



The perfect “padkos”

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FUTURELIFE® Fun Facts:

- “Padkos” is a very Afrikaans word that has its own English definition in the Oxford dictionary.
- “Padkos” is snacking on the move, and how much do South Africans love those two things: snacking and going places
- The fun of snacking can quickly turn into overeating

THE PERFECT “PADKOS”

We grow up with the idea of a road trip always including a basket of some sort in the car that is full of ‘gold’. This basket is full of those things that you never get at home or are only allowed to eat on special occasions. Recipes that have been passed on from generations are placed into one container, enjoyed by all and indulged in without any guilt. This is called ‘Padkos’.

Food for Thought

The concept of padkos is actually rather silly. You get into a car, you drive somewhere really far away without doing anything but sit or sleep. You should actually only eat a light meal if you want to justify your energy expenditure. Unfortunately *peckishness* is born in a car on the road and there is no two ways about this - padkos is here to stay. Luckily we do not drive with padkos in the boot when you drop your kids off at school. This is a once in a while kind of thing, so we are not going to focus on the fact that you are eating too much. We are rather going to look at practical tips on what to pack without starving or ending up with wasted food.

Plan your meals

If you think about it, you do not sit at home eating the entire time, so you do not have to sit in your car and eat non-stop. If you know you are going to be on the road for breakfast and lunch, pack breakfast and lunch and a snack for in between. Try not to pack more than you know you usually will eat at home.

The “Colden” Rule

Do not pack anything that needs to be kept cold. If you cannot go without cold water or cold meats, make sure you invest in a nice cooler box. You do not want to spend your first day on holiday hugging the loo... It is easier to pack things that can take some heat and stay safe.

The Menu

Heat-proof breakfast

- Homemade bran or breakfast muffins
- Fruit (apples, grapes, naartjies, pears, peaches, bananas – these are not too messy)
- Individual yoghurts – this is nice because you know you will eat it within the first few hours on the road
- Rusks with your coffee
- Pretty much anything in the FUTURELIFE® range:
 - FUTURELIFE® HIGH ENERGY Smart Food™
 - FUTURELIFE® HIGH PROTEIN Smart Food™
 - FUTURELIFE® ZERO
 - FUTURELIFE® ZERO WITH OATS
 - FUTURELIFE® Crunch
 - FUTURELIFE® Smart Oats®
 - FUTURELIFE® KIDS Smart Oats®
 - FUTURELIFE® Smart food™ for kids
 - FUTURELIFE® Smart Drink

Snacks

- Raw unsalted nuts and dried fruit
- Popcorn (homemade air-popped)
- Fresh fruit
- Lean biltong
- FUTURELIFE® High Energy Smartbar
- FUTURELIFE® High Protein Smartbar
- FUTURELIFE® High Protein LITE Smartbar
- FUTURELIFE® Smart Drink

Lunch or dinner

You can use your imagination with this. There is no restriction to what you can make or pack. Here is some criteria to make sure the food that you do take along qualifies as “padkos”. If the answer is yes to these questions you have a winner!

The protein is not too saucy
You can eat it without a knife and fork
The kids can eat it without needing a bath afterwards
It can be enjoyed at room temperature or cold
If it is a topping on a sandwich it will make the bread soggy
It will keep your stomach full for long, until the next meal
There is something fresh included (e.g. carrot sticks)
It is not going to start smelling after a few hours (eggs)

Enjoy the time spent with family on the road. This is most likely the only days you will spend all of your meals together in a rather confined space and that is worth more than trying to force this lovely occasion into a “water-only” prison on wheels.

PRODUCTS

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