

2011

Aangen Catalogue

www.aangen.com

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Aangen Community Centre



Aangen Community Centre



Who We Are

Aangen is the Sanskrit word for the front yard of a home where community members gather to give each other support and nurturing.

We are a Supportive Community Centre; a not-for-profit organization that facilitates independence and builds community. We serve many families in need and raise

funds by providing a variety of products, services and empowering workshops to help us all live the lives we love.

We aim to provide personalized emergency relief to those in disadvantaged life situations, by providing unconditional support and wraparound services.

We believe that in order to help our community members facilitate independence, we must facilitate our own. As such, we do not count on government or external funding, we raise our own funds. This is our definition of independence. We are committed to providing educational workshops for everyone that are affordable, promote self-reliance and create community.

Aangen Community Centre



Support Aangen

There are a variety of ways that you or your organization can support the work we do at Aangen...

Switch to biodegradable food packaging for your family picnics, business meetings, or special events. Order GreenShift products for your home or business directly from Aangen

Buy our local, sustainable food products for your home or business

Rent workshop/healing space at Aangen for your next workshop, community event, or for offering healing treatments/consultations

Advertise your business or community event in our bi-monthly newsletter, reaching >11 000 subscribers

Aangen Community Centre



Local Sustainable Food

All of our food products come from farms within 100 miles of Aangen. They have been carefully selected based on their farming practices, of which environmental sustainability, labour conditions and animal welfare are top priority.

Since its inception in 2000, Aangen has worked on developing close relationships with its suppliers, enabling Aangen to continue its important work while creating sustainable livelihoods for local farmers and businesses.

Our tea infusions are made with the highest quality spices; packaged in-house by volunteers; and infused with love and prayer.

Of every food product purchased, at least one dollar goes directly to families in need.

Aangen's Ayurvedic Teas & Natural Health Products



Aangen Healing Tea

Warming & Immune boost
Saffron, anise, holy basil, cardamom & ginger

Retail: \$12 per bag

Wholesale: 125ml X 24/case = \$216 (\$9/pc)

Makes up to 85 cups of tea

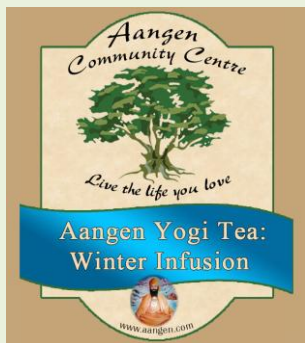


Healthy Elimination & Digestion

Helps to regulate digestion and related conditions. Good source of dietary fibre. Triffula (harada, behara, amla), dill seed, onion seed, garlic, ginger, asafetida, turmeric, wild celery, cumin, coriander, black salt, fennel seed & psyllium

Retail: \$10 per 1/4 lb bag

Wholesale: 1/4 lb 24/case = \$168 (\$7/pc)



Aangen Yogi Tea

Energizing & Detoxifying
Cardamom, cinnamon cloves, peppercorn & ginger

Retail: \$8 per bag

Wholesale: 125ml X 24/case = \$120 (\$5/pc)

Makes up to 85 cups of tea



Healthy Horsepower

Natural whole-food protein powder. High in omegas. Vegan & gluten-free
Chickpea powder, sesame seeds, almonds, pistachios, rock candy, cardamom, walnuts, sunflower seeds, pumpkin seeds, flax seeds & pine nuts (all in powdered form)

Retail: \$13 per 1/2 lb bag

Wholesale: 1/2 Lb x 24/case = \$216 (\$10/pc)



Aangen Summer Rose Tea

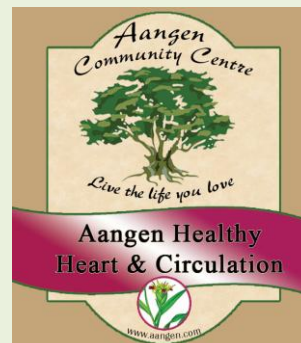
Cooling, calming and refreshing - Great for summertime

Rose petals, holy basil, anise, coriander, ginger, rock sugar & lemon rind

Retail: \$8 per bag

Wholesale: 125ml X 24/case = \$120 (\$5/pc)

Makes up to 85 cups of tea



Healthy Heart & Circulation

Helps to increase circulation and reduce high blood pressure. Natural diuretic.

