ISSUE 02/03
MAY-AUG 2022

27 ANNIVERSARY

a gourmet®

GLOBAL WARMING

IT IS REAL!

- WEATHER EXTREME
- RISING SEA
- FOOD SHORTAGES
- WILD LIFE HABITAT DISSAPEARING
- SOIL EXTINCTION, 50 YEARS LEFT



PLANT A TREE

GLOBAL WARMING/ CLIMATE CHANGES

WHAT CAN WE DO TO HELP TO HELP THE ENVIRONMENT



Jean Yeap

Managing Director

Consciousness – Climatic Change & Soil Consciousness

“In this second chapter, my key focus is on the Awakening – to create a deep consciousness the state of deep awareness, to the real problems that are facing us, climatic change and soil depletion in the world, these problems will be claustrophobic beyond salvation between 20 to 50 years. When that happens there will be war, a scramble for food, a fight for usable land that is diminished.

Do we wait for “too late” to happen?

Each and everyone of us are aware that the weather is changing, fresh produce are not tasting like it used to, the nutrients are depleting. If we are aware of these, please wake up to embrace eco-living as we can collectively do more even if the step is small but in a chain of circle the ripples will become an ocean.

Let us do our part to create awareness of climatic change and the depletion of soil. With immediate action, look at what you can do to reduce your carbon footprint and to stop using chemicals in our garden. Let us together only use organic soil and composting for fertilizers, Let us create space for organic home gardening which in our third issue we will elaborate on home gardening and composting.

Dear La gourmet friends and fans, do help the world community to spread on Climatic Change consciousness and to be a Earth Buddy that Sadhguru is advocating to Soil Consciousness as it takes 500 years to form 1 cm of top soil and to make soil fertile it takes 3,000 years. This was a shocking revelation to me too. Let us value what we have now so together we can forge ahead to embrace eco-living, to spread consciousness on climatic change and soil consciousness where you can be a Earth Buddy to take baby steps to take care and love the soil that feeds us.

La gourmet is a brand with a heart and we care what happens to our world as all of us depend on the earth for our living. To care for our people is to care for the earth that feeds us.”

With Conscious Care,
Jean Yeap

SAVE EARTH

As long as we walk on this earth, it is each and every one's duty to do whatever small part (which will cause a huge ripple effect) to heal mother earth. We humans are the cause so we have to take actions collectively to heal and reduce the climate change when we still can.
In this second edition, I like to elaborate on what endanger the earth.

Firstly, is to be conscious about the problem.
Second, is to understand the serious consequences.
Third, is what can we each one participate to save mother earth for our future generation.
It is closing on us just a question of 30 to 50 years so we have to be aware, to take action no matter how small as it will create a ripple effect.



Deforestation

Deforestation represents one of the largest issues as forest are cleared for human use for wood products, for crop lands, grazing, mining and housing. Deforestation is said to be the leading cause of extinction on the planet, the capacity of the forests to pull greenhouse gases from the atmosphere is lost as forests are cut.

Forest loss contributes about 1.5-2% of all annual greenhouse gas emission. Large scale farming and cattle ranching over the thousand of years has created deforestation to deplete loss of trees and vegetation causing climate change, desertification, soil erosion, flooding, increased greenhouse gases and a host of problems for indigenous people, animals habitat and extinction of animal lifes.

Mass Farming



Mass Farming using tractors and ploughing results in soil compaction with reduced water holding capacity and a overall less hospitable environment for all life in the soil.

It has a very big negative impact on biodiversity of naturally occurring organisms including bacteria, fungi, worms and inserts which are so needed to contribute to the stability and porosity of the soil structure as well as to the richness of the soil in the forms of the organic matter broken down from plant and animal material. Such disruption of soil by huge tractors and applications of weed killers and chemical fertilizers means killing with mass disruption of vitally important organisms to enrich the soil. The soil becomes harden and top organic soil disappear. Furthermore, rain erosion causes runoff of farming chemical, pesticide to be carried along with the soil into waterways, streams, rivers and into the seas and oceans. This further makes places where the aquatic habitant to become inhospitable to most life forms creating many dead zones in the world.

This combined assault is particularly damaging for the Amazon rainforest much of which falls within the borders of Brazil. Brazil is one of the biggest exporters of beef worldwide. A study in 2021 found that land-use conversions for meat production were the primary drives of biodiversity loss. Wildlife habitats are being encroached upon at unprecedented rates.

