Homefoods

the food ingredients people







Product Guide



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Root of our Success

Fusing Flavors & Spices around the World

About US

Homefoods Processing and Cannery Limited (HFPCL) is a food processing company and agro-foods export company.

Currently we have a distribution network that includes the United Kingdom, Switzerland, Italy, North America, The Gambia and South Africa\

From its inception nearly twenty five (25) years ago, our core business involved exporting West-African food ingredients to Europe.
Currently our product range includes a wide variety of food ingredients to cater not only to West-africans both at home and abroad but for all cultures. HFPCL is member of the Ghana Freezone Board.





Vision:

The Company's vision is to create, build and establish a quality food chain industry, fusing flavours and spicies around the world to meet the needs of consumers.

Mission:

To focus attention and creativity on basic food ingredients and services to as many people and homes as possible; food products they absolutely need and want



Our Values

Relationship Building

Our customers mean the world to us. We therefore strive to work hand in hand with our clients to meet their needs and expectations.

We do not believe in one-off business transactions, but rather long standing business relationships that are mutually beneficial, hence we take painstaking steps to maintain our business relations by ensuring our customers get the best products and service on the market

Quality

The quality of our products is our source of pride. We hold this value dearly at all stages of our production chain. Through teamwork and commitment to our values, we work effortlessly to maintain superior quality by:

- Sourcing out the best suppliers for our raw materials.
- Providing attractive and quality packaging for our all products.
- Implementing good quality management practices on our product lines.

Creativity/Innovation

We are aware that efficiency is borne out of creativity and innovation, as such, we constantly develop new methods to improve our levels of production, while maintaining quality standards.

Our Human Capital

We search the market for the best people for the right jobs for our company. This approach ensures that at all times we have the best and highly skilled people at each stage of production.

Corporate Social Responsibility

Our deep understanding of community and sustainability urges us to give back to the community through our adoption of orphans and street children.

Products

Palm Oil, Vegetable Oil, Seasonings, Garri, Snacks,
Ready To Eat Meals (RTE) .....

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Award Winning Brand



Red edible palm oil is a very nutritious cooking oil which has been used by West Africans for years. It is known for the high contents of Vitamin E with more distinctive anti-oxidant benefits for our health.

Palm oil has been our flag ship product for export since 1995 especially for the West Africans in the diaspora as a niche product.

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Pure Palm Oil

Homefoods Brand

Palm oil is rich in Vitamin E, a powerful anti-oxidant capable of reducing the harmful types of oxygen molecules in the body. Palm oil is semi-solid at room temperature.

Palm oil has good resistance to oxidation and heat at prolonged elevated temperatures; hence making palm oil an ideal ingredient for frying and other oil blends. Products fried in palm oil include potato chips, French fries, noodles and nuts.

It is a versatile plant; Nature's gift to the world!



Available in

- 25 litre
- 4 litre
- 2 litre
- 1 litre
- 500ml


Homefoods
pure Palm Oil
No Added Preservatives
No Additives
No Colour Added
USES:

Zomi Palm Oil

Homefoods Brand

Available in

- 25 litre
- 4 litre
- 2 litre
- 1 litre
- 500ml



Flavoured Palm oil enriched with Spices & Herbs

Pure Palm Oil

Homefoods Brand

Available in

- 25 litre
- 4 litre
- 2 litre
- 1 litre
- 500ml



Nature's Gift to the World!

Zomi Palm Oil

Homefoods Brand

Available in

- 25 litre
- 4 litre
- 2 litre
- 1 litre
- 500ml



Nature's Gift to the World!

Pure Palm Oil

Homefoods Brand

Available in

- 25 litre
- 4 litre
- 2 litre
- 1 litre
- 500ml



Nature's Gift to the World!

HEALTH BENEFITS OF PALM OIL

Palm oil has been used in food preparation for over 5,000 years. It has several health benefits which includes;

Low cholesterol level

High levels of carotenoids, a precursor of vitamin A which reduces oxidative stress due to its antioxidant nature. Its antioxidant properties bring many benefits to the human body, such as preventing skin aging, preventing fat oxidation, reducing blood pressure etc.

Contains small amount of an enzyme called squalene, a cholesterol lowering enzyme which reduces the risk of conditions such as arterial thrombosis and atherosclerosis, thus, hypertensivities, blood pressures are reduced. It's also high in dietary magnesium

Vegetabe Cooking Oil

Homefoods' Vegetable Oil is a high quality cooking palm oil containing rich natural source of beta carotene (pro-vitamin A). It is refined, processed and packaged whilst adhering to international quality control standards.

