







Special Sales Events

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Celebrate Chinese New Year

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New Year, New You

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#ZENXINwithyouforyou

CHINESE NEW YEAR EDITION

www.zenxin.com

CHINESE NEW YEAR), elebra Putting up red lanterns and spring couplets, enjoying reunion Day 7 Day 2-7 dinners, setting off firecrackers, giving 3th - 18th February 18th February and receiving red envelopes, praying at temples --- Chinese New Year is here! **Paying visits to relatives Celebrate the Creation** and friends. of Man (人日)

Falling on the first day of the first month in the lunar calendar, Chinese New Year, also known as Lunar New Year -- and more commonly known as Spring Festival in China, is one of the world's most celebrated festivals. It is the time of the year when family and friends reunite, no matter where they are.

From New Year's Eve, Chinese New Year is celebrated sixteen days until the fifteenth day of the lunar first month. Some rituals and customs are performed on certain days to signify special meaning.

30th January

ZENXIN Chinese New Year

Special LIVE

Grab LIVE - Exclusive Chinese New Year crazy deals!

PSALE

4th - 10th February

Cleaning the house and

New Year Shopping

LIVE

Chinese New Year Day 1

> Giving and receiving red packets
> Offering sacrifices to ancestors
> Share 'What I Love About Chinese New Year' photos with ZENXIN (refer Faceboook and Instagram).

12th February



6th February

ZENXIN Chinese New Year Night Extended 2-hour special programme at ZENXIN's outlets.

+ 2 hrs

11th February

Chinese New Year's Eve Enjoying Reunion Dinner with family! Tips: Purchase steamboat set with ZENXIN to get tasty yet healthy soup base for your steamboat



Day 8 19th February Preparing to go back to work

Eating 7 auspicious veggies

Check out ZENXIN's detox program



Day 9 20th February

Birthday of Jade Emperor (the God of Heaven) Worshipping Jade Emperor





Lantern Festival (元宵节)
 • Adoring lanterns
 Enjoying sweet glutinous rice balls





NEW YEAR NEW YOU

Dear Friends of ZENXIN,

We have just bid goodbye to 2020! It has been a very challenging year and a memorable one for many of us. At ZENXIN, we count ourselves lucky that we have made it through with the hard work from our colleagues in the organic farm, packing houses, shops and supermarkets. They have fought hard to propel the company's operation forward despite of the tough pandemic situation.

Personally, it was tough for my parents who were unable to meet their grandchildren due to the strict travel restrictions over the past 9 months. We are not hopeful to have reunion meals together this Chinese New Year since the COVID situation in Malaysia is currently not under control.

Perhaps, many of us would have similar situations that may hinder us from reuniting with our loved ones across the borders physically. Thankfully, technology allows us to meet each other online. Though we may need to use online platforms to virtually "Lao Yusheng" this year. I believe that so long as our hearts are connected, any means of reunion can be as meaningful. This coincides with our ZENXIN New Year theme as "用心团圆" - reunion with our hearts.

With our operations in Malaysia, Singapore and Nanning, China, we aim to provide excellent service to deliver fresh organic vegetables and fruits especially Spanish Organic Clementines, Australian Organic Grapes, Belgian Organic Joly Red Apples, Organic Yusheng, Organic Fortune Bags, Organic Steamboat sets or your choice of products to your loved ones or friends easily. Do message us your requests through WhatsApp, Facebook messenger or simply call us. We put our best foot forward to deliver your thoughtful gifts right to the doorsteps of your loved ones.

Most importantly, I would like to thank you for your continued support through 2020. We seek your continual support in 2021! Stay tuned to find out how ZENXIN will celebrate this year for our 20th anniversary.

In this new year, ZENXIN hope that you get to refresh your mind by reading less toxic news, revitalize your body through eating good and nutritious organic food and renew yourself to adapt to the new normal in 2021 since COVID should be here to stay for the time being. I believe that so long we stay positive and consuming the right food, we can overcome the challenges ahead of us. Get ourselves ready as always, I am sure that we will reunite with our families very soon.

For the moment, let our hearts connect, as we stay together to overcome this pandemic!

Organically yours,

Sengyee, the ZENXIN Organic Team Leader





还来不及挥手告别, 2020年已经圆满结束。 但新冠疫情就像是个淘气的背包客, 出走到地球后,至今还未想过回到自己的"星球"。

2021年,农历辛丑年, 你家的团圆饭餐桌上也许会因为疫情而少了些亲人一块团圆。 正在阅读此文的你,也许会是其中一位远在他乡,无法回家过年的孩子。

无论你是无法回家团圆的游子, 抑或是等待家人归来的父母和长辈, 诚兴有机,与你同在,

我们深信, 有机蔬果是值得传承的好味道。 所以, 我们愿意为你传递你的祝福回家, 我们要你和家人, 就算隔着两岸三地, 也能幸福过年,一起用"心"团圆。



 \bigcirc

BLISSFUL REUNION •Harmony at Heart•

In every reunion of healthful family members, comes blessings.

In this unfortunate year, Covid 19 is here to stay.

At home, are you missing some of your family members, they may not be able to attend reunion dinner like previous year?

Or, are you living abroad and are unable to be back home to celebrate the festivals due to the restriction under the unexpected pandemic?

You're not alone!

This 2021 CNY, ZENXIN gives you endless brand-new good wishes.

Hope the days ahead are filled with immense joy and prosperity.

ZENXIN, with you for you!