Destroying habitat is a death sentence for the animals living there, many of which are already endangered species. Globally, we are losing an areas the size of Greece of fertile soil each year… That is so scary.



Impact On Soil By Mass Farming

This is huge subject that I cannot but highlight in this chapter. We all need soil, good organic soil to grow healthy plant based food for us humans.

But we are losing the battle as mass farming practices destroy the nature, killing the vital bacteria fungi, earth worms that live there.

The overuse of pesticides or herbicides are killing and contaminating the plant and microbial life it sustains. Over the years the toxic chemicals (that provides short term harvest, had not only decreased the soil fertility but the soil is so contaminated that the fruits and vegetables lack quality nutrients and may contain poisonous substance to cause serious health problems in people consuming them.

At this juncture, we would like to highlight the so essential "soil" that is so needed for our human existence, yet many take it for granted without realising the great threat of "Soil Loss".

WHAT IS SOIL?



WHY IS IT SO IMPORTANT?

Soil is a mixture of minerals, dead and living organisms, air, water. These 4 ingredients react with one another in amazing ways making soil one of our planet's most dynamic and important natural resource.

Soil is vitally important to all life on land. It supports rooted plants, provides a habitat and shelter to many animals and it is the home to bacteria, fungi and others microorganisms that recycle organic material for reuse by plants.
Soils are limited natural resources. We humans have taken "Soil" for granted as it seems to be available in abundance. However over the years the rich soil that we take so much for granted is depleting. What we do not realise is that one inch of topsoil can take several hundred years or more to develop. Typically it takes 100 to 500 years for every inch of top soil. It is formed from the weathering of rocks and the subsequent addition of organic material from decaying plants and animals. This enriches the soil and adds the nutrients essential to support plant life. In order to accumulate enough substances to make soil fertile it takes 500 to thousands of years to create an inch of top soil.

The world grows 95% of its food in the uppermost layer of soil making topsoil one of the most important components of over food system. Without topsoil, the earth's ability to filter water, absorb carbon and feed people plunges.
"The situation is very serious as within the next 50 years, the world will run out of top soil." (UN's Food and Agricultural Organization)

"Essentially, all life depends upon the soil…
There can be no life without soil and no soil without life; they have evolved together."



The United Nations says we have soil left only for approximately 80 to 100 harvests which means another 45 to 60 years of Agriculture. After that we will not have the soil to produce food.
Now let's turn our attention to explain clearly what is ***Global Warming ?***







About 40% of global carbon dioxide (CO2) emission are emitted from electricity generators, through combustion of fossil fuels (coal, natural gas and oil) to generate heat needed to power steam turbines. Burning these fuels result in the production of carbon dioxide CO2, the primary heat-trapping 'greenhouse gas' responsible for global warming.

Meat and dairy companies are also world's biggest polluters. Cows release methane which is a gas like CO2 but the negative effect on the climate of methane is 23 times higher than the effect of CO2.

Mother nature absorbs our carbon dioxide to produce food through the process of photosynthesis letting out oxygen which we humans need to keep us alive. However, with logging and the rapid industrialization, mother nature cannot cope with so much carbon dioxide which in turn becomes a trap acting like a blanket, preventing it from escaping into outer space. The net effect is the gradual heating of Earth's atmosphere and surface, a process known as global warming.
This is **ECO IMBALANCE**.

What has that got to do with me?

- Global warming will contribute to respiratory disease from trapped smog and air pollution.
- Extreme weather = food supply disruptions.
- Increased wildfires.

Pollution is killing the planet and we all need to take action now. La gourmet in our 27th Anniversary this year we are spending a year to



educate, to create consciousness, to instil great awareness of how climatic change will create droughts, fire, floods on such a massive scale that before end of this century we may see the 6th extinction of mankind.

Currently we are already experiencing increased heat, drought, reduced agricultural yields, flooding and erosion in coastal areas. We are witnessing rising sea levels, melting glaciers and warming oceans harming sea animals.

We will increasingly face drastic stresses in the ecosystem with temperature rise, water shortage, increase fire, weed and pests invasions, intense storm damage. All these will threaten our health by affecting the food we eat, the water we drink, the air we breathe and the weather we experience.

