

Airport Food, Elevated

This interview was originally published on my first food and nutrition blog, The Rachelian Report.



Hearing the term "airport food" may conjure up images of tasteless rice and rubber hamburgers. However, a new wellness pop-up is working to change that and is transforming airports across the United States. This 'Eat Well, Travel Further' initiative is the latest and greatest innovation from HMSHost, the industry leader in airport dining and culinary development.

Dedicated to offering nutritious and satisfying foods that provide sustained energy and support holistic wellness, this pop-up is the perfect travel companion for a long day on the road or in the air.

Inspired by recent food and nutrition trends, 'Eat Well, Travel Further' offers an impressive variety of gluten-free, organic, and paleo options - you will be delighted by the eclectic flavors, healthful ingredients, and excellent food and nutrition quality. In addition, there are many choices that are suitable for individuals with food allergies and dietary restrictions. Hooray!





Many of the food items that are offered at this wellness pop-up are favorites of mine: kale chips, zoodle salads, almond butter, roast chickpeas, and grilled chicken. Plus, nutritious beverages such as tumeric shots and kombucha are also on the menu. If you're looking for a quick crunch, go for dried apples. If you want a filling, high-protein meal, a bento box will do the trick. And if you want a delicious bar to keep you going through those long security lines, a sprouted nut bar is what you need. There really is something for everyone!



So, next time you're taking off to visit your parents, or escape your parents, look for the 'Eat Well, Travel Further' wellness pop-up in your local airport. Currently, they are located in the following locations: Chicago O'Hare International

Airport, Charlotte Douglas International Airport, Los Angeles International Airport, Minneapolis–Saint Paul International Airport, Seattle–Tacoma International Airport, Orlando International Airport, and the Grover Cleveland Service Plaza on the New Jersey Turnpike. With delicious flavors and super nutrition, these snacks truly will help you 'Eat Well, Travel Further.' Bon voyage!

It was my privilege to partner with HMSHost on this post. All photos are provided by HMSHost. To read more about this wellness initiative, visit <https://www.hmshost.com/innovation/detail/eat-well-travel-further>.