



KOSHER DIETARY ALTERNATIVES AT THE RAINFOREST EXPEDITIONS LODGES

Dear Guest,

Thank you for choosing Rainforest Expeditions for your stay in the Amazon rainforest. We are happy to assist you as much as we can with your dietary requirements.

The following Q & A are the most frequent received and answered by our team, hope they help you with decisions prior to your trip. If you don't find your questions, don't hesitate to ask your sales account specialist.

Happy journey!

Best,

The Rainforest Expeditions Team

Q & A

Are Kosher foods available at our Lodges in Tambopata? No, unfortunately, we do not have Kosher certified food in Puerto Maldonado, the closest town from where we get our supplies, like fresh produce, meat and fish, and dairy products.

Can we get fresh produce, grains and fruits? Yes, we can get vegetables such as tomatoes, cucumbers, sweet potatoes, broccoli, zucchini, eggplant, cabbage, lettuce and spinach. We can get uncut and unpeeled, fruits such as apples, pineapples, papaya, tangerines, oranges, bananas, and watermelon. And grains like rice, wheat, lentils, yellow beans, split peas, garbanzo beans and quinoa. These will make a great salad; please feel free to ask our cook the combination you would like for a fresh salad. Baked potatoes and sweet potatoes are popular.

Can we get scaled fish like halibut, salmon, sea bass or flounder? No, the fish we get comes from local fish farms and it is a large catfish from the region, which comes already filleted and packed. The knives and procedures used to cut the fish are not Kosher certified.

Can we get packed cereal, granola bars or bread for breakfast? Yes, we can get these packed products for breakfast and/or snacks. We do prepare fresh bread every morning, you are welcome to see the process and decide if you would like to try it.

Can we get certified dairy products? We cannot get Kosher certified products like milk, butter or cheese.

Can we get fresh eggs? Yes, we can get local fresh eggs.

Do we have new pots and utensils to cook the meals? We do not have new utensils. We can buy them for you and your group. The fee per person is US\$70. You are welcome to bring your own utensils and the cook will use them and return them when you depart.