The Vegetable Oil which is also known as Palm Olein is considered as the gold standard in frying and is perhaps, on its own, the most widely used frying oil in the world.



Available in

- 25 litre
- 10 litre
- 5 litre
- 1 litre
- 500ml

Gari

- 1.5kg x 20
- 1.5kg x 14
- 2kg & 4kg
- 25kg SACKS



New & Improved

Tropisoup

Palm Cream Soup

Palm Cream Soup is a delicacy soup mostly for West Africans especially Ghanaians. It is derived from Palm nuts enriched in minerals and other natural oils with its high properties of Vit E, an antioxidant capable of reducing the harmful types of oxygen molecules in the body.

It is mostly use for lactating mothers with its natural way of enhancing breast milk formulation. ENJOY!!!





Available in
400g & 800g

Seasonings

We boast of a line of custom-made seasonings which is peculiar to the company.
Our Seasonings are of top quality made from carefully selected natural ingredients with an out-of this world fusion of traditional Ghanaian spices ensuring freshness and flavour. These product lines include **Rice, Chicken, Fish, All-Purpose, Jollof and Waakye Seasonings** and are available in Jars and Pouches.
The Fish range comprises: Mild, Hot, Extra hot and Lemon, Coconut and Pepper varieties.

WAAKYE SEASONING



Suggested Recipe: (4 persons)

Ingredients:
200g Rice, 200g Beans, 120g of Homefoods Waakye Seasoning, 7-9cups of water (3Lit - 4.5L / 3000g - 4500g)

Method
1} Soak beans for approximately 3hrs / overnight.
2} Wash beans and cook for 10mins
3} Add 60g (3 tablespoonful) of your HFWS to the cooked beans and stir for uniformity.
4} Wash your rice with warm and add rice to the beans.\
5} Add additional 3 tablespoonful to step 4
6} Stir for uniformity and cook to desired texture for approximately 10mins.
7} Add spaghetti, gari foto as accompaniment with your desired meat/fish gravy

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Retail Shelf Packaged Seasoning



CHICKEN SEASONING



Suggested Recipe:
Tomato gravy (4 persons)

Ingredients:
1kg chopped chicken, 5gms of Homefoods Chicken Seasoning, 200ml of water, 100gms of onion, Tomato paste, 125ml of Homefoods Vegetable Oil.

Method
1} Marinate 1kg of chicken with 5gms of Homefoods Chicken Seasoning overnight or marinate and set aside for ten(10) minutes.
2} Add 200ml water to steam and cook for five (5) minutes.
3} Add salt to taste. 4} Take steamed chicken out of the stock and fry with 125ml of Homefoods Vegetable Oil till desired brownish state. Set aside.
5} Fry onions, add tomato paste and fresh tomato.
6} Add 2 tablespoons Kpakpo Shito / Chili pepper.
7} Add stock, leave to simmer for 10 minutes and your gravy is ready. 8} Serve with any desired dish.

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Retail Shelf Packaged Seasoning



MILD FISH / HOT FISH
EXTRA HOT FISH SEASONING

Available in
160g,300g & 600 JARS









Suggested Recipe:
Grilled Salmon Ready in 30 minutes.

Ingredients:
15g of Homefoods Extra Hot Fish Seasoning,
5g Parsley, 3gOnion, 5g Garlic, 7g Ginger,
10g Homefoods Lemon, Pepper , Coconut Seasoning

Method
1} Make 3-4 diagonal cuts in each side of the fish, all the way right through the bone and rub it with 1tbs of Homefoods Fish seasoning for a great flavor.

2} Chop parsley, onion, garlic, ginger and tomato and gently flipthem back and forth until coated inside and out. Squeeze a lemon or sprinkle Homefoods Lemon, Pepper,Coconut Seasoning on it and wrap with aluminum foil.

3} Let it marinate in the fridge for up to 24hours.

4} Cook as desired, oven grill, open BBQ or fry. 4} Enjoy!!!

RICE SEASONING





Available in
160g,300g & 600 JARS

Suggested Recipe:
Rice (4 persons) Ready in 15 minutes

Ingredients:
500gms Rice, 15gms of Homefoods Rice Seasoning, 900ml of boiled water.

