

# Groceries

Most Swedes buy their groceries either at ICA (pronounced “eekah”) and COOP Konsum. ICA is the national grocery store chain that all Swedes know and COOP is more akin to a food cooperative chain. The selection varies, so if you don’t find a food at one store, try the other.

## What is available?

Going into a Swedish grocery store may seem overwhelming at first, with many unfamiliar products and the labels in Swedish, but have no fear! Shopping is one of the best learning experiences. Take some time to look up the translations of your favorite foods, or go into a grocery store and write down the words you cannot figure out to look up later. Also, don’t be afraid to ask shoppers or staff around you for help. Swedes are friendly and usually happy to explain food labels.

Also, after you use a plastic bottle or aluminum can, you can return the item at ICA or COOP and receive credit back on your next grocery purchase. Save your empties!

Note: Grocery stores usually open at 8.00 and close at 22.00 (10pm). There are not too many 24 stores in Sweden. Check the ICA or COOP websites for specific hours.

## Vegetarian Shopping

Vegetarians and vegans should be able to get by reasonably well in Sweden. Your best bet for purchasing special items is to visit larger ICA stores (“ICA Kvantum” for example) where the selection is better. In the past five years, Sweden has begun offering a greater selection of lactose free, gluten free, and other food allergy alternative products. If you cannot find a product, sales staff are usually happy to help you find a product.

## Specialty Foods

If you are looking for a special or high quality food, you can try Östermalms Saluhall, located next to the Östermalmstorg t-bana station. Another indoor food market is Hötorgshallen Saluhall, located next to Hötorget t-bana station. These are indoor food markets where you can find specialty meats, cheeses, breads, produce, and other grocery items.

Apples	Äpple
Beef	Böfkött
Beer	Öl
Butter	Smör
Carrots	Morröter
Cheese	Ost
Chicken	Kyckling
Cream	Grädde
Cucumber	Gurka
Dish Soap	diskmedel
Detergent (for washing clothing)	Tvättmedel
Egg	Ägg
Flour	Mjöl
Garlic	Vitlök
Herring	Sil
Lobster	Hummer
Milk – skim or nonfat	Lättmjölk
Milk - whole	Helmjök
Oil	Olja
Olive oil	Olivolja
Onion	Lök
Oranges	Apelsiner
Pasta	Pasta
Peas	Ärter
Pork	Svinka
Rice	Ris
Salmon	Lax
Sausage	Korv
Shrimp	Räkor
Soft drinks	Läk
Sugar	Sockar
Tea	Te
Tomato	Tomat
Tuna	Tonfisk
Whipping cream	Vispgrädde
Water	Vatten

