



Essential Products For Good Health

PRODUCTS CATALOGUE

**CONSUME NOW
PAY LATER**

ADDRESS
Post Office Box 3
Kpone, Eastern Region
Ghana

CONTACT
+233 24 463 0442
+233 55 553 3354
support@hkorganicfoods.com
WWW.hkorganicfoods.com

WELCOME TO HK FOODS



HK ORGANIC FOOD IS ALL ABOUT NOURISHING YOUR BODY THE WAY NATURE INTENDED — FREE FROM SYNTHETIC CHEMICALS, GMOS, AND HARMFUL ADDITIVES.

To make healthy living simple and accessible, we offer curated packages at price points that are friendly to every pocket.

Whatever your lifestyle, there's an organic choice perfectly tailored for you

HK LUXE IS OUR PREMIUM COLLECTION OF ORGANIC DELIGHTS FOR THOSE WHO SEEK THE VERY BEST.

PACKAGE ITEMS	PRICE
	VIRGIN PALM OIL 1L Virgin Palm kernel oil is the miracle oil of our Ancestors. It is Suitable for frying and cooking at high heat without easily breaking down. NATURAL BENEFITS Palm Kernel Oil is also prized in skincare for its deep moisturizing and rejuvenating properties, leaving skin soft, smooth, and radiant. It Protects you from toxins, improves vision, reduces the risk of Cancer, and helps improve hair growth. GHC 100
	VIRGIN PALM OIL 5L Virgin Palm kernel oil is the miracle oil of our Ancestors. It is Suitable for frying and cooking at high heat without easily breaking down. NATURAL BENEFITS Palm Kernel Oil is also prized in skincare for its deep moisturizing and rejuvenating properties, leaving skin soft, smooth, and radiant. It Protects you from toxins, improves vision, reduces the risk of Cancer, and helps improve hair growth. GHC 475
	PALM OIL (ZOMI) 1L Palm oil is a staple in Ghanaian and many traditional cuisines. it has a high saturated fat content which makes it suitable for frying and cooking at high heat without easily breaking down. NATURAL BENEFITS Packed with essential vitamins A and E, palm oil nourishes your body from the inside out, promoting healthy skin, sharp vision, and a strong immune system. Its powerful antioxidants help protect your cells. Palm oil also delivers lasting energy and supports heart and brain health when enjoyed in moderation. GHC 70
	PALM OIL (ZOMI) 5L Palm oil is a staple in Ghanaian and many traditional cuisines. it has a high saturated fat content which makes it suitable for frying and cooking at high heat without easily breaking down. NATURAL BENEFITS Packed with essential vitamins A and E, palm oil nourishes your body from the inside out, promoting healthy skin, sharp vision, and a strong immune system. Its powerful antioxidants help protect your cells. Palm oil also delivers lasting energy and supports heart and brain health when enjoyed in moderation. GHC 320



TURKEY BERRY POWDER 120G

HK Turkey Berry is mostly used for cooking or drank as tea. It is hygienically grinded into powder for longer shelf life and easy travels.

GHC
80

NATURAL BENEFITS

Turkey Berry is a good source of essential nutrients, including vitamins A and C, calcium, phosphorus, and iron, and, it helps to regulate blood sugar levels. The fiber content in the berries helps regulate bowel movements, prevent constipation, and support a healthy digestive system.



VELVET TAMARIND 120G

Powder Velvet tamarind, is made from the Velvet tamarind fruit. It helps combat oxidative stress and also helps to reduce the risk of chronic diseases and supports cellular health.

GHC
80

NATURAL BENEFITS

Powder Velvet tamarind is a good source of essential nutrients, including vitamins C, minerals (like iron and potassium), and dietary fiber.



BAOBAB POWDER 120G

Baobab powder is derived from the fruit of the baobab, native to Africa. It is a natural product with numerous health benefits.

GHC
80

NATURAL BENEFITS

Baobab powder is a nutritional powerhouse, containing high levels of vitamin C, potassium, calcium, magnesium, and antioxidants. It also provides dietary fiber, which is essential for digestive health.



TURKEY BERRY CLOVES GINGER

Drink as Tea! Turkey Berry Cloves Ginger tea bag is made from carefully prepared turkey berry, gloves and ginger.

GHC
80

NATURAL BENEFITS

It has immune-boosting properties and contain compounds that may help support the immune system, potentially reducing the risk of infections. It is also a good source of dietary fiber, promoting healthy digestion by supporting regular bowel movements and preventing constipation.



MILLET BANKU 500G

Millet banku can be used for porridge or prepared as banku. It is high in fiber, which promotes good digestion, prevents constipation, and helps maintain a healthy gut.

GHC
40

NATURAL BENEFITS

It is gentle on the stomach, gluten-free, and packed with nutrients that support digestion, heart health, and overall vitality. Its mild, earthy flavor pairs beautifully with your favorite stews and soups, bringing both nourishment and satisfaction to every meal.

