

Contact: Gerhard
 Email: gerhard@initiatelife.co.za
 Cell: 076-431 2175



GENERAL PRICE LIST		
PRODUCT DISCIPTION	PACK SIZE	PRICE (INCL VAT)
SOYA MINCE PRODUCTS		
FLAVOUR-RITE Soya Mince (NSNP Approved)	25kg	R525.23
FLAVOUR-RITE Soya Mince (NSNP Approved)	5kg	R105.05
FLAVOUR-RITE Soya Mince (NSNP Approved)	1kg	R21.02
FLAVOUR-RITE Stew Veg Bucket - Beef	3kg	R116.14
FLAVOUR-RITE Stew/Veg & Pasta Meal - Beef	20 x 400g	R337.04
FLAVOUR-RITE Stew/Veg & Pasta Meal - Chicken	20 x 400g	R337.04
FLAVOUR-RITE Stew/Veg & Maize Rice Meal - Beef	5kg	R193.42
READY TO COOK MEALS (SOYA MINCE, RICE & DEHYDRATED VEG) *allow 10 working days for delivery*		
IMPERIAL Ready to Cook Meal Savoury Chicken 10x350g	10 x 350g	R340.69
IMPERIAL Ready to Cook Meal Tomato & Onion Beef 10x350g	10 x 350g	R340.69
IMPERIAL Ready to Cook Meal BBQ Beef 10x350g	10 x 350g	R340.69
FLAVOUR-RITE - National Schools Nutrition Program Items		
FLAVOUR-RITE Soya Mince (NSNP Approved)	25kg	R525.23
FLAVOUR-RITE Soya Mince (NSNP Approved)	5kg	R105.05
FLAVOUR-RITE Instant Maize Porridge (Original, Vanilla, Banana)	5kg	R85.36
FLAVOUR-RITE Curry Spice Mix	40x500g	R1 293.75
PHAPHAMA Instant Soya Mince		
PHAPHAMA Instant Soya Mince Beef & Vegetable (Shelf talker box)	10 x 50g	R87.00
PHAPHAMA Instant Soya Mince Chicken & Veg (Shelf talker box)	10 x 50g	R87.00
PHAPHAMA Instant Soya Mince Chakalaka (Shelf talker box)	10 x 50g	R87.00
PHAPHAMA Instant Soya Mince Beef & Vegetable (Shelf talker box)	8 x (10x50g) Box	R653.20
PHAPHAMA Instant Soya Mince Chicken & Veg (Shelf talker box)	8 x (10x50g) Box	R653.20
PHAPHAMA Instant Soya Mince Chakalaka (Shelf talker box)	8 x (10x50g) Box	R788.57
PHAPHAMA Instant Soya Mince Beef & Vegetable (Standard box)	100 x 50g	R985.71
PHAPHAMA Instant Soya Mince Chicken & Veg (Standard box)	100 x 50g	R985.71
PHAPHAMA Instant Soya Mince Chakalaka (Standard box)	100 x 50g	R985.71
PHAPHAMA Instant Soya Mince Beef & Vegetable	25kg	R1 977.38
PHAPHAMA Instant Soya Mince Chicken & Veg	25kg	R1 977.38
PHAPHAMA Instant Soya Mince Chakalaka	25kg	R1 977.38
PEANUT BUTTER		
MONKEY NUT Peanut Butter Smooth (6x1kg)	(6x1kg)	R396.75
DESMONDI Peanut Butter 20kg	20kg	R1 183.82
THOKOMAN Peanut Butter Smooth (6x1kg)	(6x1kg)	R611.08
JAM		
DESMONDI Apricot Jam Smooth 25kg	25kg	R633.34
DESMONDI Mixed Fruitt Jam Smooth 25kg	25kg	R633.34
DESMONDI Apricot Jam Smooth tub (6x900g)	6x900g	R222.27
DESMONDI Mixed Fruit Jam Smooth tub (6x900g)	6x900g	R222.27