If global warming continues to deteriorate we will see more melting glaciers, the extension of desert zones, intensity of storms and hurricanes, the loss of plants and animals species. There will be severe threat to health as heat stress and heat stroke increases. There will loss of food security which will lead to malnutrition.

There will be continued extension of deserts and wildlife with increased disease transmission due to mass migration.

There are serious related areas that exemplifies global warming which we in La gourmet want to create greater awareness to as many people as possible so they too can join the green circle to do their part to spread awareness of climatic change, soil consciousness and to take steps to embrace eco-living.



Plant A Tree

Why should we be involved?
Why is it important?

1. Plant a tree is vital to create a rally to encourage government to stop licensing to loggers from cutting down the old trees that have stood the test of time looking after the equatorial forest, a source as food and refuge for birds and animals. We encourage the government to plant renewable resources so loggers can rotate and use trees as logs that have a faster rate of growth.

2. Trees are vital to our human living as they provide us oxygen, store carbon, stabilize the soil and give food and refuge to the wildlife. Trees also provide us with a physical filter especially in cities, absorbing pollutants from the air. Each tree is said to remove up to 1.7 kilos of pollutants from the air every year. Trees also provide shade from solar radiation and reduce noise.

3. Trees absorb carbon dioxide as they grow and the carbon they store in the wood helps slow the rate of global warming. It is said trees can reduce temperature up to 7°c in the cities as they reduce wind speeds, cool the air as they lose moisture and reflect heat upwards from their leaves.

Trees are vital to us humans and animals as trees help to clean the air we breathe. Through their leaves and bark they absorb harmful pollutants and release clean oxygen for us to breathe. Trees play a key role in capturing rainwater and reduce the risk of natural disasters like floods and landslides. According to UN Food and Agriculture Associations, a mature evergreen tree can intercept more than 15,000 litres of water every year.

The great value of trees is the fact that a single tree can be home to hundred of species of insects, fungi, moss, birds, mammals and plants. Depending on the type of trees and food it provide, different forest animals require different trees for different type of habitat. Without trees, forest creatures would have nowhere to call home. Urban squirrels, birds, inserts are dependent on trees as their habitat.

Planting trees in schools can also release more oxygen into the atmosphere. The trees can provide shelter and food for birds, inserts and small animals like squirrels. These small animals will have a natural habitat to live in.









Providing trees in schools contribute to the learning environment for school children as unknowingly the trees gives them cleaner air and improve students' concentration. Equally important we have to educate our children from young the value and importance of trees and how trees make our earth a better place to live in.

The trees will reduce noises from the traffic, cool the atmosphere, create a natural calmness and ambience for conducive learning. We need to create soil and trees consciousness to the students so they understand sustainable development on earth as it will affect each and everyone.

We need to educate students to be mindful of the green movement and how vital trees are on a larger scale for human life and existence. Trees are the earth lungs and their overall benefits are so encompassing that we need to educate all we can on forest conservation, planting trees and soil preservation.

It is evident that there is not enough education towards climate change, reforestation, importance of trees to the environment and biodiversity and importance of soil preservation. There is not enough exposure and environmental education is our school system.

La gourmet wants to play a meaningful role to take our 27th Anniversary to give back to society and one of the best way is to create consciousness on

1. CLIMATE CHANGE



2. DEFORESTATION



3. SOIL CONSCIOUSNESS



4. PLANT A TREE



Through "Plant A Tree" project, we will invite the professionals in the field namely:
1. Free Tree Society- Ms.Baida to provide education on tree planting.
2. Isha Foundation- A representative to talk on soil consciousness.
To be the speakers to educate the students of the 27 schools via zoom on the above subject.

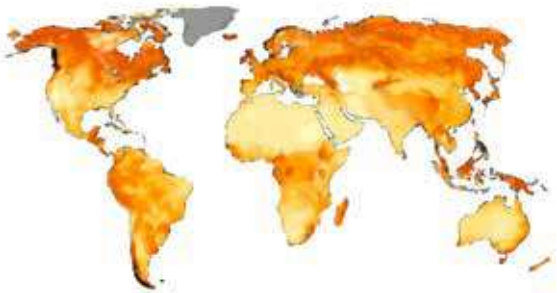
We will also host another education zoominar on the above subjects to students in colleges and universities as they can become part of the green movement or become buddies of the soil consciousness movement to help "Save The Planet" with their baby steps to join the circle of life.

