



Essential Products For Good Health

PRODUCTS CATALOGUE

**CONSUME NOW
PAY LATER** _____

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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.

GHC
100

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.



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.

GHC
475

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.



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.

GHC
70

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.



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.

GHC
320

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.



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.



NILE PERCH (PREMIUM)

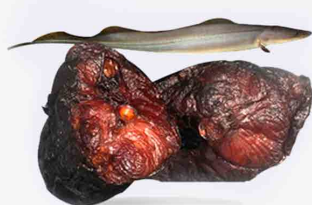
A premium fish, low in fat yet full of flavor, Nile Perch offers a delicious way to maintain energy and vitality.

NATURAL BENEFITS

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.

MINIMUM
ORDER
GHC
500

OR



GYMNARCHUS (SMOKED) PREMIUM

This premium freshwater fish supports heart health, boosts brain function, and helps build strong muscles with its nutrient-dense, low-fat meat.

NATURAL BENEFITS

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.

MINIMUM
ORDER
GHC
500



TINY ANCHOVIES 80G

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.

NATURAL BENEFITS

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.

GHC
40



SMALL TILAPIA 80G

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.

NATURAL BENEFITS

Small tilapia is low in fat, particularly saturated fat, with various essential nutrients, that play crucial roles in bone health, immune function, and metabolism.

GHC
40



GINGER POWER 50G

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.

NATURAL BENEFITS

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.

GHC
40



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.

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.

GHC
40



SCENT LEAF/ AFRICAN BASIL 60G

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

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.

GHC
100



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,
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Savings on
food bills



DELIVERY

Hassle free
Doorstep
delivery



JOBS

Empowering
people via
local job
creation



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Helping build
a better
Ghana

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