For more information and get updated discount info: *https://zenxin.com.sg* ** *Corporate order available*



ZENXIN ORGANIC FOOD MALAYSIA |
 zenxin.organic.food | Customer Services: +6012-705 8199 (WHATSAPP US)
 For more information and get updated discount info: http://zenxin.com.my
 ** Corporate order available

8 AUSPICIOUS FOODS THIS CHINESE NEW YEAR





Symbolism: REUNION 阖家团圆

The family who eats together stays together. And what a better way to reunite with piping hot steamboats? Steamboat is traditionally eaten during Chinese New Year's Eve as the round shape of the steamboat pot symbolises family reunion. It is also a great time to foster bonding with family members while waiting for the food to be cooked.

ZENXIN Organic steamboat provides a fuss-free organic experience with our specially crafted steamboat stock (Clear Soup and Nourishing Soup) by Ms Theresa Kok from Ori Kitchen.



2. YU SHENG

Symbolism: PROSPERITY 风生水起

Tossing Yu Sheng (Raw fish salad) is a must do during CNY in hopes of good fortune and prosperity in the coming year! As garnishes are added, auspicious sayings will be called out. The higher the toss, the more prosperous the year will be!

As Yu Sheng typically consists of raw ingredients, consciously include ZENXIN's organic selections. ZENXIN's Organic Rainbow Yu Sheng consists of healthy vibrant vegetables that are farmed without pesticides and herbicides, it is a nutritious and delicious treat for all in the family to enjoy!





3. LONGEVITY NOODLES

Symbolism: LONGEVITY 长命百岁

Longevity Noodles are traditional Chinese noodles which symbolize a long and happy life. The longer the noodles, the longer the lifespan of those who consume them. Hence, while preparing or serving the noodles, be careful not to break or cut them.

The 70-inch ZENXIN Organic Longevity Noodle is made with a 50-year-old noodle making technique using high quality Australian Wheat Flour and Organic Lakadong Turmeric Powder. The Lakadong Turmeric Powder is the finest turmeric variety from Darjeeling, India with the highest curcumin content. Each noodle piece is hand shaped into the Chinese character '春福 -Blessings in Spring' and '丰合 – Abundance and harmony' with the auspicious meaning of '春暖花开, 福到人间 - Flower Blooms in Spring, Blessings to the World ' and '合家团圆, 丰收年年 -Spring into Abundance and Reunion'!

4. MUSHROOMS

Symbolism: HEALTH 健健康康

Mushroom is a must-have ingredient in various CNY dishes including Poon Choi, Steamboat, Braised Mushrooms with Abalone and more.

Mushrooms have been used medicinally for thousands of years, and it symbolises Health and Longevity.

Sourced directly from Zhejiang and Qingyuan in China, ZENXIN's organic mushroom medley consists of 6 types of aromatic, meaty and juicy mushrooms. In Qingyuan, mushrooms are grown during its natural season, organically in pristine forests without chemicals and sulphur treatment. Qingyuan Mushroom Culture System was also named the Nationally Important Agricultural Heritage systems of China in 2014.





5. GRAINS

Symbolism: ABUNDANCE 五谷丰登

Grains such as rice, quinoa and barley are a few common staples that are deemed to be lucky as they symbolise prosperity and abundance. It is also a tradition to fill up your rice bucket to the fullest in CNY so the family will be blessed with food for the whole year.

Every single grain is the fruit of hard work. At ZENXIN, hardwork is poured in during our packing of the longevity 8-treasure grains as it needed to be filled up layer by layer. Make a bowl of 8 types premium organic whole grains congee with our Longevity 8-Treasure Grains! It sure looks as good as it tastes!

6. NUTS AND SEEDS

Symbolism: WEALTH AND PROSPERITY 金玉满堂

CNY is the perfect time to indulge in snacks and treats. Nuts and seeds can be the best guilt-free CNY snacks as they are healthy, nutritious and have the symbolism of wealth and prosperity. The yellow colour of the nuts is also similar to the colour of gold.

At ZENXIN, our nuts are neither baked nor roasted, but dehydrated at a temperature of 60 degree celsius, and carefully blended using high quality nuts, seeds and dried fruits. It is definitely your best snack companion this CNY!



7. LETTUCE

Symbolism: WEALTH 和气生财

Lettuce (生菜) is a must-have during CNY! As the Chinese word for lettuce sounds like '生财' which means increasing wealth, and it is also a symbolism of spring. Get a pot of ZENXIN Organic Lettuce, organically grown without chemical fertilisers and pesticides according to international standards. It tastes sweet, crispy and most importantly, you can harvest right before you eat.



8. CLEMENTINE (MANDARIN ORANGE) Symbolism: GOOD FORTUNE 大吉大利

Clementines are auspicious fruits that symbolise wealth and good luck, as the Chinese word for orange sounds like "luck" and "wealth". The bright orange colour of the clementines also symbolises gold. They are often brought in pairs and exchanged in every household visit during CNY, which represents exchange of gold!

ZENXIN customers' all time favourite- Nadorcott Mandarin is a special breed of clementine! With its easy-to-peel thin skin, the seedless variety presents a strong clementine fragrance which is well-balanced with sweetness and acidity. Sourced from Spain, the clementines are grown in a beautiful organic farm at Valencia, located 20 km from the sea. Greater temperature difference during cultivation is the key to their intense flavour!

SAFE AND REFRESHING CHINESE NEW YEAR SPRING CLEANING FOR 2021

This year more than ever, the tradition of cleaning the whole house to chase out bad energy is really needed to usher in a brand new healthy way of living for 2021.