SAVE SOIL

Save Soil is a global movement launched by Sadhguru to save soil from extinction, and bring the necessary policies to address the catastrophic issue facing humanity.

Soil Degradation - A Global Issue

52% of the world's agricultural soil has already degraded



Map S.5
GLOBAL SOIL ORGANIC CARBON, 2019 (tonnes/ha)
Source: FAO, 2019, modified to comply with UN, 2021.



LOSS OF LIVELIHOOD

Thousands of farmers are commiting suicide due to depletion in soil.

74% of the poor are directly affected by land degradation globally.

It is estimated that soil extinction is costing the world up to US$10.6 trillion every year.

Save Soil Movement aims to:
Increase organic content in soil to **a minimum of 3-6%**

To effect this change we need to:

- Advocate for policies across all nations towards soil restoration.
- Raise awareness of this imminent crisis among 3.5 bilion people to garner their support for these policies.

UN Climate Change is on board to Save Soil

Ovais Sarmad, Deputy Executive Secretary, UNFCCC welcomes Sadhguru and supports concrete on-the-ground implementation.

Learn & Support

SaveSoil.org

SPECIALLY CREATED
IN CELEBRATION OF 27

5L ELECTRIC PRESSURE COOKER

HEALTHY QUICK AND EASY MEAL

AT YOUR FINGERTIPS

One-touch cooking, pressure cooker does it all, no monitoring or skill needed!

DID YOU KNOW?

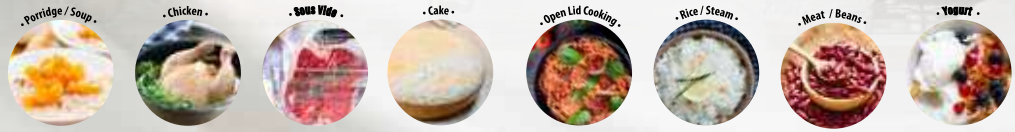
Pressure cooker can help you save up to 80% of your time & electricity bill.

80% faster cooking time

Secure peace of mind with auto cover sensor

Simply safer with child lock

Lock in nutrient







Phoenix Chicken

INGREDIENTS

1 whole Free Range Chicken

SEASONING

30g Ligusticum Chuanxiong
* 50g Dong Kuai
* 50g Huai San
* 50g Dong Sam
1 ½ tbsp. Oyster Sauce
2 tbsp. Cooking Wine (optional)
½ tsp. Salt
1 tsp. pepper
1 sheet Cellophane Paper
1 sheet Aluminium Foil
*soak with 3 tbsp. water for 1 hour



6L Electric
Pressure Cooker

METHOD

1. Rub chicken with seasoning. Stuff Ligusticum Chuanxiong, Dong Kuai, Huai San and Dong Sam into chicken cavity.
2. Place chicken on cellophane paper and aluminium foil, add in 50ml water then wrap up and place it on the steamer bowl.
3. Pour 2 bowls of water into pressure cooker non-stick inner pot, place the steamer bowl into pressure cooker.
4. Seal the pressure cooker lid and set cooking function at CHICKEN and time for 23 minutes (Taste: Rich).
5. When it is done and show “bb”, turn off pressure cooker and allow the pressure to release naturally. Open the lid once the indicator valve lower down.
6. Remove chicken from pressure cooker and ready to serve with rice.

SPECIALLY CREATED
IN CELEBRATION OF 27

A Piece of Nature That Makes Cutting and Serving A Beautiful Experience in Your Kitchen

ANTIBACTERIAL ACACIA CUTTING BOARD

Acacia is extremely heavy, dense, and durable. Its density and hardness make it the perfect material for heavy use.



Acacia Cutting Board & Santoku Knife
35.5 x 25.5 x 1.5cm

NATURAL • VERSATILE • REVERSIBLE

NATURAL ACACIA WOOD/ HYGIENIC AND SAFE
Environment-friendly and food safe

DURABLE
Thick wood that can withstand heavy blows

NO MESS WHEN CUTIING
Keeps the liquids and drippings from spilling

EASY TO CLEAN
Hand wash with soapy water after each use and towel dry immediately

ELEGANT SERVING TRAY FOR KITCHEN
Ideal for nibbles, platters or cheese board

REVERSIBLE / DOUBLE-SIDED DESIGN
Reversible surface for cutting fruits and vegetable