Method
1} Wash rice with clean, hot water
2} Add seasoning to rice in a rice cooker or cooking pan.
3} Allow the mixture to cook until water is completely absorbed .
4} Served with preferred stew or gravy

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Retail Shelf Packaged Seasoning

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FRIED RICE SEASONING



Suggested Recipe:
Fried Rice (4 persons) Ready in 15 minutes

Ingredients:
500gms Rice, 125ml Homefoods Vegetable Oil,
15gms of Homefoods Fried Rice Seasoning,
100gms of chopped onions, 900ml of boiled water.

Method
1} Fry the seasoning briefly in preheated oil.
2} Wash rice with clean, hot water and set aside
3} Add contents of step 2 to the preheated oil
4} Allow the mixture to cook until water is completely absorbed.
5} Add chopped onions and other desired vegetables and stir
6} Allow the rice to cook until done.

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Retail Shelf Packaged Seasoning



JOLLOF SEASONING



Suggested Recipe:
Jollof Rice (4 persons) *Ready in 15 minutes*

Ingredients:
500gms Rice, 125ml Homefoods Vegetable Oil, 25gms tomatooe Puree, 100gms fresh tomato or 2 tomatoes, 35gms of Homefoods Jollof Seasoning, 100gms of chopped onions, 2tablespoons Kpakpo shito (chilli pepper) puree, 900ml of boiled water.

Method
1} Blend the fresh tomato and tomato puree together to obtain paste
2} Pour oil into saucepan and add tomato paste
3} Cook under moderate heat whilst stirring .
4} Fry until oil appears reddish and then add Kpapkpo shito (chilli pepper), fresh tomato and tomato puree
5} Add jollof seasoning and add boiled water immediately
6} Add boiled water to the washed and set aside.
7} Add contents of step 6 to the gravy
8} bring rice to the boil

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Retail Shelf Packaged Seasoning

ALL PURPOSE SEASONING



Available in
160g,300g & 600 JARS

Suggested Recipe:
Meat Stew (4 persons) *Ready in 20 minutes*

Ingredients:
5gms Homefoods All Purpose Seasoning, 125ml Homefoods Vegetable Oil, 1kg boneless meat, 100gms chopped onion, fresh tomato, 5gms tomato paste, 200ml of water, 2 tablespoons Kpakpo shito (chilli pepper) puree.

Method
1} Marinate 1kg of meat with all purpose seasoning overnight or marinate same day and set aside for 10 minutes
3} add 200ml of water to steam then take meat out when tender
4} toss meat in hot homefoods vegetable oil , remove when brown and set aside.
5} add blended fresh tomato and 5gms tomato paste to oil and stir till oil turns reddish
6} add 5gms of all purpose seasoning to stew and stir briefly
7} add 2 spoons of kpakpo shito (chilli) puree.
8} add meat stock and leave to simmer for 5 minutes.
9} add your prepared meat and chopped onions
10} you may eat stew with rice, cooked or fried yam.

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Retail Shelf Packaged Seasoning

AfricGrill Seasoning



Method of Preparation

Steak (25 min.)

- Marinate 1 steak (225g) in 2 tablespoons vegetable oil, 1 tablespoon chili powder, 2 table spoonful lime juice, 4 minced garlic cloves, 2 tablespoon of paste of Homefoods Afric grill seasoning, 1 teaspoon salt and 1 sliced onion in the refrigerator for 30min - 1hr.
- Grill on oiled grates over medium-high heat garnish with the sliced onion 2 to 5 min. per side, depending on the thickness.
- Let rest 5 minutes; slice on the diagonal.

Available in
160g,300g & 600 JARS



Method of Preparation

Chicken (20 min.)

- Place chicken strips into a large, resealable plastic bag.
- Pour mixture into bag with chicken.
- Seal, and refrigerate 2-4 hours.
- Remove chicken from refrigerator, and drain, discarding buttermilk mixture.
- Place chicken in flour mixture bag.
- Seal, and shake to coat.
- Heat oil in a large, heavy skillet to 375 degrees F (190 degrees C).
- Carefully place coated chicken in hot oil.
- Fry until golden brown and juices run clear.
- Drain on paper towels.

Chicken Breading SEASONING

Available in 300g & 600 JARS

Super Fish Seasoning



Available in
160g,300g & 600 JARS

Suggested Recipe:
Grilled Salmon Ready in 30 minutes.

