



**Organic
Loose Leaf
Teas
8 oz Tin
\$8-\$14**

Some of our popular flavours include:

Organic Apple Cinnamon \$10 Decaffeinated

(Ingredients: organic apple pieces, organic cinnamon chips, organic allspice)

Organic Chai Tea \$14 Decaffeinated (Ingredients:

organic allspice, organic peppercorns, organic star anise, organic coriander, organic cinnamon, organic cloves, organic ginger, organic cardamom)

Organic Chamomile Tea \$10 Decaffeinated

(Ingredients: organic chamomile flowers)

Organic Earl Grey Tea \$8 Caffeinated (Ingredients:

organic black tea, organic bergamot)

Organic Echinacea Tea \$11 Decaffeinated

(Ingredients: organic echinacea)

Organic Jasmine Green Tea \$10 Caffeinated

(Ingredients: organic green tea)

Organic Mangolicious Tea \$14 Decaffeinated

(Ingredients: organic hibiscus organic rosehips, organic mangoes, organic cherries, organic goji berries, organic cranberries)

Organic Mint Tea \$8 Decaffeinated (Ingredients:

organic peppermint leaves, organic spearmint leaves)

Organic Matcha Green Tea Powder \$14 Caffeinated

(Ingredients: organic green tea)

Organic Peppermint Tea \$8 Decaffeinate (Ingredients:

organic peppermint leaves)

Organic Vanilla Spice Tea \$14 Decaffeinated

(Ingredients: organic red rooibos tea, organic honeybush tea, organic cinnamon, organic vanilla bean, organic cardamom pods and seeds)



**Loose Leaf
Disposable
Tea Bags
(25 bags) \$4**



**Organic
Spices
4 oz jars and
5 g bag
\$5 - \$8**

Some of our popular spices include (we have over 70 different spices with no fillers and no GMO's):

Organic Basil 4 oz jar \$5

Organic Bay Leaves 5 gram bag \$5

Organic Chili Powder 4 oz jar \$7

Organic Cinnamon Powder 4 oz jar \$6 from Sri Lanka

Organic Curry Powder 4 oz \$7

Organic Dill Weed 4 oz jar \$5

Organic Garlic and Onion Pepper 4 oz jar \$7

(Ingredients: organic garlic, organic onion, organic black pepper) This is used to season gravy, potatoes, or whatever you like.

Organic Garlic Granules 4 oz jar \$7

Organic Ginger Ground 4 oz jar \$6

Organic House Spice 4 oz jar \$7 (Ingredients: organic chili powder, organic garlic, organic onion, organic mustard, sea salt) This is a wonderful alternative to lawrys seasoned salt and the A & W seasoning, which are full of fillers and GMO's. I use this on my potatoes, use it as a rub before I put meat (chicken, pork and beef) in the slow cooker or bbq and more.

Organic Himalayan Salt (Fine) \$7 200 grams

Organic Onion Granules 4 oz jar \$7

Organic Oregano 4 oz jar \$5

Organic Paprika Smoked 4 oz jar \$7

Organic Paprika Sweet 4 oz jar \$8

Organic Parsley 4 oz jar \$6

Organic Peppercorns (Fine) 85 gram shaker \$7

Organic Rosemary 4 oz jar \$6

Organic Star Anise 25 grams kraft bag/box \$6

Organic Thyme 4 oz jar \$6

Organic Turmeric Powder 4 oz jar \$7

**YOUR PRESCHOOL FUNDRAISER
BROUGHT TO YOU BY...**



**Living Well Whole
Foods and More**

Who Are We?

Living Well Whole Foods and More is co-owned by twin sisters that have a desire to help others live as clean as possible in eating and body care. Our products are designed to be made out of what God has created for us, not modified by man. Our body care products are toxin and chemical free and our food items are all GMO free.

Where to Find Our Products

You can find our products in Osler at the PS Market, at Nourish in Warman, seasonally (May – October) at the Petrofka Orchard and Joyne in Saskatoon (on Broadway). You can also view our website for details:

www.livingwellwholefoods.ca

or check out our Facebook page:

<https://www.facebook.com/livingwellwholefoodsandmore/>

**30 % OF ALL PROCEEDS WILL GO
DIRECTLY TO YOUR PRESCHOOL!**

**HELP SUPPORT YOUR
PRESCHOOL AND LOCAL
BUSINESSES!**

Please note that all of our scents are safe for people allergic to scents. They are phthalate free and paraben free.



Foaming Bath Whip

8 oz \$16

Our bath whip is moisturizing and gentle on the skin. Only a quarter sized portion is used for a large lather, enough for the whole body. It is paraben free and propylene glycol free. Our popular flavours include cotton candy, strawberry, and cool cucumber. Ingredients: aqua, glycerin, fatty acid from coconut oil, sorbitol, salt from alcohol, lauryl, sulfosuccinate, sodium chloride, preservative, emulsifier



Tooth powder

2 oz \$10

Our tooth powder remineralizes teeth, it is anti-bacterial, anti-fungal powder that is outstanding for gum health and sensitive teeth. It also gently scrubs and polishes to make your teeth whiter. Ingredients: Bentonite clay, activated charcoal, calcium powder, and stevia or no stevia if preferred.



Anti-Aging Moisturizer Glass Bottle

50 mls \$20

A fantastic skin moisturizer and softener, providing the skin benefits of sweet almond oil, hemp seed oil, and aloe vera to skin without leaving a greasy after-feel.



Purifying Black Mask

50 mls \$15

This mask is great for shrinking pores, pulling out blackheads (peels off), and moisturizing skin.



Bath Salts

240 g \$10

These are great for a relaxing bath after a long day. They come in three varieties, chamomile, rose petal and spearmint. Ingredients: dead sea salts, epsom salts, sea salt, and botanicals.



Konjac Sponges

\$7

These come in two varieties; charcoal and sea weed.



Roller Bottles

10 mls \$15- \$20

These roller bottles are a great alternative to over the counter medication. They include:

Cold and Flu Roller Bottles – These are great for babies 6 months and older. We use this product on the bottoms of their feet, back, neck, and chest.

Happy – roll on the back of your neck, the front of your neck or your wrists

Hair Restore – roll on any receding part of hair

Headache Relief – roll on close to hair line for relief

Immune Boost - roll on the back of your neck, the bottoms of your feet, and/or wrists

Stress Relief – roll on close to hair line for relief



Lip Balms

5 mls \$3

Our more popular scents include banana, coffee, lavender, peppermint, grape, mango papaya, orange and unscented. Ingredients: coconut oil, grapeseed oil, beeswax and essential oil or 100% natural flavour.



Foaming Hand Soap

8 oz \$6

Our more popular scents are Bubble Gum, Lavender, Monkey Farts, and Unscented. Ingredients: aqua, decyl glucoside, lauryl betaine, xanthan gum, aloe vera juice powder, citric acid, phenoxxyethanol, benzoic acid hydroacetic acid, 100 % natural flavour or essential oil and optiphen plus



Body Sprays

4 oz \$12

Our more popular scents are amber, dreamsicle, island nectar, pure rain, and strawberry. Ingredients: aqua, hamamelis, vodka, 100% natural scent.