

## The Motoroamers' Norway Shopping List

Over the course of 7 weeks travelling in Norway in the summer of 2019, we collected our shopping experiences and receipts to share with you. Whilst when you go, the prices could, of course go up or down, they will give you an idea about the costs to expect. For more information on Norway or any part of our Summer in Scandinavia tour, check out [www.motoroaming.com/places](http://www.motoroaming.com/places).

|                | Price in NOK          | Price in £ | Comments                                         |
|----------------|-----------------------|------------|--------------------------------------------------|
| Baguette       | 11.90                 | £1.06      | per baguette                                     |
| Bread          | 25.00 per loaf        | £2.22      | Look for special offer<br>First Brand bread 8.50 |
| Tortilla Wraps | 23.90                 | £2.12      |                                                  |
| Blueberries    | 10.00 for 100g packet | .89p       | On special offer                                 |
| Bananas        | 24.90                 | £2.21      | For a pack of 4                                  |
| Nectarines     | 29.90                 | £2.66      | Per pack of 6                                    |
| Apples         | 29.90                 | £2.66      | Per kg                                           |
| Pears          | 35.90                 | £3.20      | Per kg                                           |
| Oranges        | 29.90                 | £2.66      | Per kg                                           |
| Lemons         | 15.17 for 2           | £1.35      | 38.90 per kg                                     |
| Garlic         | 17.90                 | £1.59      | for 2 cloves                                     |
| Cucumber       | 22.90                 | £2.04      | Whole cucumber                                   |
| Avocado        | 9.90 each             | .88p       |                                                  |
| Kale           | 34.90                 | £3.10      | 150g pack                                        |
| Aubergine      | 21.90                 | £1.95      | For 1 item                                       |
| Cauliflower    | 10.00                 | .89p       | First Price deal                                 |
| Lime           | 9.88 for one          | .88p       | 49.90 per kg                                     |
| Baby Tomatoes  | 8.50 410g packet      | .75p       | 2 for 1 offer                                    |

| Courgette             | 19.90                    | £1.78 | for one item                           |
|-----------------------|--------------------------|-------|----------------------------------------|
| Sugar snap peas       | 15.90                    | £1.42 | 150g pack                              |
| Broccoli              | 14.90 for a large floret | £1.32 | This was often on special offer for £1 |
| Mushrooms             | 13.54 per packet         | £1.20 | 39.90 per kg                           |
| Onions                | 23.90                    | £2.12 | Per kg                                 |
| Spinach               | 29.90                    | £2.66 | 200g pack                              |
| Celery                | 37.90                    | £3.37 | 400g                                   |
| Potatoes              | 19.90                    | £1.77 | 1.5kg bag                              |
| Carrots               | 19.90 per 1kg bag        | £1.77 | First Price brand                      |
| Baked Potatoes        | 19.61 for 2 items        | £1.74 | 27.90 per kg                           |
| Lettuce - Iceburg     | 21.90                    | £1.95 |                                        |
| Tomatoes              | 49.90                    | £4.44 | Per kg                                 |
| Frozen Peas           | 11.90 115g packet        | £1.06 | First Price brand                      |
|                       |                          |       |                                        |
| Crisps                | 13.90                    | £1.23 | per large pack                         |
| Peanuts               | 12.90 275g pack          | £1.15 | 10.00 on Special Offer                 |
|                       |                          |       |                                        |
| Ham                   | 28.90                    | £2.57 | 110g pack                              |
| Meatballs/Kjottboller | 35.90                    | £3.20 | Box with 4 portions                    |
| Chicken mince         | 13.40                    | £1.20 | 400g packet                            |
| Chicken thighs        | 24.90                    | £2.22 | 400g packet                            |
| Pork Mince            | 33.90                    | £3.00 | 400g packet                            |
| Pork Chunks           | 30.00                    | £2.67 | 400g packet on special offer           |
| Prawn Salad           | 26.4                     | £2.35 | 400g pot                               |
| Steak                 | 29.90                    | £2.66 | 150g fillet                            |
| Smoked Mackerel       | 13.90                    | £1.24 | 1 fillet                               |
| Salmon Fillet         | 10.00 for 100g           | .89p  | First Price deal                       |
|                       |                          |       |                                        |
| Lemonade              | 37.90                    | £3.37 | 1.5 litre bottle                       |
| Apple Juice           | 29.50                    | £2.62 | Litre carton                           |

|                  |                 |       |                                       |
|------------------|-----------------|-------|---------------------------------------|
| Coffee           | 26.90           | £2.40 | Frist Price deal                      |
| Packet of Cheese | 31.50           | £2.80 | 200g bag                              |
| Eggs             | 42.90 box of 12 | £3.82 | You can buy on special offer £1 for 6 |
| Butter           | 29.60           | £2.62 | For a 400g slab                       |
| Creme Fraiche    | 25.40           | £2.26 | 300g pot                              |
| Milk             | 17.70           | £1.58 | 1 litre carton                        |
| Museli           | 34.40           | £3.06 | 700g packet                           |
| Olive Oil        | 38.00           | £3.38 | 500ml bottle                          |
| Tin of Sweetcorn | 16.90           | £1.50 | 3 small tins                          |
| Tinned Tomatoes  | 5.90            | .52p  | 390g tin                              |
| Baked Beans      | 8.50            | .75p  | Per tin, 2 for 1 offer                |
|                  |                 |       |                                       |
| Tissues          | 15.90 per 10pk  | £1.42 | First Price brand                     |
| Toilet Rolls     | 12.90           | £1.15 | 8 pack                                |
| Handsoap         | 8.50 500ml      | .76p  | First Price brand                     |
|                  |                 |       |                                       |