



OKEY DOKEY
100%
ORGANIC

... the range is here!

For babies and children on the grow - now you can provide the very best in hand prepared organic food.

**Delicious and nutritious,
scrummy and yummy - made
with love from Devon!**

Best Start for Baby

Of course we all know that breast feeding is the best start for baby! Next to fresh, flash-frozen food is best and when baby is ready to try a varied diet Okey Dokey 100% organic purees are a great choice. Each puree is gently steamed and then flash-frozen to retain goodness and taste - everything baby needs to grow healthy and strong.



Okey Dokey 100% Organic Purees

All Okey Dokey 100% organic purees are additive free, made by hand at our special kitchen in Devon with fruit and vegetables from local organic suppliers.

Okey Dokey purees are unique in that they have been designed to fit inside a standard baby bottle warmer. They also have the added advantage of a special steam valve so that they can be defrosted or gently warmed in a microwave thus reducing the potential for hotspots upon opening.

Do babies really need a special dessert? Dieticians have said that they don't. A 100% fruit puree, which you can use as is or mix with regular plain organic yoghurt is a better option than most baby custards or yoghurt-based desserts. The amount of fruit in fruit custards can be minimal; 1% or 2% in many cases!



Okey Dokey Organic Desserts

From 12 months toddlers can, in addition, have our Okey Dokey 150g Organic Desserts. Our organic apple crumble is packed with fruit and our rice pudding is made with delicious whole milk. We also have a delicious organic fruit salad.

Okey Dokey Organic Meals

Okey Dokey Organic 200g & 300g Meals are individually hand-made and then flash-frozen to retain their goodness, texture and taste and simply need to be reheated in either an oven or a microwave as applicable.

Research shows that single ingredients and simple combinations work best when baby is being introduced to solids.

Giving Baby the Best Start:

1. Breast or formula milk from birth
2. Okey Dokey 100% Organic Puree from 4 months
3. Okey Dokey Organic 200g & 300g Meal from 12 months
4. Okey Dokey Organic 150g Dessert from 12 months

The Okey Dokey Organic range consists of:

100% Organic Fruit Purees (from 4 months):

Apple ('Taste of the West' Award Winner 2007)

Pear ('Taste of the West' Award Winner 2007)

Apple & Pear



100% Organic Vegetable Purees (from 4 months):

Carrot

Parsnip & Potato

Cauliflower, Broccoli & Potato



Okey Dokey Organic 200g & 300g Meals (from 12 months):



Sleepy Shepherds Pie



Lemon, Chicken & Pea Risotto



Veggie Crumble with Cheese Topping



Sausage, Tomato & Onion Casserole



Cowboy Beef Risotto

Sausage, Carrot & Gravy Casserole

Lamb & Potato Pie

Cheese & Potato Pie

Moroccan Lamb Mince Risotto



All meals are delivered frozen with full storage and heating instructions.



Contact Details

Unit 10
21 Burrington Way
Plymouth
Devon
PL5 3LR

(If you require this leaflet in any other format please let us know)

Healthy foods help to make happy children!

OK Foods started as a company providing freshly prepared healthy meals and delivering them to local childcare settings. Soon, parents were ringing, asking us for home deliveries because their toddler would only eat *our special Sleepy Shepherds Pie!*

We've since developed a range of 100% organic foods based upon our knowledge and expertise. You can be sure that all of our recipes have been tried and tested by little mouths!

Order Line:

01752 242235

email:

enquiries@okfoods.org.uk

www.okfoods.org.uk



OK FOODS

Organic Kids Foods Ltd