

# The Concierge

TIPS FOR TOURING HERE AND ABROAD

## IS YOUR AIR FARE TOP FLIGHT?

Strawberry Fields Salad was a first-class food selection offered by United Airlines in 2014. These days, the options for most passengers appear to be decidedly less healthy.

UNITED AIRLINES

### Director of study on healthy airline food options suggests eating before flight, carrying snacks on board

By Kate Silver

THE WASHINGTON POST

Airplane food tends to be more of a punchline than a pleasure. And yet, at 35,000 feet, even a forlorn-looking tray can serve as both entertainment and sustenance for a captive audience. With that in mind, Charles Platkin, director of the New York City Food Policy Center at Hunter College, sought to uncover just how healthy or unhealthy airplane food is, and the results are published in the Annual Airline Food Investigation, a survey he's conducted since 2000 (it became annual in 2009).

For the survey, Platkin reached out to representatives with 12 major airlines to inquire about their meal and snack options. He ranks them based, in part, on calories, nutrition, menu innovation, and transparency (some airlines are more candid than others about what's in their food).

"They call me an airline food bully," says Platkin, who is also founder of the site DietDetective.com. "I'm aggressive about it. People have choices about what airline they fly, but they don't have choices about what they eat on that flight," he says.

Each airline is given a "health score" on a scale of 1 to 5, with 5 being the highest. This year, Delta and Virgin America tied for the lead, with each scoring 4 points, and Air Canada tied for second with JetBlue. Hawaiian Airlines came in last.

It's telling that no airline scored the highest rating of 5. "The airlines still have a tremendous amount of room for improvement," says Platkin, who encourages health-conscious passengers to eat a full meal before they fly and to carry their own snacks (nuts, fruit, vegetables, hummus) onboard.

Here's how the 12 airlines scored. (For the full survey, best bets for snacks, and nutritional info, visit [dietdetective.com/annual-airline-food-investigation-2017-18](http://dietdetective.com/annual-airline-food-investigation-2017-18)).

**Delta**  
Cooperation in providing nutritional information: **Excellent**  
**Health score 4**  
**Average calories overall** (meals, snack boxes and individual snacks): 480

**Virgin America**  
Cooperation in providing nutritional information: **Excellent**  
**Health score: 4**  
**Average calories overall** 340  
**Air Canada**  
Cooperation in providing nutritional information: **Very helpful**  
**Health score 3.75**  
**Average calories overall** 320

**JetBlue Airways**  
Cooperation in providing nutritional information: **Somewhat helpful**  
**Health score 3.75**  
**Average calories overall** 337

**Alaska Airlines**  
Cooperation in providing nutritional information: **Extremely helpful**  
**Health score 3.5**  
**Average calories overall** 479.6

**United**  
Cooperation in providing nutritional information: **Somewhat helpful**  
**Health score 2.75**  
**Average calories overall** 416

**American Airlines**  
Cooperation in providing nutritional information: **Below average**  
**Health score 2.5**  
**Average calories overall** 446

**Frontier Airlines**  
Cooperation in providing nutritional information: **Very helpful**  
**Health Rating 2.25**  
**Average calories overall** 372

**Southwest Airlines**  
Cooperation in providing nutritional information: **Very helpful**  
**Health Score 2**  
**Average calories overall** 125

**Allegiant Air**  
Cooperation in providing nutritional information: **Very helpful**  
**Health Score 1.75**  
**Average calories overall** 402

**Spirit Airlines**  
Cooperation in providing nutritional information: **Helpful**  
**Health score 1.75**  
**Average calories overall** 316

**Hawaiian Airlines**  
Cooperation in providing nutritional information: **Terrible/unresponsive**  
**Health score 1**  
**Average calories overall** 568

## HERE

### SKI AND STAY PACKAGES IN VERMONT

Those looking for an active winter escape combined with cozy accommodations may want to consider the trio of Ski & Stay packages at the at Four Columns Inn in Newfane. Located right off Route 30 on the way to Stratton Mountain, the inn has midweek and weekend deals that include a full breakfast, ski passes to Stratton Mountain for two adults, and — for après-ski when your muscles are sore — a discounted rate on all massages at the onsite spa and wellness center. Rooms are furnished with an eclectic mix of antiques and new furniture, with amenities such as fine linens, Vermont-made bath products, and fresh flowers. Most rooms have king beds and many offer fireplaces and deep soaking Jacuzzi bathtubs. In the evening, there's no need to go out to dine. On-site Artisan Restaurant and Tavern offer creative menus with locally sourced ingredients. Rates from \$236. 802-365-7713, [fourcolumns-vt.com](http://fourcolumns-vt.com).

