Pop into Mother Nature's Wholefoods and Organics before work or on your lunch break for a healthy food option today. It also offer home delivery and kerbside pickup for grocery and produce supplies.

Enjoy holistic health at Mother Nature's Wholefoods

As a qualified personal trainer, massage therapist and reiki healer, Geelong local Alana Tonkin has a strong interest in health and wellness.

Having opened the business with close friends, Alana holds steadfast to the view that good food is good for the soul, and is the proud owner and operator of Mother Nature's Wholefoods and Organics in Rippleside.

Alana opened the organic wholefoods grocery haven to showcase local producers and suppliers.

Offering a range of coffee and healthy dine-in or takeaway food options, Mother Nature's Wholefoods and Organics is your one-stop shop for healthy living and eating.

Known for stocking healthy food staples, take home meals, grazing boxes, fresh local organic produce, organic meat, poultry, fish, wholefoods, locally handmade products and general household eco-friendly products, Mother Nature's Wholefoods and Organics also offers great coffee and a selection of homemade cakes and slices to enjoy in the cafe or the outdoor dining area.

The business also provides catering services as well as home delivery services and kerbside pickup for groceries and local produce.

Delivering to Geelong, the Bellarine and Surf Coasts, Ballarat and Melbourne's west, Mother Nature's Wholefoods and Organics strives to make healthy and wholesome foods and products more accessible to everyone.

Mother Nature's Wholefoods and Organics is located at 169 Melbourne Road, Rippleside. Open 7am to 6.30pm, Monday to Friday and 8am to 4pm, Saturday and Sunday. Phone (03) 5272 2245 or visit www.mothernatures.com.au