

Food box Vegetarian 2 pax / 1 Week

- 1 pkg rice
- 1 pkg macaroni
- 1 pkg mashed potatoes
- 1 pkg of blueberry soup
- 1 pkg of Swedish coffee
- 1 bottle of blackcurrant syrup
- 2 pkg Outmeals Breakfast
- 1 pkg muesli
- 2 pkg dried milk
- 2 pkg of crisp bread
- 1 pkg soup Varma Koppen
- 1 jar Swedish honey
- 1 jar lingonberry jam
- 1 pkg raisins
- 4 pkg of noodles
- 1 pkg digestive biscuits
- 1 pkg tea bags
- 8 pkg chocolate drink
- 1 salt (per group)
- 1 pepper (per group)
- 2 RAW chocolates
- 5 pcs of mustard
- 5 pcs of ketchup
- 2 pkg Outmeals vegetarian
- 2 Adventure food vegetarian

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

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 veggie sausages
- 1 frozen vegetables

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
- 4 rubber bands
- 2 boxes of matches (per group) in a plastic bag



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Breakfast:

- Coffee, tea or chocolate
- Bread
- Crisp bread
- Cheese
- Lingonberry jam
- Honey
- Muesli
- Outmeal Breakfast

Between meal

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

Lunch:

- Soup Varma Koppen
- 1 blueberry soup
- Noodles

Dinner:

- Frozen vegetables with rice or mashed potatoes
- Outmeals
- Veggie Sausages with mashed potatoes
- Adventure food with rice
- Veggie sausages with macaroni
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Mustard, ketchup, salt, pepper, juice, 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 is now ready to enjoy.

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