The Lunar New Year 2021 begins on Friday, 12th February. The 15-day festival starts on a new moon and ends with the Festival of Lanterns on the following full moon. Traditionally, the month prior would see the useless items thrown out and the house cleaned from attic to basement. It is believed that by doing this, there is room for new and good energy to enter your life.

Here is a quick overview of common toxins often added to household cleaning agents.

There are fragrances added to air fresheners, soap and even toilet paper which can contain pthalates known to cause reproductive problems including endometriosis.

Dry-cleaning solutions contain perchloroethylene, a neurotoxin and possible carcinogen which causes dizziness and loss of coordination.

'Antibacterial' detergents contain triclosan, a hormone disruptor and probable carcinogen. It is known to be toxic to algae and promotes the growth of drug-resistant bacteria.

Fabric softeners, sheets and many 'antibacterial' household cleaners contain QUATS quaternary ammonium compounds, skin irritants. These products are a leading cause of asthma & dermatitis. They pose a similar problem to triclosan, breeding drug-resistant bacteria.

Window, kitchen and multipurpose cleaners can contain 2-butoxyethanol, a powerful solvent which can cause liver and kidney damage as well as narcosis & pulmonary oedema. Polishing agents and glass cleaners also contain ammonia, a powerful irritant which causes breathing problems including chronic asthma and bronchitis.

Chlorine in scouring powders, toilet cleaners, mildew removers, laundry whiteners and household tap water is a known skin & lung irritant, and may disrupt thyroid function.

Lastly, oven and drain cleaners contain sodium hydroxide which is very corrosive and can cause burns to our delicate skin.

To ensure that Chinese New Year house cleaning comes with the appropriate health benefits as well as new energy, ZENXIN is offering the Almawin range of cleaning products from Germany.

Here are the descriptions of 5 basic Almawin cleaning products. From the range, you may find it useful to improve the overall health of your family for the coming year. All 5 have attained the Green Brand approval for being environmentally friendly, the ECO GARANTIE[®] as well as approval from the Vegan Society.



Almawin 'Obst- und Gemüsereiniger' is a gentle cleaner for those who are worried about residues on their non-organic fruit & vegetables. Please use sparingly as the solution is concentrated. (2-12ml to 1 litre of water) Make sure to rinse your produce carefully with fresh clean water after using the solution.

Almawin Household Cleaner is an Eco-concentrated universal cleaner for all cleaning tasks around the home. It has a fresh lemon scent from essential oil of lemon and is an efficient and effective cleaner for all hard surfaces such as kitchen worktops, tiles, doors and floors. The combination of natural surfactants and plant-based degreasing compounds achieve excellent cleaning results while being gentle on the skin. (10ml to 5 litres of water)

Almawin Bathroom Cleaner has a special nozzle adaptor to produce a foam, almost completely eliminating the spray which irritates sensitive noses. The foam has a pleasant fresh smell from essential oil of peppermint and is effective in removing limescale and dirt. It is suitable for all acid resistant surfaces, but not for use on marble, limestone, or anodised surfaces. Ideally spray the foam about 40cm from the target surface and use sparingly.

Almawin Glass & Window Cleaner for those wishing to avoid toxic 2-butoxyethanol. This is another Eco-concentrated solution to be used sparingly. A special nozzle adaptor produces foam for easy cleaning on mirrors, windows, glass panels, tables, television, computer monitors. Take note that it is NOT suitable for plasma screens. Use it in your car's windscreen wiper system to make everything squeaky clean.

Let Zenxin help bring mindfulness in cleaning your home and together we can bring a healthy new start with attention and awareness to 2021!

ALMAWIN NATURAL CLEANLINESS

 Phosphate-free

 Free from optical brighteners
 Chlorine-free and GMO Free
 Successful dermatological tests- Skin friendly and asthma-friendly
 Promotes a vegan lifestyle, protects the wellbeing of people and animals
 No synthetic fragrances, only pure essential oils
 Reduced to the absolutely necessary raw materials and easily biodegradable





Singapore: ZENXIN ORGANIC FOOD SINGAPORE *Malaysia:* ZENXIN ORGANIC FOOD MALAYSIA

O Sing Ma

*Singapore: z*enxin_organicsg *Malaysia: z*enxin.organic.food

FORTUNE GIFT BAG IS BACK FOR CNY 2021

Chinese New Year is all about reunions and spending quality time with family. The lunar new year can't be complete without ZENXIN'S Fortune Gift Bag, a premium Chinese New Year hamper gift set featuring tasteful Simply Natural products that will be such a treat for your loved ones.

It's not only about the edible goodies inside, the way a gift is presented can be just as special. Made from felt, comes with an eye-catching red colour, ZENXIN's exquisite felt gift bag is definitely earth-friendly than your usual throw-away paper gift bags. You can feel the sturdy structure of the bag that will not change its shape yet spacious enough to accommodate ample items. A gift is meant to be touching hearts. That's why ZENXIN makes sure even the packages can be reused and reminds you of the happiness of gifting.

This bagful of premium organic wholesome treats consists of all red and yellow/gold edible goodies symbolizing the universal truth that is "Health is Gold'.

