

FGS

Our
Mission
Statement



The sun makes us
happy and we believe
that eating healthy
does too!

For Goodness Sake prides itself on presenting products with heart healthy, high quality ingredients, all while focusing on ensuring that taste and nutrition are never compromised in the process. Our products satisfy our consumer's desire to eat healthy while partaking in snacks that taste great and fuel the body with both energy and nutrients beneficial to any healthy diet.

IN 2008, a spiritual journey lead me to change my diet to vegan. And I discovered that a CHANGE is just what I needed! A change that helped to remedy the blah feeling that often plagued me and more than likely was instrumental in my lack of drive and ambition. In my vegan diet quest, I developed an all-natural snack that shockingly helped to satisfy my "nonvegan" cravings. It was a perfect mixture of churchy, sweet, tasty mixed with healthy ingredients. The response from partaking samplers was amaz-



FOR GOODNESS SAKE
EATING RIGHT IS NO LONGER OPTIONAL ; LIVE AND BE WELL!

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*Eating right is no
longer optional; Eat to
live WELL!*



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Oh For Goodness Sake, taste
and see just how good this
stuff is!

Our all natural foods are entirely too yummy to keep to yourself. But we would be remiss in not warning you. When sharing crumbly granola, pour product directly into recipient's hand. Otherwise, you could very likely get your bag back empty. And although we do condone sharing, let's just be honest, sometimes it's just every man (or woman) for him or herself. It's not like there isn't enough to go around. Tell them to get their own!

FGS offers convenient ways to get your product to you. Our most popular means is online ordering at www.FGSake.com. With a 72 hour turn around in most cases, you'll have your goodies in hand before you know it. Our product is currently sold in Cozy Corner 640 Temple just 1 block east of the Masonic Temple. For your convenience, we also sell our product fresh at the Detroit Eastern Market every Saturday. Be sure to look for other locations coming soon.

ALL NATURAL GOOD STUFF:

MADE TO ORDER UPON REQUEST

- VEGAN DESSERTS
- HUMMUS DREAMS
- VEGAN DISHES



Even our American Troops in Kuwait know a
good thing when they see it.

OUR TOP 6 GRANOLAS ARE...

NUTTY GRANOLA— This tasty trio contains Pistachios, almonds and cashews! It's got every thing from raisins, banana chips and a hint of coconut sweetened with pure honey.

PLAIN OLE FANCY— Its name says it all. This one's for all those folks that believe in just keeping it simple. Pack with several kinds of nuts including the "fancy" ones like Brazilian and filbert. This "Ole" treat will hit the spot.

AWESOME APPLE— Awesome! This pecan based treat contains apple pieces and raisins. Sweetened with pure Maple Syrup. You gotta taste it to believe it.

KATIE'S CHEW— If you're thinking smorgasbord you're thinking Katie's. It's got cranberries, cherries, pistachios and almonds. Do we need to say more?

PEANUT BUTTER — All natural peanut butter mixed with honey and banana. Simply wonderful! Who would have think it?

NEW ONE'S— What do you get when you mix cashews, plantain chips, pineapple pieces and a smidgen of coconut.? The New One's of course! You'll love em.

HUMMUS DREAMS DO COME TRUE!

Looking for taste in hummus? Well, you've found it. Our hummus has plenty of flavor with just the right balance.

Original—don't underestimate simple. Our original contains no spice.

Spicy Hummus— flavored with ground red pepper.

Spinach & Artichoke— fresh organic baby spinach and whole artichokes.

Sweet Long Pepper— we use fresh long red peppers and a bite of spice.

Grilled Eggplant— a nice balance of hummus and tasty eggplant.

Chipotle—A sneaky spicy, only for the strong and courageous.

Pickled Beet—pink hummus never tasted so good.

Heavy Garlic—double the garlic for the brave at heart.

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