 <p>NILE PERCH (PREMIUM)</p> <p>A premium fish, low in fat yet full of flavor, Nile Perch offers a delicious way to maintain energy and vitality.</p> <p>NATURAL BENEFITS</p> <p>Naturally rich in high-quality protein and omega-3 fatty acids. Nile Perch supports heart health, enhances brain function, and strengthens the immune system, making it an ideal choice for families and health-conscious individuals.</p> <p>GYMNARCHUS (SMOKED) PREMIUM</p> <p>This premium freshwater fish supports heart health, boosts brain function, and helps build strong muscles with its nutrient-dense, low-fat meat.</p> <p>NATURAL BENEFITS</p> <p>It's a perfect choice for those seeking wholesome nutrition without compromising flavor. Whether grilled, stewed, or smoked, every bite delivers freshness, strength, and satisfaction.</p>	<p>MINIMUM ORDER GHC 500</p> <p>OR</p> <p>TINY ANCHOVIES 80G</p> <p>Tiny Anchovies are a powerhouse of flavor and nutrition! Their natural saltiness and crisp texture make them perfect for enhancing stews, soups, and sauces, or as a tasty, nutrient-dense snack.</p> <p>NATURAL BENEFITS</p> <p>They help strengthen bones, boost heart health, and support brain function. Tiny anchovies are packed with protein, omega-3s, and minerals, giving you big nutrition in a small, sustainable package.</p>	<p>MINIMUM ORDER GHC 500</p>
 <p>SMALL TILAPIA 80G</p> <p>Small Tilapia is a good source of high-quality protein. it is neatly packaged for easy storage and easy to carry around for your favorite dishes.</p> <p>NATURAL BENEFITS</p> <p>Small tilapia is low in fat, particularly saturated fat, with various essential nutrients, that play crucial roles in bone health, immune function, and metabolism.</p>	<p>GHC 40</p>	
 <p>GINGER POWER 50G</p> <p>Ginger Powder is known for its warm, zesty flavor and remarkable healing properties. Packed with antioxidants and essential nutrients, it helps your body fight free radicals and stay energized all day.</p> <p>NATURAL BENEFITS</p> <p>Ginger Powder supports digestion, relieves nausea, reduces inflammation, and enhances immunity. It's a natural remedy for colds, sore throats, and fatigue, making it a perfect daily wellness companion.</p>	<p>GHC 40</p>	



CAYENNE PEPPER POWDER 50G

Cayenne Pepper Powder is the fiery spice that does more than just add a kick to your meals. With every sprinkle, you're giving your family a natural detox and vitality boost.

GHC
40

NATURAL BENEFITS

Cayenne Pepper Powder stimulates circulation, supports digestion, and boosts metabolism, helping your body burn calories naturally. Its powerful compound, capsaicin, is known to reduce inflammation, ease pain, and promote heart health.



SCENT LEAVE/ AFRICAN BASIL 60G

Let the refreshing fragrance and healing touch of Scent Leaf (African Basil) bring balance to your life.

GHC
100

NATURAL BENEFITS

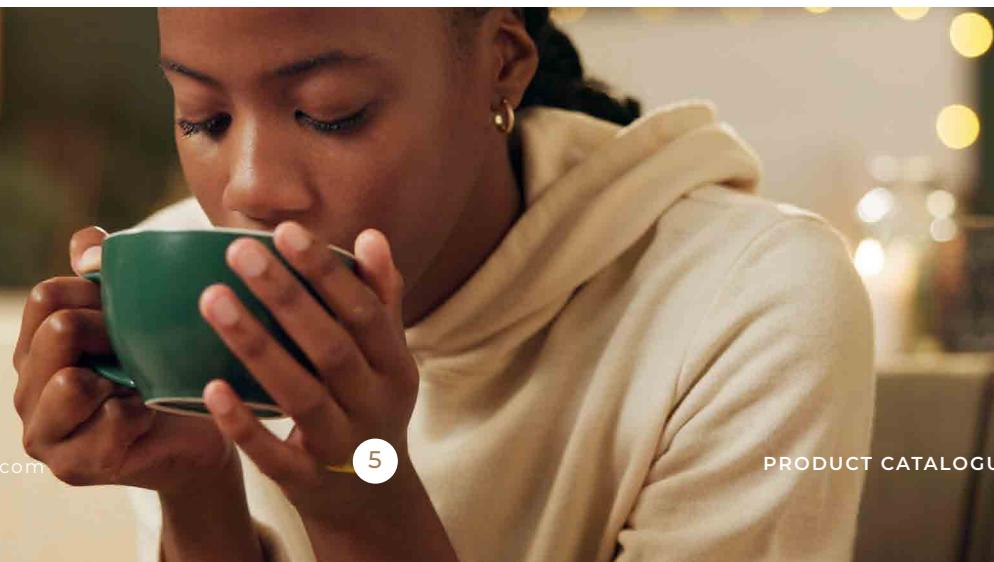
Scent Leaf is rich in antioxidants, vitamins, and essential oils that support digestion, boost immunity, and promote heart health. Its antibacterial and antifungal properties help fight infections naturally, while its soothing aroma calms the mind and uplifts the spirit.



**TO SERVE YOU BETTER, PLEASE CALL
US TO PLACE YOUR ORDER ON ANY OF
OUR PREMIUM PRODUCTS**

Call Us or visit website to place order

www.hkorganicfoods.com



SUBSCRIPTION BENEFITS



WHY YOU SHOULD SUBSCRIBE

ENJOY



ORGANIC

Enjoy Quality, chemical-free produce products.



FLEXIBLE

Payment options
[Enjoy Now, Pay Later]



SAVE MONEY

Savings on food bills



DELIVERY

Hassle free
Doorstep delivery



JOBS

Empowering people via local job creation



NATION BUILDING

Helping build a better Ghana

Call Us or visit our website to subscribe



SCAN FOR CATALOGUE



ADDRESS

Post Office Box 3
Kpone, Eastern Region Ghana

CONTACT

+233 24 463 0442

+233 55 553 3354

support@hkorganicfoods.com
WWW.hkorganicfoods.com