Ginger, garlic, onion, wild celery, clove, cinnamon, black pepper, cardamom, holy basil, turmeric, fenugreek & liquorice (all in powdered form)

Retail: \$10 per 1/4 lb bag

Wholesale: 1/4 lb x 24/case = \$168 (\$7/pc)

Farm Fresh Products



Natural Golden Unpasteurized Honey

Retail: \$8 per 500mL jar

Wholesale:

500 mL x 12 case = \$72 (\$6/pc)

1 L x 12 case = \$120 (\$10/pc)



Butter (salted/unsalted)

Organic Meadow

Retail: \$9/lb

Local Creamery

Retail: \$7/lb

Wholesale: Negotiable



Farm Fresh All Natural Maple Syrup

Retail:

\$8.00/ 250ml bottle

\$13.00/ 500ml bottle

\$25.00/ 1 litre bottle

\$45.00/ 2 litre bottle

\$80.00/ 4 litre bottle

Wholesale:

0.5L X 12/case = \$132

(\$11/pc)

1L X 6/case = \$120

(\$20/pc)

2L X 6/case = \$210

(\$35/pc)

4L X 6/case = \$390

(\$65/pc)



Omega-Rich Free-Range Farm Eggs

Retail: \$5 per dozen

Wholesale: 1 dozen x12/case = \$60 (\$5/pc)



Organic Vegan Spelt Bread

Sunflower, Sesame, Pumpkin, Flax & Millet,
Raisin and Caraway

Retail: \$6 per loaf

Wholesale: 12 loaves /case = \$72 (\$6/pc)

All GTA deliveries over \$300 are
FREE

Less than \$300 is \$15 per delivery

5% discount on 10 case orders

All egg & bread orders
must received by
Monday 12:00pm for
Wednesday delivery

Green Shift Products

All products are 100% biodegradable & compostable

12oz hot cups	50 cups/sleeve	\$12.50
12oz cold cups	50 cups/sleeve	\$12.00
Napkins	600/sleeve	\$14.00
Cutlery (forks, knives or spoons)	50/box	\$6.00
7" plates	125/pack	\$17.50
9" plates	50/pack	\$13.50



Ask us about ordering the full range of Green Shift products in bulk. Save with wholesale prices!

5% of bulk sales go directly back to support Aangen.

Rent Workshop & Healing Practice Space

Our workshop space is on the main floor of a beautiful historic house on Dovercourt Road.

- Capacity** 25-30 people for a lecture style workshop
10-12 people for a more intimate workshop
- Equipment** Large flat screen television with DVD and laptop connection capability
Free wifi
Portable CD/MP3 player
Large office space
Chairs and large fold-out table
2 couches and floor pillows
Fully equipped community kitchen
Massage bed
Whirlpool bathtub
Quiet, private outdoor patio with large table and chairs

Refunds are not available as all our costs are up front.

Once they are set, there is a one-time opportunity to change the workshop date.

Aangen workshops usually run from mid-September to early December and from mid-January to end of May

- ★ **\$200** Package of 4 evening workshop space sessions (2 hours each), including promotion in our newsletter and online registration via paypal
- ★ **\$250** Package of 4 evening community kitchen sessions (2 hours each), including promotion in our newsletter and online registration via paypal
- ★ **\$100** Full-day workshop (10am-4pm), not including advertisement. Book 4 full-day workshops, paid in advance, and receive free web promotion and online registration via paypal.
- ★ **\$75** Book regular workshops on a bi-monthly or weekly basis and receive a discounted full-day price. Four workshops booked and paid in advance receive free we promotion and online registration via paypal.
- ★ **Negotiable** Office space

Advertise in our Newsletter

Our continually growing online bi-monthly newsletter has now reached over 11,000 subscribers. Additionally, it is forward widely by instructors and community members and its events are promoted by a variety of local list servs. Advertising is only offered to like-minded organizations. All promotion is invoiced and is 100% tax deductible

Prices vary according to the type and size of your organization.

★ \$150 - \$300
Half-page, full-colour advertisement

★ Buy 3 get 1 FREE

★ We will exchange advertisements for a table at your event or for advertisement with your organization. Ask us for more details.

If you would like to
come visit us, please call
to make an appointment.
We would love to meet
you!

*Thank you for supporting Aangen Community Centre.
Live the Life you LOVE*