

About Mammas food

Premium Quality Beyond Compare.

Mammas food is a leading Egyptian company specializing in the manufacturing, international trade, export, import, and distribution of premium frozen fruits, vegetables, and food commodities, we deliver exceptional quality and freshness from our state-of-the-art production facilities in the 10th of Ramadan industrial aria, Egypt.

Headquartered in new Cairo, with strategically located sales offices in Sweden, the United States, Kuwait, Jordan and Italy, Mammas food serves as a reliable partner to a wide network of companies and food manufacturers across the global frozen food industry.



Frozen Okra Zero

Okra is packed with nutrients that improve digestion, control cholesterol levels, and boost the immunity system

- **Quality Standards:** HACCP, GMP, SPC & QA systems are applied in the manufacturing, storage & other operations. Product is approved for HALAL. The system is certified for BRC.
- **Preservatives:** Free from any chemical preservatives.
- **Pesticide Residues:** In conformance with WHO recommendations & EC directives.
- **Color Flavor & Taste:** The color, texture, flavor and taste are uniform and consistent.
- **PRODUCT INFORMATION**

  Storage and its Conditions

  - Deep Freeze Store at (-18 ° C) not more than 18 month

  - Refreezing is not allowed

- **Packing**

  - Bag: Net weight 400 gm.

  - Carton = 20 Bags = 8kg

  - Container = 40 Feet (about 2600/3000 cartons)

- **Bag Weight**

  - 400 gm.

- **Origin** Egypt



Frozen Minced Molokhia

Molokhia is full of fibres that improves digestion, regulate blood pressure and help with heart health

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Frozen Green Peas

Green peas are packed with nutrients that boost the immunity, good for eye health, and provide good source of iron.

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Frozen Green Beans

Green Beans provide many key nutrients. They help with good eye and heart health. They also improve digestion and promote weight loss as they are low in calories.

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- **Bag Weight**

  - 400 gm.

- **Origin** Egypt



Frozen Peas & Carrot

Peas and Carrots are very rich in fibres and vitamins A &C. They are good for digestion and eye health, and help to keep healthy skin.

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- **Origin** Egypt



Frozen Mixed Vegetables

Enjoy a colorful mix of individual vegetables (Peas, carrots and Cut green bean) Or more from LA VIDA that are tasty, healthy and great in value.

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- **Origin** Egypt

Other products

We have a wide range here are the best sellers but don't hesitate to ask about other products you want or ask about the entire catalog.




MAMMA'S
FOOD
FROZEN
MANGO SLICES
GRADE A
Keep Frozen
Rich in Vitamin A
Vitamin C
Natural & Sweet
Non-GMO
800g


MAMMA'S
FOOD
FROZEN
BROCCOLI FLORETS
GRADE A
Keep Frozen
Rich in Vitamin K
High in Fiber
No Preservatives
Natural & Healthy
400g


MAMMA'S
FOOD
FROZEN
WHOLE APRICOTS
GRADE A
Keep Frozen
Rich in Vitamin A
Natural Fiber Source
Non-GMO
Natural & Sweet
800g


MAMMA'S
FOOD
FROZEN
CAULIFLOWER
FLORETS
GRADE A
Keep Frozen
Rich in Vitamin C
Natural Fiber Source
Non-GMO
400g


MAMMA'S
FOOD
FROZEN
CHOPPED SPINACH
GRADE A
Keep Frozen
Rich in Iron & Calcium
Natural Fiber Source
Healthy & Nutrient-D
Non-GMO
400g
MAMMA'S
FOOD
FROZEN
ARTICHOKE HEARTS
GRADE A
Keep Frozen
Source of Vitamin C
Source of Fiber
Natural & Tender
Non-GMO
400g
MAMMA'S
FOOD
FROZEN
WHOLE LEAF
SPINACH
GRADE A
Keep Frozen
Rich in Iron & Calcium
Natural Fiber Source
Healthy & Nutrient-D
Non-GMO
400g
MAMMA'S
FOOD
FROZEN
BROAD BEANS
GRADE A
Keep Frozen
Rich in Vitamin C
Antioxidants
GMO Free
No preservatives
400g