1. ORGANIC SUN-DRIED GOJI BERRIES

Native to Asia, these bright-orangered fruits were consumed for greater health, vitality, longevity and energy. The speciality of Simply Natural's Organic Sun-Dried Goji Berries is that they are sourced directly from Inner Mongolia. Guaranteed free from chemical pesticides, they are grown in 660 hectares wide in a certified organic farm and are also grown without matrine (chemical commonly found in pesticides). Best assured, the final products are free from nicotine residues for safer consumption. Delicious as an on-the-go snack or can be added in numerous dishes like porridge, vegetable dishes, soups and teas.

2. ORGANIC HANDMADE TURMERIC NOODLE

Made from the finest turmeric variety from Darjeeling; 'Lakadong Turmeric', Simply Natural's Organic Handmade Turmeric Noodle is a healthy and easy meal option to prepare during Chinese New Year, especially for steamboat. It combines 50-year-old traditional Loke's family noodle-making recipe with modern food technology and is absolutely free from preservatives, additives and colourings.

3. PREMIUM GRADE NUTRITIONAL YEAST FLAKES

Nutritional yeast is a type of inactivated yeast grown in a glucose medium, such as sugarcane or molasses. Packed with essential B vitamins, fibre and protein; these golden flakes are considered to be a nutrient powerhouse! It's no wonder that it's so commonly used in vegan cooking as a seasoning, and it's also known as 'the vegan cheese flakes' due to its aromatic and nutty flavour. Simply sprinkle some into pasta, risotto or any other hot food for an added cheesy flavour with extra B vitamins.

4. ORGANIC CHAMOMILE TEA

Looking for a healthy yet delicious tea to serve your guest this Chinese New Year? Steep a hot cup of Chamomile tea, inhale its wonderful floral fragrance and then sip this magical golden brew. Free from caffeine with an earthy and slightly sweet taste, Simply Natural Chamomile Tea is great for promoting sleep quality and excellent in relieving stress and anxiety. Combine chamomile with honey and you'll get an invigorating glass of iced tea that favours both the young and old.

5. DEHYDRATED MIXED NUTS

Made using only high quality whole dried nuts, seeds and raisins, this healthy snack is made by a slow process of dehydrating nuts at a low temperature of 60°C, the ideal temperature at which oil property in nuts is retained, thereby preserving all of its natural goodness. Nuts symbolize auspicious and good wishes during Chinese New Year. So, start decorating your plates with our Simply Natural's Dehydrated Mixed Nuts and snack on with your family and friends.

6. ORGANIC DRIED PITTED PRUNES

Grown organically in Turkey, Simply Natural Organic Turkish Dried Pitted Prunes are the guiltless on-the-go snack if you are looking for one. Upon harvesting the delicate fruits are meticulously sun-dried to create soft succulent prunes accompanied with an ideal sweetness. They are simply delicious whether you eat them right from the packet or if you would like to add them in any of your Chinese New Year recipes to give an extra flavour.

7. ORGANIC QUINOA CRISPS

Simply Natural's Organic Quinoa Crisps are so delicious, crunchy and healthy, perfect for your guilt-free snack. Delicately flattened and roasted to get that perfect crispy and crunchy texture, each bite of Organic Quinoa Crisps is burst with the aroma of sesame seeds, pumpkin seeds and sunflower kernels. Delicious enough to eat right from the packet, as toppings for dishes or simply dunk into milk or hummus.

8. ORGANIC SEA BUCKTHORN ELIXIR

100% fresh pressed juice from organically grown sea buckthorn berries, Simply Natural Organic Sea Buckthorn Elixir is rich in vitamin C and contains complete omega fatty acids (3,6,7 and 9). Grown organically in Siberian region in Russia, this powerful fruit thrives in the unbearable winter and the harshest summer. This Siberian wonder elixir can be your daily vitamin C booster drink and worth to share with your family and friends during Chinese New Year this year.



We have launched another communication platform (Whatsapp Business) that will not only allow you to get exclusive offers and promotions instantly, we can also notify you about our products, events etc real-time!

WITH US

IEC

KEEPUSAS Yourown contact

<u>SINGAPORE:</u> +65 8142 9299 (Promotion campaigns and workshops)

+65 6778 7369 (Organic Products information)

<u>MALAYSIA:</u> +6012 3708 299 (Organic Products information)

+6019 7738 985 (ZENXIN Organic Park, Kluang)

+6011 5977 5915 (Promotion campaigns and workshops)

WHATSAPP US

Your Name_Location_ Your feedback or questions.

Example: Fatimah_Singapore_May I know what is the new travel products in year 2021? Or

Example: Fatimah_Johor_How much the farm tour package at ZENXIN Organic Park?

*for customers from Malaysia, please state which part of Malaysia you are from.

Our Admin will reply you within 24 hours



Presented by:







COOKING TIME:

This colourful dish is nutritious, low in calories and fat. Our handmade organic turmeric longevity noodles contain at least 20% fresh organic turmeric purée. This golden root is known for its anti-inflammatory function, soothing muscle aches and joint pains as well as improving circulation for overall well-being.

Shiitake mushrooms with their umami flavour add deliciousness to any dish. An immune booster, they are known to be antimicrobial, cholesterol lowering and prevent plaque formation in our arteries.

This dish is truly worthy to wish your parents longevity and good health!

