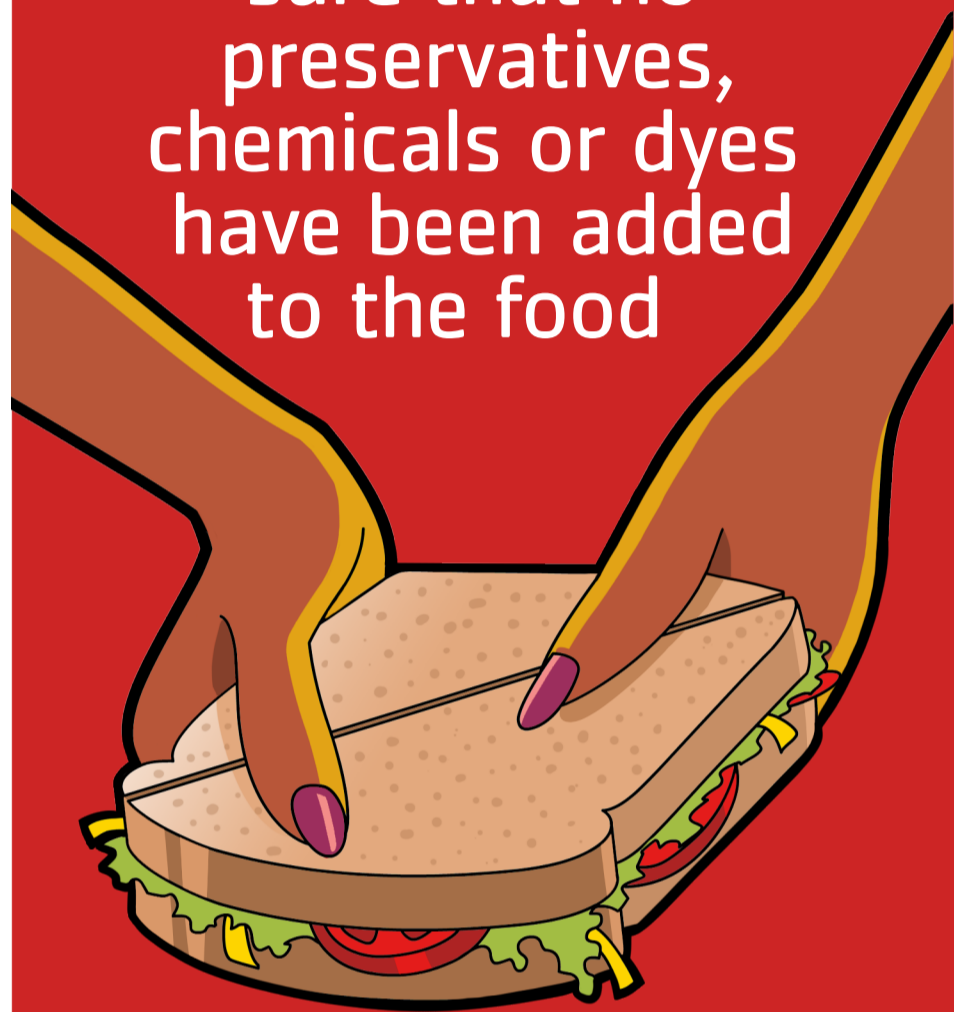


# Be confident about fresh

## THE BENEFITS OF EATING FRESH

**1** Eating fresh is the best way to make sure that no preservatives, chemicals or dyes have been added to the food



**2** The quicker you eat fresh foods, the more nutrients you can gain from the produce

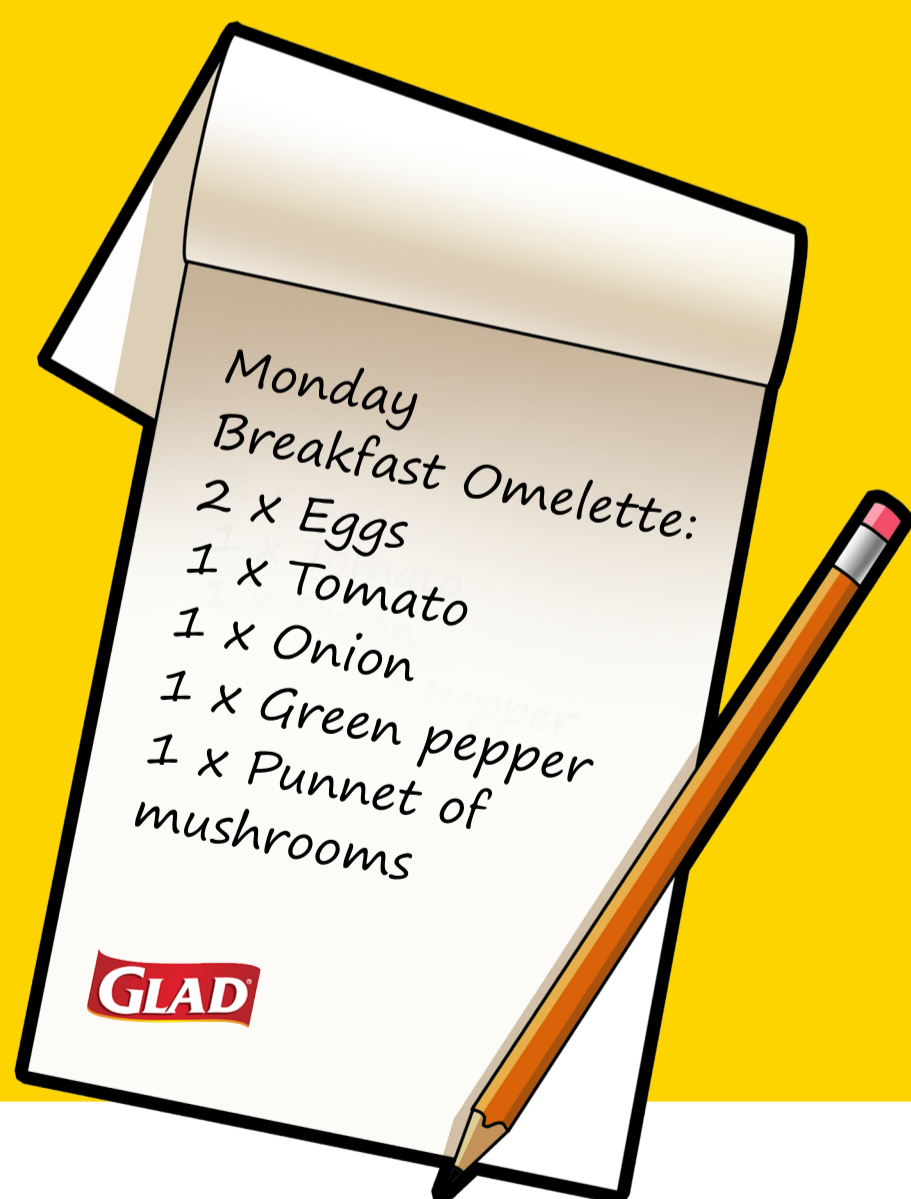


**3** Fresh foods have vitamins and minerals your body needs to develop



## HOW TO KEEP FOOD FRESHER FOR LONGER

**1** Prepare a meal plan



**2** Store fresh foods correctly by separating fresh foods into their food groups



**3** Store your leftovers in GLAD wrap or GLAD resealable bags



KEEP LETTUCE FRESH  
UP TO 3X LONGER\*

GLAD

ClingWrap  
30 METRES



KEEP WHAT YOU  
LOVE FRESH

\*based on moisture loss data and visual appearance compared to no protection

Pick n Pay  
School Club

