

Women In Trucking Association releases cookbook

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Plover, WI: Many drivers are trying to stay healthy by preparing food in their trucks. The Women In Trucking Association has created a cookbook for use in the cab and at home. Sandy Long, a charter member of the association and a professional driver for a regional carrier in Kansas City, has a passion for cooking and created the cookbook to assist in fund raising efforts.

“This cookbook was the result of the hard work from one of our supportive members, Sandy Long,” said President/CEO Ellen Voie. “Sandy mixes recipes with advice for women on the road and presents the information in an easy to read publication that would be a great gift for drivers and their families.” The cookbook includes recipes for main dishes, appetizers, meats, and desserts, including how to create the Women In Trucking signature chocolate fountain.

Sandy took over the responsibility of cooking for her family of seven at the age of nine, but helped out in the kitchen before that. “I started short order cooking in a family operated business at age eleven, cooked for work crews a couple of years and was a breakfast and back up cook in a cafe for awhile,” Sandy said. “I also worked [as a] back up chef in a convention center/motel/supper club, along with waitressing and washing dishes along the way at times.” Sandy cooks from scratch and when she’s not driving, she cans, preserves, and dehydrates food.

In addition to the cookbook, Sandy has written for numerous publications and has a book and website dedicated to helping drivers stay safe on the road, “Street Smarts: A Guide to a Truck Driver’s personal Safety.” (www.createspace.com/3449566).

The Women In Trucking cookbook can be ordered by calling 888-464-9482 or visit www.createspace.com/3462750. The cost is \$12.50.

Ellen Voie
President/CEO
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