



raw vegan organic
GOOD STUFF:
It becomes you

ATTENTION Retailers & Distributors:

Good Stuff by Mom & Me products are available for shipping to your area.

Call **888-797-6865** to request wholesale pricing information.

Thank you!

Mom & Me

Laurie & Rebecca Bosch

Good Stuff by Mom & Me products are raw, vegan, gluten/wheat-free and organic;

To preserve valuable enzymes, retain vital nutrients & enhance digestibility, sproutable ingredients (nuts, seeds & buckwheat) are germinated and low-temp dehydrated. Once ingredients have been prepared, most of our products receive no further dehydration: our cookies & bars remain moist, cereals crispy & chewy, and everything delicious & nutritious!

Mom & Me produce the highest quality raw foods available:

Cereals, Cookies, Bars, Manna Breads, Snacks, Ready to use (or eat!) Ingredients including germinated & low-temp dehydrated Nuts and Seeds, Really Raw Carob Powder, Celtic Sea Salt, and more!

Good Stuff by Mom & Me information & product descriptions is attached.

For Wholesale information please contact Mom & Me at 888-797-6865.

We look forward to hearing from you.

Laurie & Rebecca Bosch

Mom & Me



Good Stuff by Mom & Me

South Wales, NY 14139

888-797-6865

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good stuff: it becomes you

Your good health demands access to food -and information- that is real, unadulterated and free of toxic additives. It also requires good choices. [Good Stuff by Mom & Me](#) is a convenient, delicious way to get started.

good stuff is raw

Large-scale food marketing – supported by urban and metropolitan lifestyles - relies on the preservation and shipping of foods. Processing methods that increase shelf life are often at odds with life's biological demands. Chemical additives, heating and segmenting removes indispensable nutrients, phytochemicals and enzymes from your foods. Eating depleted foods leads to depleted health. Consuming raw, organic foods makes sense. It is environmentally friendly (produces little waste at low energy cost), socially friendly (supports farmers, not corporate processors), healing and health supporting.

good stuff is quality

You don't need an interpreter to understand our ingredient list: neither does your body. Ingredients are organically grown, non-irradiated & free of genetically engineered approximations. To enhance digestibility and nutrient availability all nuts and most seeds are soaked (germinated) and dehydrated below 105° F.

good stuff is a way of life

Special Diet? All of our ingredients are vegan & gluten-free. Dried fruit is our only sweetener.

Mom & Me: Our Story

Mom & I have spent over 22 years improving the quality of our food choices; we started from the Standard American Diet (SAD). The last 7 years - eating a primarily raw diet - have amazed us with improvements. We have experienced the body's inherent ability to heal 'chronic' problems. We look and feel more vital than we ever knew possible; people insist my mom is my sister! This is no miracle, just a daily practice of giving the body its proper fuel. We were taught to accept degenerative disease as a natural process of aging, but we don't believe that anymore. If THIS is possible what ELSE is?

Good Stuff: Our Mission

It is possible to retain AND reclaim your health. [Good Stuff by Mom & Me](#) is a helping hand in that direction. Nature boasts a whole lot more - a fruit and vegetable rainbow of opportunity - to encourage us to take good care, one bite at a time.

Take the First Step

Confused about what to eat and how to eat it? Don't let that keep you from enjoying health & vitality!

Aggressive marketing sells confusion by encouraging consumers to find health on a label rather than in whole foods. Despite the perplexity, most nutrition experts actually agree on the benefits of:

- Eating more fresh fruits & vegetables
- Cutting out white flour & sugar, fast food, hydrogenated fat, processed food, caffeine, MSG & other chemical additives
- Hydrating
- Eating moderate portions
- Exercising regularly

If you feel it all gets murky from here, focusing on these goals will almost certainly improve your health. Every bite is an opportunity. **Life is good stuff: Eat it up!**

Good Stuff Products 888-797-6865

ALL Good Stuff is RAW, VEGAN, ORGANIC & GLUTEN-FREE...Naturally Delicious!
Buckwheat, all nuts and most seeds are germinated and low-temp dried.

Cereals Germinated and GLUTEN-FREE! Our popular cereals are not just for breakfast - they make great snacks & trail mixes!

Classic Granola *Muesli + Germinated buckwheat crunch.*

Muesli Our Top Selling Cereal! *Almond, sunflower, hazelnut, pecan, walnut & sesame, raisin, date, apricot, flax seed*

Sunny Lemon Walnut *Buckwheat crunch, walnut, sunflower and sesame, date, flax, lemon, Celtic sea salt, spices*

Sweet Almond Date *Buckwheat crunch and almond, date, flax, Celtic sea salt*

Cookies Chewy, Energizing & DELICIOUS!

Apricot Almond Crunch *Almond, buckwheat, apricot, flax, raisin, Celtic sea salt*

Ginger Spice *Date, raisin, flax, carob, vanilla, cinnamon, ginger, Celtic sea salt*

Hazelnut Fudge *Hazelnut, raisin, flax, date, raw carob, vanilla, Celtic sea salt*

Lemon-Walnut Crunch *Walnut, buckwheat, sunflower, sesame, date, flax, lemon, vanilla, cinnamon, nutmeg, Celtic salt*

Pecan Sandie *Pecan, almond, date, flax, raisin, vanilla, Celtic sea salt*

Bars & Brownies

Almond Crunch Bar Crunchy, Almond Delicious! *Buckwheat, almond, date, raisin, flax, Celtic sea salt, almond extract*

Fig Bar Our popular Fig Newton in the raw! *Almond, date, flax, fig, raisin, vanilla, Celtic salt*

Fudge & Walnut Fudge Brownie Remember Chewy, Fudge Brownies? Now eat them! (*walnutty or nut-free!*)
Flax, date, carob, raisin, (walnut), natural extracts, Celtic sea salt

Pecan Pie Bar These crowd pleasers are so decadent you would never guess that these are the ingredients:
Pecan, almond, date, flax seed, lemon, Celtic sea salt, natural extracts

Snacks & Toppers

Caramelized Nut Mix We'll send 'em out if we can stop eating them! Popular snack, great dessert & salad topper.
Almond, walnut, pecan, date, flax oil, vanilla, Celtic salt & spices

Sunny Hots Germinated sunflower seeds with terrific flavor & crunch: terrific on fresh soups & salads – mildly hot.
Sunflower seeds, onion, garlic, cayenne, Celtic salt

Really Raw Cashews These delicious nuts – unlike most 'raw' cashews – are really raw. Enjoy the difference!

Raw Ingredients **Snack and recipe-ready**

Recipe-Ready Nuts & Seeds Ready to eat or make treats of your own! These nuts and seeds have been germinated to increase digestibility and low-temp dried to preserve nutrient availability.

Celtic Sea Salt This coarse, grey, mineral-rich salt – dried by sun & wind – is hand-harvested and completely unprocessed! Even most other "sea salts" have been stripped of healthful properties by processing. Iodized salt is chemically treated to flow freely & bleached for whiteness: like all processed salts it is highly toxic.

REALLY Raw Carob Powder

Most carob powders (even those marketed as raw!) have been lightly roasted. This one IS raw: the sun-dried pods are low-temp ground. This powder is slightly more granular than what you might be used to, but it is wonderful in use. Carob is naturally sweet, extremely high in calcium & phosphorus, with a healthy trace of iron!