



# Barents on a plate

*Everybody has to eat – or do they?  
What do lunch plates look like  
in different workplaces and for  
different people?*

## **“AT THE FRIDTJOF NANSEN**

Institute, the lunchtime get-together is a bit of an institution. We all – well, whoever happens to be here and is not in a complete panic due to some fast-approaching deadline – gather round a table either in the beautiful, old living room of Fridtjof Nansen’s former residence, or on the patio overlooking the lovely garden. There we eat, engage in light-hearted conversation and do the daily quiz ‘10 questions’ in a national newspaper, which, by the way, we usually manage to answer with some style if the critical mass of five employees is met! We all bring and eat our own

packed lunch, a typical Norwegian *matpakke* usually comprising sandwiches with different toppings.

At FNI we also enjoy the luxury of being able to work from home, which I am doing right now. I am actually the odd man out in the group when it comes to lunchtime eating. I’m a devotee of intermittent fasting – have been for years, and absolutely love it – and drink my lunch in the form of a nice cup of piping hot, black, strong coffee. Cheers!”

*Leif Christian Jensen*  
Fridtjof Nansen Institute (FNI)  
Lysaker, Norway



**“THIS IS MY ORDINARY** lunch at home with seasonal vegetables, traditional boiled potatoes and a meat cutlet. If I have the time, I prefer to cook and eat at home. Traditionally, Russian people like to eat soup at lunch time – made of chicken, mushrooms or fish, for example. Today I cooked salmon soup with cream, using a Finnish recipe.

I don't like fast food – my son likes McDonald's though – or fried products, only something grilled sometimes. The student canteens

use local products as well. We have student canteens on our NARFU campuses that are open from 10 am to 5 pm. The topic of food is really interesting. We are actually starting a new research project on traditional food and health.”

**Elena Golubeva**

Department of Social Work and Social Security, The Northern (Arctic) Federal University (NARFU) Arkhangelsk, Russia



**“AS A POLITICAL SCIENTIST,** lunch at Luleå University of Technology is a great opportunity to discuss current events and catch up with colleagues. We can also chat over *fika* (coffee) in the morning or in the afternoon. Typically, the lunch hour begins around eleven o'clock, somewhat earlier than the one o'clock lunches I'm accustomed to in Canada, but it makes sense given the limited hours of sun during the winter.

Having a *fikarum* lunch means bringing a lunch from home, which I do most of the time, or

buying it from Uni:k, the university restaurant. My picture provides a good example of the impressive fare available there. Most lunches consist of a salad and main dish, and have bread on the side; *knäckebröd* is the proper Sweden option. And to finish all lunches with, we enjoy a cup of coffee. A caffeine boost provides the energy necessary to work to the end of the day. Or at least until the afternoon *fika* break.”

**Gregory Poelzer**

Political Science, Luleå University of Technology, Luleå, Sweden

**“ALTHOUGH I HAVE SUSHI** for lunch quite often, this picture was not taken during an ordinary lunch break. I was lucky enough to miss a flight on my way to a conference in Prince George, Canada, and got the chance to enjoy a huge, late sushi lunch, incredibly warm weather and the beautiful views of Stanley Park in Vancouver.

At home my lunch breaks are not always that exciting but I try to eat different things in different

places every day. Most often I go out for lunch with colleagues or friends; sometimes I just take my lunch with me from home and snack on it by my desk. There are also days when I have better things to do and skip eating altogether.”

**Hanna Lempinen**

Arctic Centre, University of Lapland Rovaniemi, Finland

