



19 DECEMBER, 2017



EAT &amp; DRINK, HEALTH &amp; FITNESS

## Organic Food in Hong Kong: Health Shops, Online Stores & Local Markets

Health is wealth after all...

Are you trying to turn over a new leaf and cut down on unhealthy food? We've all been there and know how difficult it can get! To help make this road to recovery a little easier for you, we've compiled a list of the best places where you can easily find all things healthy in Hong Kong. Whether you're looking for nutritional supplements, vegan snacks to munch on throughout the day, fair trade goodies or just some fresh and organic veggies – we've got you covered.

### Health Stores

## **South Stream Seafoods**

South Stream Seafood is all about carefully sourcing the freshest and most nutritious organic meat and produce. With most of the products shipped in directly from Australia and New Zealand, you can expect a wide range of **organic products**. Whether you're looking for fruits and vegetables, dairy products and beverages, soups and broths or any kind of meat – this place will get the job done. It even stocks organic oils and cleaning products! All fresh meat can be cut to your specifications and vacuum packed for extra convenience. Perfect for busy parents, planning ahead.

All South Stream Seafood's new customers can simply use the code SASSY10 and get a 10% off discount. Plus, there's free delivery for all purchases of \$500 or more – available in most areas in Hong Kong.

***South Stream Seafoods Ltd, Units 202-204 Lai Sun Yuen Long Centre, 27 Wang Yip Street East, Yuen Long, N.T., Hong Kong, 2555 6200, [www.south-stream-seafoods.com](http://www.south-stream-seafoods.com)***

## **Just Green Organic Convenience Store**

Offering a wide selection of healthy goodies, from food to bevies to supplements and whatnot, Just Green is the place to be if you simply cannot get enough organic products. Though it started off as a small shop, Just Green is now spreading its values of a healthy lifestyle through nine locations across the city. Browse its extensive range on their user-friendly website to see what's in store!

***Just Green Organic Convenience Store, 52 Graham St, Central, Hong Kong, 2801 5611, [www.justgreen.com.hk](http://www.justgreen.com.hk)***

## **Redwood Nutrition House**

Whether you're looking for some extra nutritional support, have cholesterol problems, or need sleeping aids – Redwood Nutrition House has got you sorted. With stores in Kennedy Town and

Wan Chai, you can find almost everything healthy and organic that your heart desires, from holistic health bites to nutritious snacks (*stock up on those!*).

**Redwood Nutrition House**, Shop 9B, 164 Queens Road East, Wan Chai, Hong Kong, 2815 2121, [www.redwoodhealth.com.hk](http://www.redwoodhealth.com.hk)

### **Spice Box Organics**

This one's for the eco-friendly gods and goddesses! Because not only is it completely environmentally friendly, but it is also a socially conscious company that sources everything ethically. Aside from providing a wealth of spices (*with the option to create your own herbs and spice box*), Spice Box Organics ensures health for the mind, body, and soul with its selection of traditional meds, household and body care products.

**Spice Box Organics**, multiple locations across Hong Kong, [www.spiceboxorganics.com](http://www.spiceboxorganics.com)

### **Locofama**

Head to the popular neighbourhood diner, Locofama, but this time for its specialty retail store next door, also known as 'The Marketplace,' which provides sustainably sourced products for you to stock up on! If you prefer items such as soy milk and organic pet food, this is where you need to be. It even has a range of eco home and beauty goods! Shop away...

**Locofama**, 13 Fuk Sau Lane, Sai Ying Pun, Hong Kong, 2547 7668, [www.locofama.com](http://www.locofama.com)



## Local Markets

### **Central Farmer's Market**

Twice a week, the Central ferry pier's second level transforms itself into a farmer's market – offering local and organic fruits and veggies! Organised by the Kadoorie Farm & Botanic Garden and SEED, you can be rest assured that the produce here is as natural and fresh as it gets!

*Central, Ferry Pier, Hong Kong*

### **Mei Foo Market**

If you're living on Kowloon side and finding it hard to purchase organic produce, head to the farmer's market in Mei Foo on any Sunday between 11am to 5pm. Take MTR exit B and right next to the wet market, you'll find fresh veggies ready to be stirred up into a salad!

*Mei Foo, Kowloon, Hong Kong*

### **Crossroads Market**

Fellow Gold Coasters, don't worry about having to cause a dent in your wallet at Marketplace for organic veggies – head to Crossroads instead! Every Saturday, from 10am to 4pm, this charity organisation provides visitors a range of produce to purchase from. If you're in the mood for some extra shopping, visit the Global Handicrafts shop for fair-trade edible munchies!

***Crossroads Foundation***, 2 Castle Peak Road, Tuen Mun, New Territories, Hong Kong, 2272 9333, [www.crossroads.org.hk](http://www.crossroads.org.hk)

## **Sai Ying Pun Market**

If you're in the area, check out Organic Veggie Express in Sai Ying Pun's local market. Hand pick locally grown superfood veggies while they're fresh and ripe. Not only will it benefit your health, but will also support the local economy!

***Organic Veggie Express***, 45 Centre Street, Sai Ying Pun, Hong Kong

## Online Stores

### **i-Detox**

The name says it all! i-Detox has everything you need for a full blown, clean as ever detoxification! Even if you're not looking to fully detox but just want some healthy products leading you in the right direction, this store is stocked with the purest supplements, latest medicines and naturopathy. Since it is also a wellness education centre, you know you'll be in good hands.

*Free shipping for orders over \$600, 3904 1072, [www.idetoxstore.com](http://www.idetoxstore.com)*



## Jou Sun

Local organic online store, Jou Sun, enables its customers to buy affordable groceries that are fresher and of better quality by sourcing directly from 35 farmers and specialty importers around Hong Kong. You can easily find sustainable and organic produce, from fresh meat and seafood to dairy products to rice and other grains! With seasonal promotions and next day delivery, your online healthy food shopping is made easier with Jou Sun!

*Delivery fee is waived if you spend a minimum amount, [www.jousun.com](http://www.jousun.com)*

## Nutri Alley

If you're the type that's allergic to various foods or have specific dietary restrictions, opt for user-friendly Nutri Alley, where shoppers are provided with a range of 'free-from' products to pick from. Whether you're looking for caffeine-free, dairy-free, gluten-free, vegan or kosher items, you can easily find it with its filter search!

*Free shipping for orders over \$500, 2137 0719, [www.nutrialley.com/pages/shop](http://www.nutrialley.com/pages/shop)*

## One Vegan Shop

Sure, it's got organic food, but this store even has organic *pet* food and shampoo! With a range of skincare and household items, One Vegan Shop has all things vegan, as well as a large selection of healthy food like vegetarian meat, dairy-free desserts, supplements and more.

*Free shipping over \$300, [www.oneveganshop.com](http://www.oneveganshop.com)*

## Organic Taste

Certified organic online store, Organic Taste is stocked up on a range of products such as superfoods, detox supplements, healthy munchies, energy bars and plenty more. They all carry certifications from around the world such as the USDA Organic, EU Organic and others. What's more is that these products are all at *pretty* friendly prices, what would otherwise be quite pricey at any other ordinary retail store!

*Free shipping over \$200, [www.organictaste.com.hk](http://www.organictaste.com.hk)*

*Featured image via [Unsplash](#), Image #1 courtesy of [South Stream Seafoods](#), Image #2 via [Unsplash](#), Image #3 courtesy of [Jou Sun](#).*

## ABOUT THE AUTHOR



Mashal Mushtaq

A proud Hong Konger, Mashal is constantly on the go and loves staying active and keeping her schedule packed with...

**SHOW MORE +**