

Food box with meat 2 pax / 1 Week

1 pkg Rice
1 pkg macaroni
1 pkg mashed potatoes
1 pkg of blueberry soup
1 bottle of blackcurrant syrup
1 pkg of Swedish coffee
2 pkg Outmeals Breakfast
1 can of meatballs in sauce
1 can of sausages
1 can chilli con carne
1 pkg muesli
2 pkg dried milk
2 pkg of crisp bread
2 different bags Out Meals
1 pkg soup Varma koppen
1 jar Swedish honey
1 jar lingonberry jam
1 pkg raisins
2 pkg of noodles
1 pkg digestive biscuits
1 pkg tea bags
8 pkg chocolate drink
2 RAW chocolate
1 salt (per group)
1 pepper (per group)
5 pcs of mustard
5 pcs of ketchup

Fresh food:

1 sliced cheese
1 bottle of margarine per group
1 tube of cheese
2 apples
4 carrots
1 cucumber

Frozen:

1 dark loaf of bread
1 white loaf of bread
1 deer sausage
1 piece of smoked cured ham

Kitchen Equipment

1 Trangia spirit stove
2 sets of cutleries
1 big spoon
2 plates
2 cups
1 bottle of Tenol spirit
1 dish washing detergent (per group)
2 toilet paper in a plastic bag

In a plastic box:

1 sponge
1 can opener per group
4 rubber bands
2 boxes of matches (per group) in a plastic bag

Please note! That the content of the food box can vary depending on our stock.



Picture: Abigail van Kooten

Food box with meat 2 pax / 1 Week

Breakfast:

- Ecological coffee, tea. Chocolate drink
- Bread
- Crisp bread
- Cheese
- Tubed cheese (smoked reindeer)
- Deer sausage
- Lingonberry jam
- Honey from Sweden
- Muesli
- Outmeals Breakfast

Between meal:

- Digestive biscuits
- Ecological apples
- Raisins
- Ecological carrots and cucumber
- RAW chocolate, 100% ecological and handmade in Arvika

Lunch:

- Soup Varma Koppen
- 1 blueberry soup
- 2 different noodles

Dinner:

- Sausages with mashed potatoes
- Chilli con carne with rice
- Swedish meatballs with macaroni
- Smoked curd ham with rice or mashed potatoes
- Out Meals

Mustard, ketchup, salt, pepper, juice, margarine, dried milk powder.

How to make coffee the Swedish way:

For each cup of water add 2 tablespoons of coffee, bring it to boil, take it off the heat and let it stand for a few minutes, it's now ready to enjoy.

We are happy to serve you a food box with a variety of ecological, homemade and local products. Our goal is to make your food box as environmentally friendly as possible, so please re-cycle your waste.

Once you return and have food left over you can let us know and we can take care of it, so you don't have to throw it away and we can give it to the red cross.

We hope that you will enjoy our food box and that you will have a great canoe vacation.

The staff at Arvika Kanot & Turistcenter