



Raw Food to Go!

Leaving the kibble behind.

By Leslie Crane Rugg and Eva Saks

If you feed your dog a raw diet at home, what do you feed when you travel? You may look forward to savoring regional specialties—curry, anyone?—but your dog will do better on his regular diet. He'll find adventure in new sights, sounds and smells, so there's no need for adventures of the digestive tract. That doesn't mean you'll have to revert to kibble or wet food.

Keep It Raw

Most lodgings and relatives will provide fridge and freezer space. If you can't access refrigeration or even an ice chest, go fresh. Stop at grocers, butcher shops, farmer's markets, farm stands and even farms. Near a river? Go fish!

Buy Pre-Made Raw

Look up your preferred brand online and use the store locator to find vendors on the road. Unavailable? Substitute another brand (but

beware of possible allergens). Or whip up a raw meal approximating your favorite pre-made brand's recipe.

Cook Fresh Food

If you can boil water, you can make a canine blue plate special. Eggs, meat and veggies satisfy most dogs. You just need a hot plate or fire pit.

Buy Fresh Cooked Food

If you can't cook, don't give up. Most hotels offer eggs at breakfast. Delis sell cooked meat (purchase nitrite-free). Trader Joe's sells hard-boiled eggs by the bag, and even some mini-marts have them.

Take-Out or Eat Out

Get rotisserie chicken or Korean barbecue or kebobs (hold the onion). If you're stuck with fast food, feed the plain meat patty and the tomato slice. Or find a sidewalk café and

tipbit

Freeze-dried raw retains most of the nutrients of fresh raw. Best of all for travelers, it's lightweight, non-perishable, and does not require the addition of anything, even water.

order extra veal (hold the marsala).

Pack Freeze-Dried Raw

If you don't want to spend your time in Moscow (Russia or Idaho) at the butcher's, rely on freeze-dried raw. It's lightweight, palatable and reasonably healthy. It probably won't attract bears. Every brand is different, so note the variations: Pure meat? With veggies? Ground bone? How much protein? Always read labels. For a tasty twist, top freeze-dried with local fresh food, cooked or raw.

Don't Forget Supplements

Is your supplement perishable? Does it need refrigeration? If so, you need a different one while traveling. Even if you don't supplement at home, do so on the road, since your dog's food sources will probably be less controllable. Pack multi-vitamins and calcium.

Water

Changing a dog's tap water source may upset his stomach, so bring a supply from home if possible. (Easier with a trunk than with a backpack.) Or buy bottled water on your trip. Montezuma's Revenge guarantees the wrong kind of vacation blast.

When in Rome

Some local delicacies are fine for your dog. Just make sure he experiences travel's gastro-nomic upside instead of gastrointestinal upset. In Paris, steak tartare is de rigeur. In Tokyo, sample sashimi. Bon voyage! ⓘ

❗ To learn how Fido can go raw, connect to www.FIDOfriendly.com/health-wellness/raw-food.



BEFORE YOU GO...

QUICK TIPS FOR TRAVELING WITH A RAW FOOD EATER.

- Try road food for palatability. You don't want to find yourself in an isolated cabin with food your dog won't eat.
- Test road food for digestibility. Whatever you plan to feed on the road, start your dog on it at home...otherwise, you'll be making a lot of rest stops. And they won't be very restful.
- Pack grapefruit extract to sanitize raw meat and veggies.
- Take ginger pills for motion sickness. This malady can befall the sturdiest hound, whether traveling by plane, car, boat or train. Ginger is a natural remedy for your dog and you. It's available in pill form from Parma to Pahrump. Commercial remedies are also available, but ask your vet about them before use. (Dramamine can make you and your dog sleepy... awkward if you're about to climb the Matterhorn.)
- Carry a package of freeze-dried raw for emergencies, even if it's not on your basic menu. Transport healthy treats, including dried pure meats and veggie treats. (Check the source, too—are they from China?)
- Bring handy wipes. Raw food is messier than kibble, and you don't want to attract the house detective with pools of blood.
- Bring a stress-buster. A bully stick (grass-fed!) is great.

Disclaimer: Be sure to ask your vet before trying any new diet. As a general rule, avoid feeding any seasoned food to Fido. No spices or sauces.