SERVES:

INGREDIENTS:

- 1 piece Simply Natural Turmeric Longevity Noodle
- 3 pieces Qing Yuan Organic White Shiitake Mushroom (soaked and sliced)
- 70 g Organic Cabbage (sliced)
- 50 g Organic Carrot (shredded)
- 70 g Organic Coral Lettuce (sliced)
- 2 cloves Spanish Morado Garlic (chopped)
- 50 g Organic Red Onion (sliced)
- 2 Organic Selenium Eggs (slightly beaten)
- 3 tablespoons Cooking Oil

SEASONING

- 1/2 teaspoon Himalayan Rock Salt
- 1/2 teaspoon Natural Brown Sugar
- 1/4 teaspoon Seasoning G Powder
- ¹/₂ tablespoon Oyster Sauce

GARNISH

• 50 g Organic Coral Lettuce (sliced)

METHOD:

- 1. Bring water to a boil. Add Turmeric Longevity Noodle and cook according to the instructions on the package. Drain the noodles dry using a colander.
- Heat up a skillet or wok with cooking oil. Add in the garlic and stir-fry until light brown or aromatic.
- 3. Add eggs and stir fry to break them into small pieces.
- 4. Add mushroom, cabbage, carrot and coral lettuce and stir fry until they are half cooked.
- 5. Add the noodles and the seasonings. Continue to stir fry until all ingredients are well combined and completely cooked through.
- 6. In a plate, add noodles. Garnish with coral lettuce. Serve hot.



COOKING TIME:

This warm egg drop soup is suitable for serving as an appetizer, especially during the Chinese New Year Eve's reunion dinner. The sweetness from the corn kernel and umami flavour from the white shitake mushroom would boost the soup's savoury flavour. The white shiitake mushroom contains betaglucan that is good for our heart health and it is known to regulate blood cholesterol. Lastly, it is thickened by organic potato starch which will further provide the richness of the soup. In addition, organic potato starch is the great substitute to replace the conventional cornstarch, it is gluten-free and free from GMO. This is an ideal dish for your family members especially during this festive season.

SERVES:

INGREDIENTS:

- 1 piece Organic Sweetcorn (kernel)
- 1 piece Qing Yuan Organic White Shiitake Mushroom (soaked and diced)
- 50 g Organic Carrot (diced)
- 60 g Organic Celery (diced)
- 1 Egg White
- 1800 ml Water

THICKENER

- 2 tablespoon Organic Potato Starch
- 100 ml Water

SEASONING

- 1/2 teaspoon Himalayan Rock Salt
- 1 teaspoon Natural Brown Sugar
- 1/2 teaspoon Seasoning G Powder
- ¹/₄ teaspoon Ground White Pepper
- 1 teaspoon Chicken Stock Concentrate

METHOD:

- 1. Bring water to boil. Add all the seasonings.
- 2. Add sweetcorn, mushroom, carrot and celery and reduce heat to simmer for 10 minutes.
- 3. Bring to boil at medium heat. Whisk together the potato starch and water. Add the mixture into the soup in small amounts and stir to combine until desired consistency is achieved.
- 4. Slowly pour in the beaten eggs, while stirring the soup in one direction. The egg will spread out and feather through the soup.
- 5. Taste once more and adjust seasonings as needed.
- 6. Remove from the heat and serve hot.



COOKING TIME:

This juicy and nutritious

chinese cabbage fortune

bag has a good meaning

for the Chinese. In this

recipe, most ingredients

used are low in calories,

carbohydrates and fats.

Carrots and cabbage are

which promotes healthy

in digestion and protects

the heart. White shiitake

mushrooms contain high

which helps the body to

important for stronger

bones. Vitamin D also

absorb and retain calcium and phosphorus, both are

helps to reduce cancer cell

reduce inflammation. This

suitable for all ages. Make

Chinese New Year dish is

it for your family on this

Chinese New Year Eve's

dinner!

growth, fight infections and

contents of vitamin D

bowel movement, aids

great sources of fibre,

SERVES: 4-5

INGREDIENTS:

- 100 g Organic Potato (diced)
- 1 piece Qing Yuan Organic White Shiitake Mushroom (soaked and diced)
- 100 g Organic Carrot (diced)
- 100 g Organic Pumpkin (diced)
- 1 medium size Organic Chinese Cabbage (top half)
- 50 g Organic Coriander (stem)
- 1 tablespoon Goji Berry
- 1 tablespoon Cooking Oil
- 300 ml Water

THICKENER

• 1 tablespoon Organic Potato Starch

• 50 ml Water SEASONING

- ¹/₄ teaspoon Himalayan Rock Salt
- ¹/₄ teaspoon Seasoning G Powder
- 1/8 teaspoon Ground White Pepper
- 1 teaspoon Oyster Sauce

METHOD:

- 1. To prepare filling, heat cooking oil in a wok and stir fry potato, mushroom, carrot and pumpkin. Add some water and simmer for 5 minutes. Stir in seasonings and remove from heat. Set aside.
- 2. Cut chinese cabbage into two. Blanch the leaves in boiling water until soft.
- 3. Blanch coriander stem in boiling water.
- 4. Spread out the blanched chinese cabbage leaves. Place 1 tablespoon of the stir fried vegetables in the middle of each leaf.
- 5. Wrap it into a bun and tie it with a blanched coriander stem, just like a fortune bag. Trim the leaves if necessary.
- 6. Steam these fortune bags for 15 minutes or until the filling is well cooked.
- 7. To prepare the sauce, heat the remaining filling in a wok and add water. Bring to a boil.
- 8. Whisk together the potato starch and water. Add the mixture into the soup little by little and stir to combine until desired consistency is achieved.
- 9. Add goji berry and adjust seasonings as needed.
- 10. To serve, pour the sauce over the steamed fortune bags.