KNIFE-FRIENDLY
Does not scratch or warp easily

LFGB & FDA Approved
Safety Assurance

6 Servings

Dhal

- Healthy and Nutritious
- High in Natural Protein
- Low in fat
- High percentage of vitamins, minerals, phytochemical

Preparation Time 30 mins

Level Medium

Cook Time 45-60 mins

INGREDIENTS

- 1 cup Dhal (mixture of green bean, Australia dhal, Massora Biji)
- ¼ tsp. ground Turmeric
- 1 tsp. Chili Powder
- 2 cups Water (480ml)
- Pinch of Salt
- 2 tbsp. Oil
- 1 inch Ginger – minced
- 2 Garlic – minced
- 3 dried Chillies – cut into half
- 2 stalks Curry Leaves – Stem removed
- 1 Onion – cut into wedges
- 1 Tomato – cut into wedges
- 2 Carrots
- 2 medium Potatoes – cut into quarter

METHOD

1. Rinse and drain dhal. Set at OPEN LID COOKING, heat up oil in non-stick inner pot, add in mustard seeds and cumin seeds. When it crackles, add in onion, ginger, garlic, curry leaves and chili stir-fry until fragrant.
2. Add in tomatoes and potatoes, cook for about 3 minutes. Add in dhal, ground turmeric, water and salt.
3. Seal pressure cooker lid, set cooking function at MEAT/BEANS Program and time for 30 minutes.
4. When it is done and show "bb", turn off pressure cooker and allow the pressure to release naturally. Open the lid once the indicator valve lower down.



6L Electric Pressure Cooker

Changing the World Through

ART COLORING CONTEST

15 May - 15 Jun 2022

Art has the power to change the world. In conjunction with our 27th Anniversary, we want to raise awareness about Climate Change and Deforestation to our younger generation through art by giving them the opportunity to explore their creativity.

Win E-Cash Vouchers

WORTH UP TO **RM888!**



Category A:	5 - 8 years old
Category B:	9 - 12 years old

STEP 1

Scan the QR code to download the template.

STEP 2

Colour away! You are also allowed to add other visual elements to enhance the message and theme of the contest.

STEP 3

Post up a full photo of the entry on your social media page with the hashtags #lagourmetmy#savetheplanet and tag @lagourmetmy.

Please ensure that your profile is set to "Public" during the contest period.

SAVE
THE PLANET WITH 3R PAC2GO™



With the improvement of the Covid-19 situation in Malaysia, we are slowly going to back office & schools.

As we are still learning to live along with the pandemic, it is best to pack our lunch to schools or office.

HEALTHY MEAL, ANYTIME ANYWHERE!


WORK


SCHOOL


"BUNGKUS"

REFILL - To refill and rehydrate our bodies.
REUSE - To cut down plastic waste by reusing our bottles and containers.
REDUCE - To reduce our carbon footprint by reducing the resource that we use by reusing La gourmet 3R Products.

The La gourmet PAC2GO 3R containers & bottles embodies this concept, it has made packing lunch easy & convenient. It is also safe & healthy the containers are made with stainless steel that is non-leaching, unlined & clean tasting.

Why not change to a sustainable lifestyle to save the planet & conserve the planet's resources.





CLIMATE CHANGE –

THE WORST HAS YET TO COME

With the recent flooding in Peninsula Malaysia that cause massive destruction should serves as a wakeup call for Malaysian - Climate Change is **REAL**. It is not a phenomenon that is affecting European countries or other Asian countries but is something that is also happening in our country.

In recent years, there has been record breaking wild fires in Turkey, Greece, Australia & Italy, extreme heatwaves in America as well as flash flood in Germany & China. Everywhere around the world, the consequences from global warming is wreaking havoc.

These extreme events will continue to happen, if we don't start taking action to prevent all these. A cohesive initiative from all including the government, the people, and the non-governmental organization are required from all bodies to counter the effects of global warming.

The recent flood in Malaysia in end of 2021 is a lesson to all of us to start saving the planet before it is too late as the worst has yet to come!









Source: astroawani.com, thestar.com.my, bharian.com.my, utusan.com.my, says.com, wacana.my, cleanmalaysia.com, gempak.com

HELPING THE NEEDY







La gourmet rise up to the occassion by providing support to the flood victims through Lions Club.



DID YOU KNOW?

