



Mashed Foods Catalogue

Toddler Ranges



Who we are

We offer, Ready-to-eat foods that are loaded with nutrition. Our products solve the problem of preparing and processing the food yourself as well as ensuring that all your specific dietary needs are catered for.

All our products are made with locally sourced, fresh produce and contains no added preservatives or colorants. We pride ourselves on providing a safe product to our customers and focus on continuous product innovation.

Our values include

Efficiency
Trustworthiness
Client centric focus

We have developed three ranges of baby food to help you out through every stage of the weaning process, saving you time and energy without sacrificing quality

For mommy:

Our baby food comes in tubs of 120 g and are delivered frozen. It is super easy to store and can be frozen for up to 3 months. With a wide variety of fruit, vegetables, and proteins to choose from, you can mix and match with colours, flavours, and textures. It's super easy to prepare for mommy, nanny, caregiver, and even daddy! Just take out the tub you want, heat it in the microwave for 2 minutes and serve your baby as much or little as they need, no more wastage.

For baby:

Every meal is thoughtfully prepared with the freshest ingredients, to create flavours that appeal to your baby's palates, whilst delivering all the nutrition your little one needs. It's important to start developing your little one's healthy eating habit early and give them the most nutrition with each bite.

Our product has:

- **No Additives**
- **No Stabilizers**
- **No Preservatives**
- **No Colourants**
- **No Added Sugar**
- **No Salt**
- **No GMO**



MASHED

Our Product Ranges are developed according to age and texture

The first step is to choose the range that is appropriate for your little one.



Pureed Joy

Age 6 months +

Smooth texture to ensure no choking. Does not require chewing. No lumps and is not sticky.

120 g – divided into 4 servings



Munchably Minced

Age 9 months +

Small visible lumps within food. Minimal chewing required.

120 g – divided into 2 servings



Chatty Chewers

Age 14 months +

Soft and tender. Chewing required before swallowing. Helps developing tongue force and control.

120 g – 1 serving

Meals – 300 g



SINGLE FRUITS (when in season)

| Fruit | Serving | Texture Range |
|------------------|---------|---------------------------------|
| <i>Apple</i> | 120 g | Pureed Joy Munchably minched |
| <i>Banana</i> | 120 g | Pureed Joy Munchably Minched |
| <i>Blueberry</i> | 120 g | Pureed Joy Munchably Minched |
| <i>Pear</i> | 120 g | Pureed Joy Munchably Minched |

VEGGIES

| Vegetable | Serving | Texture Range |
|---------------------|---------|---------------|
| <i>Broccoli</i> | 120 g | All ranges |
| <i>Butternut</i> | 120 g | All ranges |
| <i>Beetroot</i> | 120 g | All ranges |
| <i>Cauliflower</i> | 120 g | All ranges |
| <i>Carrot</i> | 120 g | All ranges |
| <i>Peas</i> | 120 g | All ranges |
| <i>Potato</i> | 120 g | All ranges |
| <i>Sweet potato</i> | 120 g | All ranges |
| <i>Spinach</i> | 120 g | All ranges |

COMBOS

| Combination | Serving | Texture Range |
|---|---------|---------------|
| <i>Blueberry and Banana</i> | 120 g | All ranges |
| <i>Mixed fruit</i> | 120 g | All ranges |
| <i>Sweet Potato and Apple</i> | 120 g | All ranges |
| <i>Butternut and Broccoli</i> | 120 g | All ranges |
| <i>Chicken Casserole (Chicken & vegs)</i> | 120 g | All ranges |



MASHED

| Protein | | |
|-----------------------|---------|---------------|
| Protein | Serving | Texture Range |
| <i>Beef Bolognese</i> | 120 g | All ranges |
| <i>Creamy Chicken</i> | 120 g | All ranges |
| <i>Tuna Bake</i> | 120 g | All ranges |
| <i>Creamy Fish</i> | 120 g | All ranges |

| TODDLER MEALS | | |
|----------------------|---------|----------------|
| Meals | Serving | Texture Range |
| <i>Green Mac</i> | 300 g | Chatty Chewers |
| <i>Hamaroni</i> | 300 g | Chatty Chewers |
| <i>Chicken Pasta</i> | 300 g | Chatty Chewers |
| <i>Cottage Pie</i> | 300 g | Chatty Chewers |

* a minimum of 4 meals per order

Packages available:

| Weekly package (fruit and vegetables) | Weekly package (balanced mixture) | Monthly package 1 | Monthly Package 2 |
|---------------------------------------|---|--|--|
| 14 fruit (pick 3) 14 vegs (pick 2) | 7 fruits (pick 2) 14 vegs (pick 2) 7 Combos (pick 3) 7 Proteins (pick 2) | 56 fruits (pick 3p/week) 56 vegs (pick 4 p/week) 28 Proteins (pick 2 p/week) | 28 fruits (pick 2 p/week) 56 vegs (pick 3 p/week) 28 Combos (pick 1 p/week) 28 Proteins (pick 2 p/week) |
| R378.00 | R452.00 | R1800.00 | R2100.00 |

*or contact us to and we can create a package just for you.