6 ALTERNATIVES TO POPULAR SNACKS

SWAP THIS

BAH KWA

About 90g - 370 kcal

The traditional barbeque meat that we consume during Chinese New Year is high in sodium, fat, sugar and some contains additives such as preservatives, colouring and flavouring.

FRIED DUMPLING

1 piece - 111 kcal

Our Chinese New Year reunion dinner would not leave out this fried dish that symbolises good wealth. However, due to its preparation method by frying, it would make the dish high in calories and fat content, which further increases the burden on top of our heavy dinner.

COOKIES

4 pieces - 160-230 kcal

Chinese New Year cookies are considered as sweet bombs, where they are usually made from large amount of sugar and oil to provide it sweetness and rich taste. Because of its irresistible taste, it is hard to stop once you've started eating it.

PROCESSED PEANUTS OR SEEDS "GUAZI

About 30g - 160 kcal

Processed nuts and seeds are often added with additives such as flavouring and preservatives, and some might be added with extra salt that will make you thirsty.

SWEETS

About 15g - 58 kcal

Sweets are considered as empty calories, where they are mainly made up of sugar without any additional nutritional value. It is not beneficial if our kids consume them in bulk as it may cause tooth decay.

SUGARY DRINKS

1 can - 80 to 150 kcal

When sweetened beverages are consumed outside of the 3 main meals, it is considered as snacks and there are virtually no other beneficial nutrients. The calories of one can of soft drink or alcoholic drink can be equivalent to half a bowl of white rice.



HOMEMADE GRILLED CHICKEN BREASTS

During this festive season, while we are visiting our family, relatives

and friends, snacks are available whichever household we go. Worry

about busting your calories? Don't worry, here are the alternatives

Around 85g - 151 kcal

to your favourite Chinese New Year snacks.

It can be prepared fresh and only required light seasoning according to your preference and served as light bites to curb your crave with no burden on its calories and additives.

STEAMED VEGETABLE DUMPLING

1 piece - 35 kcal

Lighter cooking methods such as steaming or boiling will help in cutting down extra fat in your food. Making it vegetarianstyled to further cut down its calories by replacing meat sources with tofu, mushrooms.

WHOLEGRAIN CRACKERS OR BISCUITS

4 pieces - 56 kcal

Switch it to wholegrain crackers without leaving the crunchiness and obtain extra fiber from it, worth the try!

EDAMAME

30g - 42 kcal

Opt for steamed or boiled edamame that is packed with protein, iron and calcium, which would make a great choice for snacks with lesser calories and greater nutritional values.

DRIED FRUITS

1 tablespoon - 44 kcal

Consuming dried fruits such as raisins or dried cranberries provides you the fibre, potassium and vitamins such as vitamin A and C. These nutrients are beneficial for our overall health.

CHINESE TEA WITHOUT SUGAR

1 glass - 0 kcal

Replacing the sweetened beverages will help you to reduce the excessive intake of calories and sugar. Aim to reduce your sugar and calories. In turn, you can control your body weight well.



ADDITIONAL TIPS TO CELEBRATE CHINESE NEW YEAR GUILT-FREE WHEN VISITING

• Walk more when visiting. Park your vehicle further away from your destination or take the stairs instead of using the lifts, keeping you physically active.

• **Don't visit when hungry.** Make sure you eat proper meals with 80% fullness before visiting, this is to reduce the desire on taking too much of traditional snacks.

• **Control your portion.** Eat 6 portions of carbs (noodles, rice, and starchy vegetables), at least 3 portions of vegetables and 2 portions of fruits per day.



THE JOURNEY OF MOTHERHOOD

At the start of the motherhood journey, you will learn to hold and cautiously protect your little darling and venture into the new unknown challenge and future. Naturally, you will start to have a lot of worry, fatigue, anxiety and wonder whether you are able to give the best and make sure your little darling will grow healthily and happily.

Being a mother means being completely and totally overwhelmed by love, joy, responsibility, and selflessness.

After giving birth, a mother looks at her newborn baby happily but her worry never stops and emotions may fill her up most of the time. Slowly, without intervention, an overwhelmed mother may develop postpartum depression or social anxiety.

5 Tips for the Mothers to Reduce Stress and Worries

1. Seek Helps from Professionals

New mothers may need a lot of help, especially the one experiencing depressive symptoms in the exhausting postpartum period. Recommend that you seek professional help from a psychologist, psychiatrist, or other mental health worker.

2. Try Yoga or Meditation

Relax is important! Transfer the mother's worry into relaxation.

3. Create a Secure Bonding with the Baby

Often talk and play with the baby. Try to breastfeed your baby more frequently and this would create a better attachment with your baby.

4. Go for a Walk with Your Partner and Baby

Something that you can do everyday to relax yourself.

5. Join New Mother Support Group

A lot of social media groups offer years of experience in midwifery, nursing and lactation consulting to help expecting mothers and new parents muddle their way through anything and everything related to babies. Join them to get some friendly and positive supports.

Eat Right to Stay Happy

Healthy diet is also an important practice in the motherhood journey. Eating healthily during pregnancy nourishes mother and the baby. While breastfeeding, eating good food can help the mother's body recover better and promotes mother's mental health, reduces depression, as well as providing the energy for the mother and her young.

ZENXIN Baby's First Bok

Your baby can begin eating solid foods at about 6 months old. This box is specially designed for the new mother in introducing solid food to accommodate their baby needs to increased nutritional needs such as calcium, iron, folate and more. We want to look for something that is clean, free from chemicals and toxins. This box consists of dry and fresh products, providing weaning babies a wholesome nutrition through organic food that consist of a variety of colours to keep your little ones' immune system strong!

