

## Family Travel: Tips On Staying Within Your Budget

by *Emily Kaufman,*  
*The Travel Mom*

(NAPSA)—No matter their destination, consumers are always on the lookout for ways to get the most from their family travel dollar.

Fortunately, there are many ways for families to save money when traveling. Here are some travel tips that can help you cut costs while adding value:



Emily Kaufman

- Be on the lookout for places with added value such as free welcoming gifts for kids at hotels

- Think off season—take advantage of discounted rates at attractions like ski resorts during the summer

- Make smart choices when dining out while on vacation

### Eating on-the-go

The average family of four spends an average of \$112 a day on food while on their vacations. With more families looking for nutritious and affordable meal options while on-the-go, fast food restaurants are providing terrific dining options.

For example, there's the Market Fresh® line from Arby's®, which now has fresh salads such as the Martha's Vineyard™, Santa Fe™ and Asian Sesame™. All of these salads

offer fresh, unique ingredients like sliced almonds, grape tomatoes, dried cranberries and cut apples. Arby's also has Market Fresh® Low Carbys™ wraps that are great for people eating on the go.

### Cutting Costs

When traveling with a family there are many ways to cut costs. Avoid eating in pricey hotel restaurants and theme parks. Try something new when taking a road trip—stop for a picnic, or keep a soccer ball in the car that kids can kick around during a bathroom break. That gives everyone a chance to take a break and charge their batteries.

### Go with the Flow

As the Travel Mom, I am always in search of practical pointers that make life easier for families when they are away from home. My mantra for traveling with kids is: "Be prepared. Be realistic. Be flexible." Prepare for your trips by doing as much planning and research in advance as possible, but be realistic.

*Emily Kaufman is the Travel Mom—"the authority on successful travel with kids." A regular guest on CBS and Fox's Good Day, Live, she also writes a monthly column for Women's Day Magazine and is an ABC national radio contributor. For more tips, visit [www.thetravelmom.com](http://www.thetravelmom.com).*