The Merbau (Malacca teak) tree is Malaysia's National Tree. The Merbau tree was selected as a symbol of the integrity of the nation's forest resulting from sustainable management and the conservation of the Malaysian biodiversity. It symbolises the importance of Malaysia's Industries and the economy.

Merbau trees can grow up to as tall as 164 feet and may also reach 150 centimetres (around 59 inches) in width. It is considered part of the Old World tree species and is famous for its durability.

SPECIALLY CREATED
IN CELEBRATION OF 27

Marvellous heat with Mad Cute Design

Speedy heat oven for toasting, heating and baking.

Healthy Electric Oven 12L, Imperial Red (EO12RD)



Special EasyKleen internal coating

High tempered resistance mirror coating glass window

Double M-shape heating tube for wide coverage area

12L Capacity

Perfect cooking experience !



8" Pizza x1



Chicken Wing x 6-8



Egg Tart x 6



Steaks x2

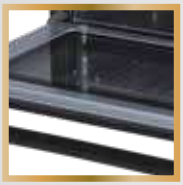
SPECIALLY CREATED
IN CELEBRATION OF 27

42L ELECTRIC OVEN

DOUBLE LAYER GLASS DOOR

FOR DOUBLE SAFETY BAKING!

Excellent baking experience with full control for you.



Double Glass Door



Double Heater Grill & Convection



Special EasyKleen Internal Coating



42L Large Capacity



4-knob control for comprehensive baking

Give your Perfect Cooking Experience



12" Pizza x1



Whole Chicken x1



Chicken Wing x 15



Egg Tart x 12



PREMIUM QUALITY

HEALTHY ELECTRIC RICE COOKER, 4L

HEALTHY EATING
BEGINS WITH THE STAPLE

Cutting starch in your rice as much as 37%!

Up to 37%
Starch Reduction

MULTIFUCTIONAL
12 Preset Cooking Functions



304
Stainless Steel
Inner Pot & low sugar inner pot

A SPECIAL 4 STAGE
Cooking process that gives the ideal cooking temperature that forces most of the unhealthy **RDS** (Rapidly Digested Starch) out, resulting in **healthy and tasty cooked rice.**



SPECIALLY CREATED
IN CELEBRATION OF 27

1.5L Rice Cooker

PERFECTION IN A BOWL

Cooking your preferred fluffy rice texture with a touch.





CYCLONE HEAT CIRCULATION

The orb shaped of the ORBZ bowl creates uniform heat distribution of CYCLONE effect for large (FULL CYCLONE) or small amounts (SECTIONAL CYCLONE) of rice. Making each grain of rice perfect, plump and luscious.



6-LAYER 2MM THICK ORBZ BOWL

2mm THICK MULTILAYER ORBZ BOWL distributes heat evenly resulting in amazing rice. Non-stick ensures easy cleaning.



INTELLIGENT FUZZY LOGIC SYSTEM

Continuous & accurate heat adjustments to automatically control the cooking performance for the best tasting rice.

HOW EACH ONE OF US CAN BE

A HERO IN SAVING THE PLANET?

No cape required, just minimal lifestyle change and a dash of environmental consciousness.

WAYS TO REDUCE DAILY ELECTRICITY CONSUMPTION:

OPTION 1



Be mindful to switch off any electrical items that is not in use.

OPTION 2



Close the curtains when not around and have more plants in your surrounding can help to cool down the environment without blasting on the AC.

OPTION 3



80% faster cooking time



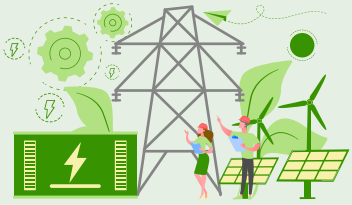
Rapid Boiling

Select household appliances that helps in reducing energy usage, especially those you use on daily basis. Alternatively, choose product that gets the job done faster, to reduce energy consumption.

SWITCH ON YOUR

PLANET-SAVING MODE BY SWITCHING OFF!





WHAT?

Electricity usage not only increase your power bill, but also increase greenhouse gas issue which is the main cause of global warming.

WHY?

Electricity is generated by burning fossil fuel or natural oil and gas, which will produce excessive amount of carbon dioxide and global temperature rise. This carbon dioxide which is trapped in our ozone layer is known as greenhouse gas.





WHEN?