ZENXIN Mom's First Box

After giving birth, we care about whether she is getting optimum nutrients during her postpartum and lactation periods. ZENXIN Mom's First Box consists of a series of dry and fresh products as add-on nutrients for the mothers. This is also to ensure mothers have adequate amounts of nutrients for better recovery, deliver optimal nutrients to their babies, relieve mood swing conditions, reduce chance of clogged ducts, promote breast milk production, and healthy weight management. We give the best organic food to the mothers, not only babies!

Need Nutritionist professional consultation? Whatsapp us at +6011 5977 5915 (Malaysia) or+65 8142 9299 (Singapore) for more updates.



"SHED YOUR POUNDS" PROGRAM

Feeling super guilty of gaining weight during Chinese New Year?

"Accidentally" had too many cookies and snacks?

Having hard stool and experiencing constipation?

Feeling bloated, gassy and indigestion after having big meals during Chinese New Year?

No worries! We are here to help you and your family to get back on track!

Here we bring you the 'Shed Your Pounds' weight management program.

Limited time offer [01.02.2021 - 12.03.2021]

The more the merrier! Bring 1 or more friends along to get **18%** discounts for BOTH!

Not to worry if you would want to try it alone, you will still get to enjoy **10%** off of our 'Shed Your Pounds' weight management program

WE PROVIDE:

One-to-one online nutrition coaching

Personalized diet plan, quick and easy recipe

essions conducted by qualified dietitian and/or nutritionist

Bonus! 1 follow-up session for 30 minutes

Empower to prioritize your health and set personal goals

WANT TO KNOW MORE?

Call us or whatsapp us at +6011 5977 5915 (Malaysia) or +65 8142 9299 (Singapore) for more updates.

CHINESE ZODIAC HOROSCOPE 2021



Rat has a strong ability to adapt to a new environment. They are energetic and seldom get sick. But once they are sick, they are difficult to get up again.

天生适应环境的能力很强,精力充沛,活力旺盛,平常很少生病,但是一旦生病就很难再爬起来;所以不要忽略身体上的 警讯,要注意泌尿科、血液、肠胃方面的疾病。

Mulberry (桑葚)

One mulberry a day, nourishes blood and vitality to avoid chronic diseases. 一日一桑葚,补血补气色,以防止慢性病。



Stability, diligence, and creativity are all the advantages of a Cow, so his life is always full of challenges and he may forget to eat. He will rush to finish his meals which lead him to face gastrointestinal problems and obesity. 稳定、勤奋、富于创意都是属牛人的优点,因此常 常忙至废寝忘食,否则就是匆忙用餐,长期下来导 致肠胃毛病和肥胖。

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Pumpkin (南瓜)

dx dx

Helps detox and protects stomach health. In addition, pumpkin is a low-fat vegetable, but it makes people feel full. 有助排毒,保护胃部健康。此外, 南瓜是低脂蔬菜,却让人容易有饱 腹感。



• • •

Tigers, a natural-born leader! They enjoy protecting and taking care of the people. They have high self-esteem, believing that they are physically strong and do not fall sick easily. They might be hot-tempered and moody at times. However, Tigers will always find a way to stand back up and succeed in life.

虎年出生的人有大哥、大姐的形象,爱保护弱小。平常看 起来很健康,也不相信自己会生病,但心灵包袱太大,而 导致情绪起伏不定。

English spinach/Baby Spinach (菠菜)

Spinach has high amounts of magnesium. Supplementing with magnesium may help to increase serotonin levels which helps to stabilize the mood.

菠菜中含有丰富的镁,镁有平复情绪的作 用,可使人的头脑和身体放松。



•

Rabbit

Sea Buckthorn (沙棘)

and reduces chronic stress.

Sea Buckthorn functions as powerful

比蓝<mark>莓高出多倍的</mark>抗氧化成分,因此是延 缓衰老及缓解慢性压力的好果实!

antioxidants, it slows the aging process

People born in the Year of the Dragon have the mysterious and unpredictable characteristics. They are not only an ambitious dreamer, but also an adventurer with a challenging spirit!

Rabbits are gentle, guiet and polite. Expressing

themselves could be a challenge and this is why

属兔的人善良淳朴,特别温和、文静。他们不擅长表达自 己的情感,属于有苦自己吞的人。

they tend to keep their feelings to themselves.

龙年出生的人,有神龙般神秘变幻莫测的特质,不只是一 个富有野心的梦幻家,同时也是具有挑战精神的冒险家!

Chia seeds (奇亚籽)

Rich in calcium and manganese, it can strengthen bones and definitely an essential food for adventurers! 含有丰富的钙和锰,可强健骨骼,是冒险家 的必备粮食!



People with the snake zodiac looked "cold", but they have quite a heartwarming and enthusiastic personality. Making decisions, they may have difficulties especially when encountering with problems. That is also why they are hard to get rid of negative energy.

生肖属蛇的人,外表淡漠冷静,但其实内心十分热情。此 外,属蛇者的性格比较优柔寡断,遇上问题时,不易做决 定,因此很常负能量哦!

Bananas (香蕉)

Contain alkaloids which can invigorate the spirit and increase one's confidence. Bananas are one of the sources of tryptophan and vitamin B6, which can reduce depression.