Ingredients:
15g of Homefoods Extra Hot Fish Seasoning,
5g Parsley, 3gOnion, 5g Garlic, 7g Ginger,
10g Homefoods Lemon, Pepper , Coconut Seasoning

Method
1} Make 3-4 diagonal cuts in each side of the fish, all the way right through the bone and rub it with 1tbs of Homefoods Super Fish seasoning for a great flavor.

2} Squeeze a lemon or sprinkle Homefoods Lemon, Pepper, Coconut Seasoning on it and wrap with aluminum foil.

3} Let it marinate in the fridge for up to 24hours.

4} Cook as desired, oven grill, open BBQ or fry.
5} Enjoy!!!

Peanut Butter Creamy

by **Homefoods**



Suggested Recipe:
PEANUT Soup Ready in 30 - 45 minutes.

Ingredients:
Peanut Paste, 15g of Homefoods All Purpose Seasoning / Chicken Seasoning, 5g Parsley, 3gOnion, 5g Garlic, 7g Ginger, 470ml Water, Salt

Method

1} Steam Chicken / meat with blended & chopped onions, garlic paste, kpakpo shito (green chili).
2} Add Homefoods All Purpose / Chicken Seasoning to the stock for 10 - 12 minutes.
3} Mix Peanut Butter Paste by Homefoods with 470ml / 2Cups of water and place on Fire.
4}Allow to simmer whiles stirring continuously
5} transfer content onto the steaming chicken / meat / fish.
6} Add blended tomatoes, tomato paste and onion along with to the mixture and allow to simmer for about 15-20 minutes.
7} Add chopped onions to the soup and stir. Till done
8} Serve hot with rice, fufu, banku, kenkey or any meal of choice

*best for SOUPS

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ALL NATURAL HONEY

by Homefoods

Homefoods 100% Honey
"All natural, all good"
Our "**All Natural Honey**" is produced from different regions of Ghana.

Here, the honey is harvested using both modern and traditional harvesting methods. This ensures that the natural state of the honey is unspoiled.

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Suggested Recipe:
NERI NERI (MUSKMELON) **Soup** Ready in 30 - 45 minutes.

Ingredients:
NeriNeri Paste, 15g of Homefoods All Purpose Seasoning / Chicken Seasoning, 5g Parsley, 3gOnion, 5g Garlic, 7g Ginger, 470ml Water, Salt

Method

1} Steam Chicken / meat with blended & chopped onions, garlic paste, kpakpo shito (green chili).
2} Add Homefoods All Purpose / Chicken Seasoning to the stock for 10 - 12 minutes.
3} Mix NeriNeri Paste by Homefoods with 470ml / 2Cups of water and strain to get a smooth paste, and place on Fire.
4}Allow to simmer whiles stirring continuously
5} transfer content onto the steaming chicken / meat / fish.
6} Add blended tomatoes and onion along with tomato paste to the mixture and allow to simmer for about 20-30 minutes.
7} Add chopped onions to the soup and stir. Till done
8} Serve hot with rice, fufu, banku, kenkey or any meal of choice



MILLED Agushie "MELON SEEDS"

METHOD OF PREPARATION

·Add about 1/4 cup of palm oil into a saucepan. Add onions, minced garlic and pepper. Cook till onions are softened.

·Add diced tomatoes and cleaned smoked fish. Add about 1/2 teaspoon of salt, 1 heaped teaspoon of grounded dried shrimp or 1 shrimp stock cube and stir together. Cover and simmer for 8-10 minutes till tomatoes and smoked fish are cooked through and no longer smelling raw.

·Meanwhile, mix 1 cup of **Homefoods milled agushie melon seeds** (agushie/ akatoa) to about half cup of water and 1/4 teaspoon of salt.

·When tomatoes are cooked through, lower the heat to low and add the blended melon seeds solution. DO NOT STIR! Cover the saucepan simmer gently till the blended melon seeds are set.

·Add slice bell pepper, stir, add a splash of water if needed, taste and adjust for salt.

Serve with plain rice or boiled yam or plantain





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Ready To Eat: SOUPS



We present our microwaveable Soup. Our ingredients are sourced from carefully selected cooperative farms. In this day and age where everyone is growing increasingly aware of their health, we step in to offer a better solution.

Ready To Eat: RICE



Popular Cusines from west africa, Just pop our microwaveable Ready to Eat (RTE's) meals into the oven for three minutes and while it heats up, let the rising steam and fragrance arouse your senses.