### RUSSIAN BALLET EXTRAVAGANZA

You won't need a passport to see the State Ballet Theatre of Russia perform Tchaikovsky's "Sleeping Beauty." The Brothers Grimm fairy tale of a princess cursed to sleep for 100 years — and awakened with a kiss — will be brought to life on stage at the Spruce Peak Performing Arts Center in Stowe, Vt. Founded by legendary dancer and former Prima Ballerina of the Bolshoi Theater Ballet Maya Plissetskaya, the State Ballet Theatre is touring with



50 of Russia's brightest ballet dancers in a full-scale production choreographed by the legendary Marius Petipa. Recommended for ages 7 and up. One performance only: Jan. 27, 7 p.m. Tickets from \$20; \$65 regular; \$75 premium. 802-760-4634, [www.sprucepeakarts.org/events/sleeping-beauty-ballet](http://www.sprucepeakarts.org/events/sleeping-beauty-ballet). If you love this performance, you can see the company perform "Swan Lake" at the Shubert Theater in New Haven Feb. 1-2. 203-562-5666, [shubert.com/shows-events/swan-lake](http://shubert.com/shows-events/swan-lake)

## THERE

### SPRING TRAINING IN FORT MYERS

Too cold to imagine baseball season? Get thee on a flight to Fort Myers, Fla., for sunshine and warmth and Red Sox spring training. You can rekindle your love of the game — while thawing out your frozen bones. Starting in February, the Sox take to the field at JetBlue Park, a state-of-the-art ballpark with the exact field dimensions of Fenway — including



a replica Green Monster in left field — and seating for more than 10,000 fans. Two websites make planning easy. The Beaches of Fort Myers and Sanibel provides links to ticket prices and game schedules, recommends places to stay and dine, suggests additional activities such as boating and wildlife, and even mentions the best spot for postgame sweet treats such as Key Lime pie ice cream. (Hint: Love Boat Ice Cream.) [www.fortmyers-sanibel.com/visit/editorial/a-baseball-fans-fantasy-weekend](http://www.fortmyers-sanibel.com/visit/editorial/a-baseball-fans-fantasy-weekend). The Sox at MLB offers packages that include game tickets, rental car, accommodations, and

more. 877-REDSOX-9, [www.mlb.com/redsox/tickets/spring-training/travel](http://www.mlb.com/redsox/tickets/spring-training/travel)

### STOCKHOLM HOTEL DEBUTS FOR URBAN ADVENTURERS

Urban travelers are adding Downtown Camper to their list of where-to-stay hot spots in Stockholm. Billing itself as an "ultimate basecamp," the hotel debuts with 494 urban explorer-themed guestrooms and nine city-view suites, as well as public gathering spots that include game room, cinema, lounge, and on-site restaurant, Campfire. (Gin and marmalade cocktail, anyone?) In keeping with the explorer theme, guests are encouraged to pluck a complimentary kayak from the lobby and discover Stockholm's archipelago, or grab a bike and tour the area's cobblestone streets. In addition, a resident "Mr. Know-It-All" will design and schedule activities throughout the city. Rates from \$170. [www.scandichotels.com/hotels/sweden/stockholm/downtown-camper-by-scandic](http://www.scandichotels.com/hotels/sweden/stockholm/downtown-camper-by-scandic)

## EVERYWHERE

### TWO TRAVEL PRODUCTS IN ONE

Grand Trunk combines the best of two things — snugly hoodie and comfy neck pillow — into one indispensable item for travelers: a hooded travel pillow. The soft micro-fleece pillow, designed with memory foam for ergonomic neck support, includes a storable hood to cover your eyes, allowing instant darkness even if your seat mate

keeps the window shade up. An adjustable cordlock at the chin prevents hood from slipping off. Hygienic travel bag keeps the surface clean and germ-free while in transit. \$39.99 [www.grandtrunk.com/collections/travel-comfort/products/hooded-travel-pillow](http://www.grandtrunk.com/collections/travel-comfort/products/hooded-travel-pillow)



### PREMIUM CAR RENTAL APP

Avoid the lines and time-consuming paperwork of traditional car rentals with Silvercar, a premium on-demand, app-based service that provides drivers with a fully-loaded Audi A4 vehicle. Simply download the app and make a reservation at one of 18 locations across the United States, including 14 airport locations and four stand-alone locations in Manhattan, Brooklyn, and Miami (with more expansion planned in 2018). The app will unlock your reserved vehicle, and e-mail a receipt at end of trip. The Silvercar fleet consists exclusively of silver Audi A4 models equipped with Wi-Fi, GPS navigation, car seats, roof racks, and SiriusXM satellite radio — all included at no additional cost. Pricing starts at \$49 with fair toll tracking and fuel plan. [www.silvercar.com](http://www.silvercar.com)

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