含生物碱,可振奋精神和提高信心,而且香 蕉是食物中色氨酸和维生素B6的来源之一, 可减少忧郁的产生。



CHINESE ZODIAC HOROSCOPE 2021

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Rooster



Horses like to be one step ahead of others. They focus on the effectiveness and efficiency in their work, so they are often mentally strained and live under pressure.

生肖属马的人,永远要比别人抢先一步。他们工作讲求 效率,所以精神上常常处于紧绷的状态,心脏也因此饱 受压力。

Tomato (番茄)

Rich in lycopene which can reduce the risk of heart disease and stroke. 富含番茄红素,可以降低心脏病和中风的风险。





Goat is the most tender and vital zodiac sign. They are very patient and don't cause trouble. But, they are also someone who doesn't know how to refuse, so it brings a lot of unnecessary troubles to themselves.

羊是最富温情,生命力强的属相。他们很有耐心,不惹是 非,却因为不懂拒绝而惹来不必要的麻烦。

Five-color fruits and vegetables (五色蔬果)

Eat more fruits and vegetables of different colours to keep the body, mind and soul in balance. 多摄取不同颜色的蔬果,让身体继续保持酸碱 平衡,才能让身心灵得到平衡的发展。



A person with a 'Monkey' sign pursues a free and easy lifestyle. They love life, always feel happiness and they are curious about the new world. 一生洒脱,长寿长乐。他们热爱生活,精力充沛,对新 的世界具有好奇心。

Nuts (坚果)

Bring nuts along as snacks, it can let your body get enough protein. 把坚果当点心,让身体摄取足够蛋白质,体 力永远不透支。





fiber!

Dogs, full of sense of justice, loyalty, faithful and reliable. However, he is relatively stubborn about what he believes.

Roosters are good at sensing what the other

people are thinking or feeling. They have quick

reactions and are able to foresee and plan well.

They are sociable too! Roosters are mindful of their surroundings. No matter what emergencies they

encountered, they can immediately come up with

属鸡的人擅长看穿别人的心思,反应敏锐,无论遇上什 么突发事件,都可以立即想出有关对策,也是一位社交

relevant solutions.

能手。

Green vegetables (绿色蔬菜)

定要摄取足够的膳食纤维哦!

Roosters usually have got a lot of social events. So, when you can choose your

diet, don't forget to get enough healthy

平时应酬太多。饮食上可以选择时,记得-

富于正义感、讲义气,为人忠实可靠。但,对于自己相信 的事物,也相对固执,不太忍让。

Tea (茶)

A cup of favorite fruit and vegetable tea every afternoon can calm your mind and emotions. Your calm mind is the ultimate weapon against your challenge!

每天午后来一杯喜欢的蔬果茶,只有镇静心 情、调节情绪后,才能帮助更多的人!



Pigs seem easy to get cheated by others, but they actually are smarter than how people think of them. Pigs are the real "foodies", so remember to be restrained when eating and not to overeating. 属猪人虽表面上容易受骗,但实际上还是比人们想象得要聪明。属猪者是真正的"饕客",因此要谨记吃东西要懂得节制,勿暴饮暴食。

Apple (苹果)

Contains a lot of tannic acid, pectin, crude fiber and other substances, which helps indigestion constipation, diarrhea, and abdominal pain.

含有大量的鞣酸、果胶和粗纤维等物质, 对于消化不良、便秘、腹泻、腹部胀痛都 有很好的疗效。



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ZENXIN@BAYAN BARU

5-G-16, The Promenade, Persiaran Mahluri, 11950 Bayan Baru, Penang, Malaysia. Tel: +60 (18) 262 4798 Opens daily from 8.30am – 7pm

ight up Your Chinese New Year

BLISSFUL REUNION, HARMONY AT HEART

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With Abundance at ZENXIN's Chinese New Year Night

6th FEB 2021 | 5pm-9pm | Singapore outlet located at Pasir Panjang



FESTIVE REWARDS 20% discount storewide

UP TO 50% OFF Hot deals up to 50% off

Hot deals up to 50% off for selected organic treasures at specific promo hours!

GIFT WITH PURCHASE Limited edition red packets with purchase.

HOURLY LUCKY DRAW

Win customized hampers worth SGD888! ZENXIN will be notifying winners hourly.

FB LIVE

30th Jan 2021 | 11am to 12pm Grab SUPER DEALS online

Singapore: ZENXIN ORGANIC FOOD SINGAPORE Malaysia: ZENXIN ORGANIC FOOD MALAYSIA

5pm-6pm:

Priority Shopping Hour, only for seniors 55 years old and above **20% off storewide**

6pm-8pm:

Chinese New Year Bazaar

- Hourly Lucky Draw
- Calligraphy on the spot -Bring your very own masterpiece home!
- Special discount for selected items up to 50% off!

8pm-9pm: Last Hour Shopping! 20% off storewide

*Subject to change without notice

SPECIAL EVENT

*at ZENXIN Organic Food Singapore only



Audrey Tan

Audrey has been practising Chinese calligraphy since the age of 7. She has won multiple awards in Singapore and Malaysia. Audrey has written a customised couplet with SBS Chinese name "新 捷运" during SBS Study Award Ceremony in the year 2018. The couplet has been on display at SBS depot since then.



ZENXIN'S NIGHT:

Singapore: Wholesale center, Pasir Panjang | 5pm-9pm | Due to entry's restrictions, Whatsapp to +6581429299 for RSVP and get your invitation card for safe entry

Thank you for your support! Whatsapp us at: Customer Service Hotline Singapore: +65 6778 7369 | Malaysia: +6012 705 8199



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