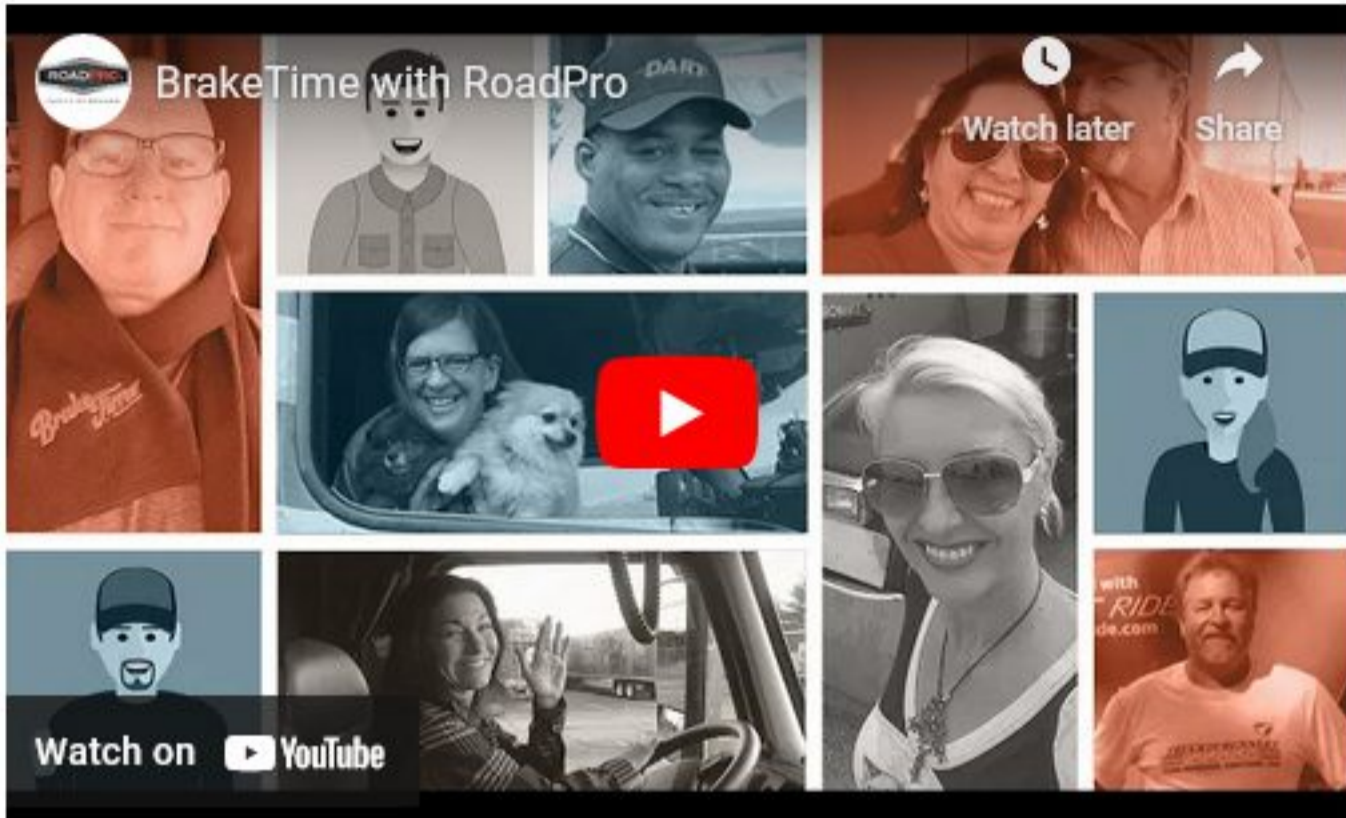


Robert Greene is a member of the RoadPro Pro Driver council and has been driving a truck since 1986. He has been an owner/operator for over 18 years and has driven everything from oversized to flatbed drop deck, hazmat, reefer and tankers.





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