The global average surface temperature had risen 2-degree Fahrenheit since the pre-industrial era (1900).

WHERE?

Globally, rising of earth temperature has been a huge concern since it is the direct cause of natural disaster. Primarily now that the effect of global warming has becoming more frequent, such as recent flood and earthquake.





WHO?

Everyone of us can slow down this process by taking responsibility in reducing the usage of electricity and be a smart consumer, selecting products that help reduce consumption of electricity.

SPECIALLY CREATED
IN CELEBRATION OF 27

YOUR

ULTIMATE
KITCHEN ASSISTANT

HEALTHY ELECTRIC GLASS CHOPPER, 1.0L- IMPERIAL RED

Chop, mince, mix, dice & blend in seconds!

304 **Food Grade Safety**
Commonly used for stainless steel blade

High Temperature Resistance
Do not release harmful substances

Anti-corrosion
Easy to clean without rust

STEP 1 Prepare



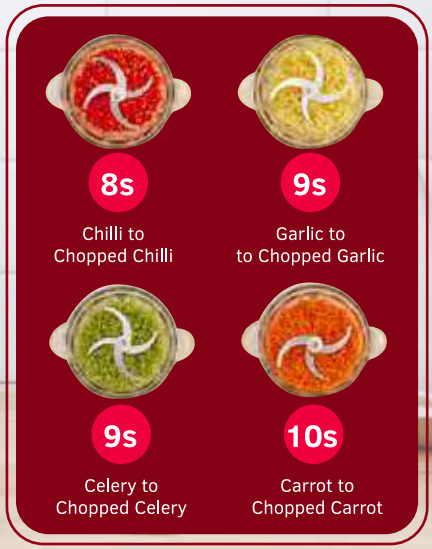
STEP 2 Chop



STEP 3 Enjoy







SPECIALLY CREATED
IN CELEBRATION OF



BRAND X

Rusty element, dirty seams that cannot be removed.

La gourmet®

SEAMLESS & HEALTHY

IS THE DRINKING WATER

YOU ARE DRINKING SAFE?



Eco Tips

Boiling water with vegetable scrap in this seamless kettle for your plant fertilizer. The seamless feature makes it easier to clean!

Scan me

SAVE THE PLANET



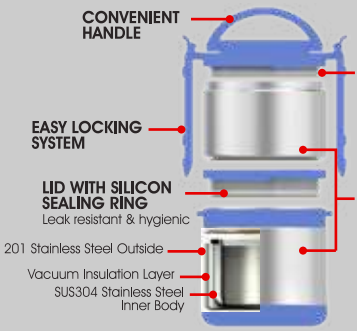
Keep It Hot
On The Go

For School, For Work &
Even to pack your Favourite "MAMAK"





1.4L 2-Tier Thermal Tiffin Carrier
with SUS304 Stainless Steel Interior & Spoon



1.5L Thermal Food Jar
with SUS304 Stainless Steel Exterior





2 YEARS WARRANTY

BEST LUNCH BOX & TIFFIN CARRIER (2015 - 2021)

LEAK RESISTANT · BPA FREE · THERMAL INSULATION
HEALTHY · FOOD SAFE · SUSTAINABILITY

lagourmetmy · LagourmetMalaysiaOfficial · www.lagourmet.com.my



Climate Reality
Soil Consciousness

You're Welcome to Join Our E-Forum















Time	:	Tentatively 24 June 2022 (Friday), 8pm
Guest	:	• Ms. Jean Yeap, Managing Director (La gourmet) • Ms. Baida Hercus • Isha Foundation

Join Us Live@ Lagourmetmy

The Topics

1. Understand how La gourmet & yourself can take baby steps in helping to save the planet.

2. Climate Reality - A look at the science, impacts and solutions to the climate crisis in a connect-the-dots style presentation. Gain knowledge on actionable steps towards sustainability and adaptability at an individual and worldview level.

3. Understand the global movement to save soil from extinction and be conscious in addressing the catastrophic issue facing humanity.

SO WHAT CAN WE DO?

1. Create consciousness about the climatic change
2. Change the way we consume, be more plant-based & use energy saving products
3. Stop tilling with heavy tractors.
4. Use organic fertilisers.
5. Do more composting
6. Plant trees to secure top soil & prevent erosion (fewer concreate surface)
7. Join soil consciousness movement