Granola Bites


ENERGY
B-Coost
طاقة
शक्ति
طاقت
Date & Apricot Bite
تمر بالمشمش
ENERGY
B-Coost
طاقة
शक्ति
طاقت
Date & Peanut Bite
تمر بالفول السوداني


Crunchy
Peanut
Roasted Peanuts
Crunchy
Peanut
Roasted Peanuts
by Homefoods
Crunchy
Peanut
Roasted Peanuts
by Homefoods
Available in
12x1 Bottle& 6x1 Jar
enjoy as a snack

Shito

GREEN CHILLI SAUCE

BLACK PEPPER SAUCE

RED CHILLI SAUCE

Shito

'Shito' is a word for pepper in Ghana among the Ga people. Black pepper sauce, green pepper sauce and red pepper sauce are all forms of shito. It is used with variety of dishes such as kenkey, steamed rice, spring rolls, banku, gari etc.

Homefoods Shito is popular among students in the country because it is premade and allows for easy means of eating in schools. The capsaicin in Homefoods Hot Sauce has positive effect on weight management and cardiovascular health. The ingredients used in the preparation of Homefoods Hot Sauce possess antioxidant, antibacterial and anti-carcinogenic properties.





Banku and Kokonte Flour Mix

Banku and Konkonte are Ghanaian dishes enjoyed by the large population in Ghana. Banku is prepared by proportionate mixture of cassava and corn dough, cooked and eaten with pepper, stew or soups.

Konkonte is prepared by the addition of konkonte to already boiled water and stirred to achieve desired consistency.

Homefood Banku and Konkonte flour mix is very easy to prepare into your delicious banku and konkonte dishes respectively just by the addition of water and stirring on fire till it thicken. This is easy, quick and health beneficial due to its high microbial preservative property.

Millet Porridge Mix

Millet falls under ancient grains category with gluten free benefits and can be used in a variety of recipe. Hausa kooko is one of the few breakfast recipes enjoyed in Ghana which involves the use of millet, ginger and other natural spices.

Homefoods Hausa Kooko mix with our assorted flavours are easy to prepare through the addition of the millet porridge mix with water and stirring on fire till it thickens.

The high health benefit Homefoods Hausa Kooko has to offer is related to its fiber content, thus, help reduce low-density lipoprotein ('bad cholesterol'). It has high antioxidant properties which help reduce blood pressure and the risk of getting heart attacks. Minerals such as calcium, iron are found in large amount.



CINNAMON FLAVORED Hausa KOOKO Millet Porridge by Homefoods

VANILLA FLAVORED Hausa KOOKO Millet Porridge by Homefoods

ORIGINAL Hausa KOOKO Millet Porridge by Homefoods

Homefoods has been in business since 1995 solely in export of Red Palm Oil and other ethnic foods to Europe, America, South Africa, Equatorial Guinea and the Gambia and has been able to keep up a business-level strategy; sustainable competitive advantage in discrete and identifiable markets for all these years.

In Europe, especially Britain, Homefoods has kept 70% market share in the Red Palm Oil business for 25 years with customised brands; BLUE BAY, TROPIGOLD, AFRICA'S FINEST and GHANA BEST. In 2009, we embarked on a new business model by adding value to the palm oil to vegetable oil and expanded to other food product lines. Homefoods has grown over the years exponentially, from the kitchen table to the factory floor and expanding further to our state of the art factory at Tema freezone enclave in 5 years.

We are a 100% owned Ghanaian company within the FMCG marketing industry which is dominated by multi-national companies. We produce and market Palm Oil in Ghana and work with over 5,000 co-operative women and suppliers, hence saving a chunk of foreign exchange for the country, resulting in spillover of wealth within the farming communities, especially for women.

Homefoods is a unique, creative, focused and innovative agro-based company with a mission to empower women farmers in our community.

Objectives
To focus attention and creativity on food ingredients for food industries, homes and individuals and provide products they absolutely want and need through adaptive production, inventory management and product design.

To create value and wealth for our nation through agriculture, thus ensure to leave a sustainable legacy for posterity.

Vision
Our vision is to create, build and establish a quality food chain industry by fusing flavours and spices from around the world to meet the needs of consumers.

Mission
Our mission is to focus attention and creativity on basic food ingredients and services to all and sundry, homes, catering, hotel and fast food industries; food products they absolutely need and want, making every meal an experience.



