

# CATALOGUE

# CARE FOR NATURAL AFRICAN BEAUTY FOUNDATION 2019



# LET US INTRODUCE OURSELVES....



Mama Helen's Dairy is an established name since 2001 in the Gambia. We produce a variety of dairy products for the wholesale and consumer markets, such as plain and fruit flavoured yogurts and cream cheeses. We re-invest into reforesting the Gambia and providing safe areas where bees can thrive. Buying Mama Helen's Dairy products contributes to a greener Gambia.



Care for Natural offers a wide selection of jams, marmalades, peanut products, sauces, teas, snacks, and food supplements. Great care is taken to select the best local ingredients for our 100% natural products and to safeguard hygiene during processing. We source, produce, employ and sell locally and are proud to produce the best foodstuffs that the Gambia has to offer. Our products are made as natural as possible within the food-safety laws.



Care for Natural African Beauty specializes in cosmetics and beauty products for today's demanding customers. Our Aloe Vera is carefully organically grown in our own gardens in the Gambia and is processed into effective creams, gels and facial tonic right here in Kololi. We also offer the finest range of beauty waxes, bath salts, oils and scrubs to soothe the skin and hair, using natural and locally sourced ingredients.

Care for Natural  
Kololi, the Gambia  
Tel (220) 446 26 79 – 700 17 81  
[www.carefornatural.com](http://www.carefornatural.com)



## Plain Yogurt

*Made fresh twice weekly with the finest ingredients*

Product	Characteristics	Sizes	Shelf life	SKU
Plain Yogurt	Cost effective, pleasant breakfast or dessert yogurt, suitable for cooking	220 ml 450 ml 1 ltr 1 ltr jar	14 days	1040



Product	Characteristics	Sizes	Shelf life	SKU
Plain Light Yogurt	Yogurt with 33% reduced fat, less calories.	220 ml 450 ml 1 ltr 1 ltr jar	14 days	1050





**Natural Yogurt**  
*Made fresh twice weekly with the finest ingredients*

Product	Characteristics	Sizes	Shelf life	SKU
Natural Yogurt	Creamy, tasty, natural yogurt.	220 ml	14 days	1060
		450 ml		
		1 ltr		
		1 ltr jar		







## Cream Cheese

*Delicious cream cheese in various flavours for sandwiches, salads and dips*

Product	Characteristics	Sizes	Shelf life	SKU
<b>Cream Cheese Springonions</b>	Spiced with springonions. Yogurt-based, excellent for cheesecakes, sandwich spread, salads and dips.	250ml 450ml 1000ml	21 days	1504



Product	Characteristics	Sizes	Shelf life	SKU
<b>Cream Cheese Labneh</b>	Made of natural yogurt, excellent for cheese-cakes, sandwich spread, salads and dips.	450ml 1000ml	21 days	1501





## Flavoured Yogurt

*Delicious freshly made fruit flavoured yogurts*

Product	Characteristics	Sizes	Shelf life	SKU
<b>Yummi !! Vanilla Yogurt</b>	Mild & creamy vanilla flavoured breakfast or dessert yogurt.	220 ml 450 ml 1 lt jar	14 days	1010



Product	Characteristics	Sizes	Shelf life	SKU
<b>Sweet Yogurt</b>	Freshly flavoured sweetened yogurt.	220ml. 450ml. 1 ltr jar	14 days	1030





## Flavoured Yogurt

*Delicious freshly made yogurts*

Product	Characteristics	Sizes	Shelf life	SKU
<b>Mandarin Yogurt</b>	Fruit flavoured mandarin yogurt. Other flavours are possible.	220 ml 450 ml 1 lt.	14 days	1020



Product	Characteristics	Sizes	Shelf life	SKU
<b>Strawberry Yogurt</b>	Fresh and fruity tasting strawberry flavoured yogurt. Other flavours are possible.	220 ml 450 ml 1 lt	14 days	1020







## Flavoured Dairy

*Delicious freshly made  
flavoured Dairy*

Product	Characteristics	Sizes	Shelf life	SKU
<b>Greek Yogurt</b>	Fresh Greek yogurt.	500 ml 870 ml 1 ltr jar	21 days	1065



Product	Characteristics	Sizes	Shelf life	SKU
<b>Peanut Butter &amp; Baobab Yogurt</b>	Fresh Greek yogurt flavoured with peanut butter and baobab fruit powder.	220 ml	14 days	1035







## Flavoured Yogurt

*Delicious freshly made  
flavoured yogurts*

Product	Characteristics	Sizes	Shelf life	SKU
<b>Greek Yogurt &amp; Honey</b>	A very rich and thick Greek yogurt with a touch of honey from the bees in our forest.	220 ml.	14 days	1070



Product	Characteristics	Sizes	Shelf life	SKU
<b>Greek Yogurt &amp; Ginger</b>	A very rich and thick Greek yogurt with a touch of ginger.	220 ml.	14 days	1070





## Flavoured Yogurt

*Delicious freshly made  
flavoured yogurts*

Product	Characteristics	Sizes	Shelf life	SKU
<b>Chakry</b>	A delicious, nutritious and typical Gambian yogurt snack with couscous.	220 ml 440 ml 1 ltr	14 days	1031





## Flavoured Dairy

*Delicious freshly made  
flavoured Dairy*

Product	Characteristics	Sizes	Shelf life	SKU
<b>Feta Cheese</b>	Fresh white soft cheese in sunflower oil. Good for in salads, on the grill, as a snack on a cocktail stick with an olive	250 gr. 1 ltr jar	21 days	1505



Product	Characteristics	Sizes	Shelf life	SKU
<b>Greek Feta Cheese</b>	Fresh white soft cheese In sunflower oil and flavoured with tasty herbs. Excellent in salads, on a sandwich or on a cocktail-stick as a snack	220 ml	14 days	1035

