



What's in the foodpacks?

Our foodpacks consist of a combination of several freeze-dried meals and other kinds of dry foods. Below you can find a list of all the food*:

Hot meals:

Standard (this is what the people that chose a regular foodpack get):

- Spaghetti Bolognese
- Pasta al Salmon
- Goulash
- Curry Fruit Rice
- Sate Babi
- Chili Con Carne
- Mince beef hotpot
- Veggie Couscous
- Pastacup Mac and Cheese
- Canned Ravioli

Vegetarian (this is what the people that chose a vegetarian foodpack get):

- Pasta Funghi
- Curry Fruit Rice
- Cashew Nasi x2
- Vegetable Hotpot x2
- Pasta alle Nocci
- Pastacup Mac and Cheese x2
- Mixed vegetables

Dry food (everyone that chose either foodpack gets this):

- Wheat toast
- Rice cakes
- Chocolate spread
- Muesli bars
- Salted nuts
- Instant soup
- Little cups of jam
- Milk chocolate
- Granola
- Marshmallows
- Energy bars
- Instant coffee
- Pepper and salt

Extra:

- Sponge
- Iron sponge
- Biologically degradable soap for the dishes

*This is the list of 2020, because we are always looking for improvement, we cannot guarantee that the foodpack will remain 100% the same in 2021. There may be small differences!