Award Winning Brand



Homesense

the soap people

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the soap people

Oleo Chemicals

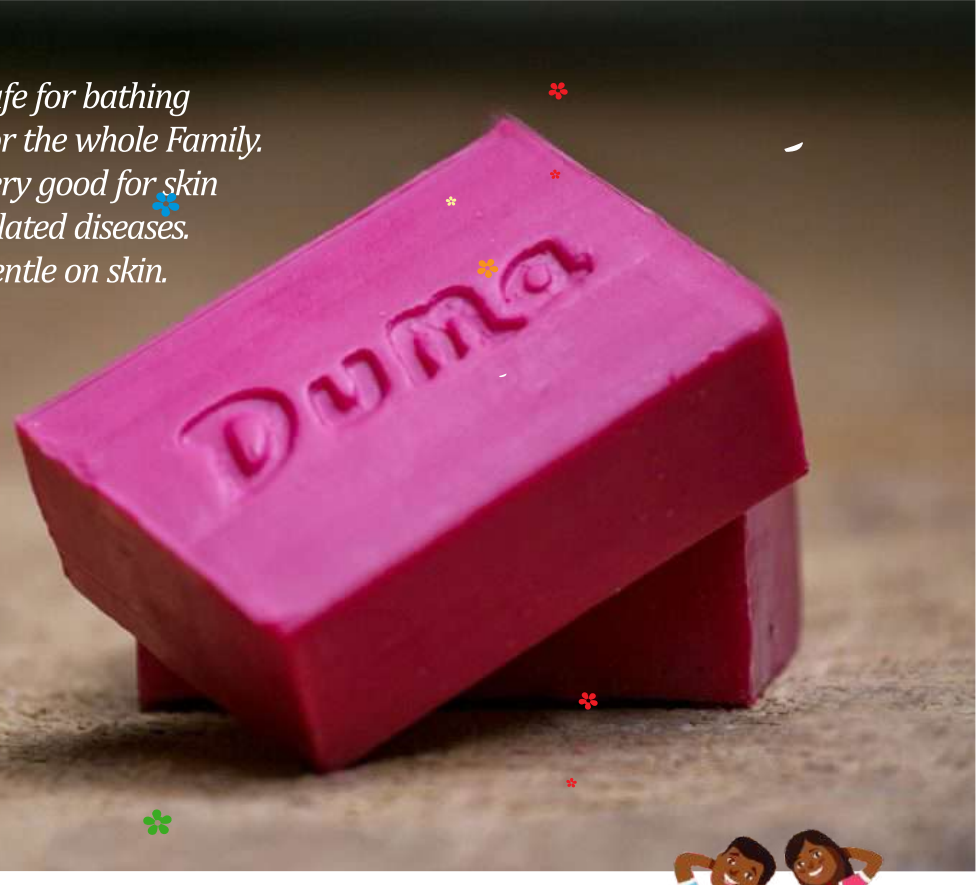
Palm Oil Derivatives



DUMA
CARBOLIC SOAP
Savon de Phenique



Safe for bathing
for the whole Family.
Very good for skin
related diseases.
Gentle on skin.



"Duma" is a Swahili word meaning **Cheetah.** We aligned the name to cheetah to convey a message to users; there is an adage that says **" you cannot change the spots of a leopard /cheetah"** but our soap range, **DUMA,** can facilitate an enduring **"CHANGE" to your Skin,** hence the name.

The Brand, **"Duma"**, delivers efficacy with speed which is the prime character of a **Cheetah** seen on a safari at **Masai Mara.**

The dream to use this cat exploits to the company's new product was conceived in 2012!



we care

Homesense
the soap people


MULTI-PURPOSE
LIQUID SOAP
HYGENIC FORMULATION
MORNING Dew
MULTI-PURPOSE LIQUID SOAP
we care
500ML


Homesense
the soap people
Perfume
DUMA
LAUNDRY SOAP
Savon à lessive de parfum
Duma
Tough on Dirt
Gentle to the Skin.

Black
LIQUID
WASH

Black Liquid Soap

Duma black liquid soap is one of the rarest liquid soaps you could find originating in the West Africa countries like Ghana.
Duma black liquid soap is essential for stressed out skin of all types. It can be used to treat acne and rough/dry skins due to its constituents.

It soothes the effect of sun damage and has a deep cleansing property. It serves as a moisturizer with anti-inflammatory properties. It also generates exfoliating properties by removing dead cells and rejuvenating rough skin.

Enjoy Duma black liquid soap which will help you achieve healthier, glowing and beautiful skin.



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