Contact: Gerhard
 Email: gerhard@initiatelife.co.za
 Cell: 076-431 2175



JUICE POWDER		
MALORA Cool 20 Juice Powder - Orange	5kg	R293.25
MALORA Cool 20 Juice Powder - Naartjie	5kg	R293.25
MALORA Cool 20 Juice Powder - Cocopine	5kg	R293.25
ENLIVEN REHYDRATION DRINK POWDER		
ENLIVEN Rehydration Drink Powder Orange 24x240g	24 x 240g	R345.43
ENLIVEN Rehydration Drink Powder Peach & Apricot 24x240g	24 x 240g	R345.43
ENLIVEN Rehydration Drink Powder Tropical 24x240g	24 x 240g	R345.43
ENLIVEN Rehydration Drink Powder Naartjie 24x240g	24 x 240g	R345.43
ENLIVEN Rehydration Drink Powder Orange 240g	240g	R15.35
ENLIVEN Rehydration Drink Powder Peach & Apricot 240g	240g	R15.35
ENLIVEN Rehydration Drink Powder Tropical 240g	240g	R15.35
ENLIVEN Rehydration Drink Powder Naartjie 240g	240g	R15.35
PHAKAMISA Dual Pouch 320ml		
PHAKAMISA Dual Pouch 25 x 320ml - Vanilla	25 x 320ml	R240.00
PHAKAMISA Dual Pouch 25 x 320ml - Banana	25 x 320ml	R240.00
PHAKAMISA Dual Pouch 25 x 320ml - Chocolate	25 x 320ml	R240.00
PHAKAMISA Dual Pouch 25 x 320ml - Strawberry	25 x 320ml	R240.00
PHAKAMISA Dual Pouch 25 x 320ml - Maxivite Sorghum	25 x 320ml	R240.00
PHAKAMISA Dual Pouch 320ml - Vanilla	320ml	R10.50
PHAKAMISA Dual Pouch 320ml - Banana	320ml	R10.50
PHAKAMISA Dual Pouch 320ml - Chocolate	320ml	R10.50
PHAKAMISA Dual Pouch 320ml - Strawberry	320ml	R10.50
PHAKAMISA Dual Pouch 320ml - Maxivite Sorghum	320ml	R10.50
PUDDINGS & MILK POWDER		
MALORA Medium Fat Whey Dairy Blend 5kg	5kg	R454.25
MALORA Medium Fat Whey Dairy Blend 25kg	25kg	R2 248.83
MALORA Sponge Pudding Premix 2.5kg	2.5kg	R250.70
MALORA Custard Premix 2.5kg	2.5kg	R225.40
MALORA Custard Premix 10kg	10kg	R682.53
MALORA Instant Pudding Chocolate 6x500g	6 x 500g	R491.05
MALORA Instant Pudding Summerfruit 6x500g	6 x 500g	R491.05
MALORA Instant Puddin Butterscotch 6x500g	6 x 500g	R491.05
MALORA Instant Pudding Strawberry 6x500g	6 x 500g	R491.05
STARTWELL GROW Instant Porridge *allow 5 working days for delivery*		
STARTWELL GROW Instant Porridge Refill bags 500g Original	500g	R50.00
STARTWELL GROW Instant Porridge Refill bags 500g Caramel	500g	R50.00
STARTWELL GROW Instant Porridge Refill bags 500g Banana	500g	R50.00
STARTWELL GROW Instant Porridge Refill bags 500g Strawberry	500g	R50.00
STARTWELL GROW Instant Porridge Bucket - various flavours	12kg	R890.00
STARTWELL ACTIVE Instant Porridge Bucket - various flavours	12kg	R570.00

Contact: Gerhard
 Email: gerhard@initiatelife.co.za
 Cell: 076-431 2175



OTHER PORRIDGES & CEREALS		
USUTHE Instant Maize Porridge 1kg - Vanilla	1kg	R23.50
USUTHE Instant Maize Porridge 1kg - Original	1kg	R23.50
USUTHE Instant Maize Porridge 5kg - Vanilla	5kg	R114.00
OATS various		TBC
OTHER MASH		
MALORA Creamy Instant Mash 2.5kg	2.5kg	R437.00
FLAVOUR RITE Instant Mash 2kg	2kg	R401.01
PASTA		
NONNAS PASTA Macaroni 20x500g	20x500g	R199.33
NONNAS PASTA Macaroni 3kg	3kg	R62.10
AMORE Spaghetti 20x400g	20x400g	R222.33
VEGANO PASTA - Non GMO / Gluten Free / Vegan Friendly		
VEGANO Pasta	10x500g	R500.00
Flavours: Chickpea, Spinach, Red Lentil, Butternut, Carrot, Beetroot, Green Pea		
COMBO BUCKETS		
COMBO BUCKET #2	Bucket	R350.00
5 DAY FOOD BOX (Breakfast, Lunch and dinner)	Box	R200.00
FAMILY FOOD BOX - MONTHLY	Box	R850.00
OTHER SOUP POWDERS		
MALORA Premium Soup Chicken 6 x 375g	6x375g	R159.85
MALORA Premium Soup Mushroom 6x375g	6x375g	R159.85
MALORA Premium Soup Minestrone 6x375g	6x375g	R159.85
MALORA Premium Soup Thick Veg 6x375g	6x375g	R159.85
MALORA Premium Soup Brown Onion 6x375g	6x375g	R159.85
MALORA Premium Soup Tomato 6x375g	6x375g	R159.85
MALORA Premium Soup Oxtail 6x375g	6x375g	R159.85
MALORA Premium Soup Beef & Onion 6x375g	6x375g	R159.85
MALORA Premium Soup White Onion 6x375g	6x375g	R159.85
MALORA Premium Soup Chicken 5kg	5kg	R281.75
MALORA Premium Soup Mushroom 5kg	5kg	R281.75
MALORA Premium Soup Minestrone 5kg	5kg	R281.75
MALORA Premium Soup Thick Veg 5kg	5kg	R281.75
MALORA Premium Soup Brown Onion 5kg	5kg	R281.75
MALORA Premium Soup Tomato 5kg	5kg	R281.75
MALORA Premium Soup Oxtail 5kg	5kg	R281.75
MALORA Premium Soup Beef & Onion 5kg	5kg	R281.75
MALORA Premium Soup White Onion 5kg	5kg	R281.75
FLAVOUR-RITE Catering Soup Powder - Beef	25kg	R688.38
FLAVOUR-RITE Catering Soup Powder - Beef & Onion	25kg	R688.38
FLAVOUR-RITE Catering Soup Powder - Chicken	25kg	R688.38

Contact: Gerhard
 Email: gerhard@initiatelife.co.za
 Cell: 076-431 2175



FOODS

GRAINS *Prices subject to change without notice		
Samp 10x1kg	10 x 1kg	R144.38
Samp & Beans 10x500g	10 x 500g	R106.25
Speckled Beans 10x500g (50/50 splits)	10 x 500g	R201.25
Speckled Beans 5kg (50/50 splits)	5kg	R193.14
Speckled Beans 10x500g (80/20 splits)	10 x 500g	R226.00
Split Peas 10 x 500g	10 x 500g	R172.25
Brown Lentils 10 x 500g	10 x 500g	R171.50
Baked Beans in Tom Sauce 12x410g	12 x 410g	R123.00
Salt Fine 5kg	5kg	R28.82
Fine Salt 6x1kg	6 x 1kg	R33.90
ITAU MAIZE MEAL 12.5kg	12.5kg	R145.00
ITAU MAIZE MEAL 5kg	5kg	R63.00
CAKE FLOUR 12.5kg	12.5kg	R172.89
WHITE BREAD FLOUR 12.5kg	12.5kg	R165.72
BROWN BREAD FLOUR 12.5kg	12.5kg	R165.72
Rice (Long Grain) 10kg	10kg	R179.99
OTHER LIQUIDS *Prices subject to change without notice		
Cooking Oil 20litre	20litre	TBC
Cooking Oil (12x2litre)	12 x 2litre	TBC
GLENRYCK Pilchards in Tom Sauce	12x400g	R250.00
FARMGATE Long Life Milk (6x1litre)	6 x 1litre	R100.00
White Vinegar 5litre	5litres	R43.13
Brown Vinegar 5litre	5litres	R43.13