

Feel the Freshness



# Practice a healthy mind, healthy body, healthy world

## healthy mind



Show your mom love by helping around the house



Care for others by sharing with learners who have less than you do



Show compassion to others

## healthy body



Albany Bread has fibre, vitamins and minerals to help you grow



We need to drink lots of water to stay hydrated



Sleep is essential for your mind and body to recuperate

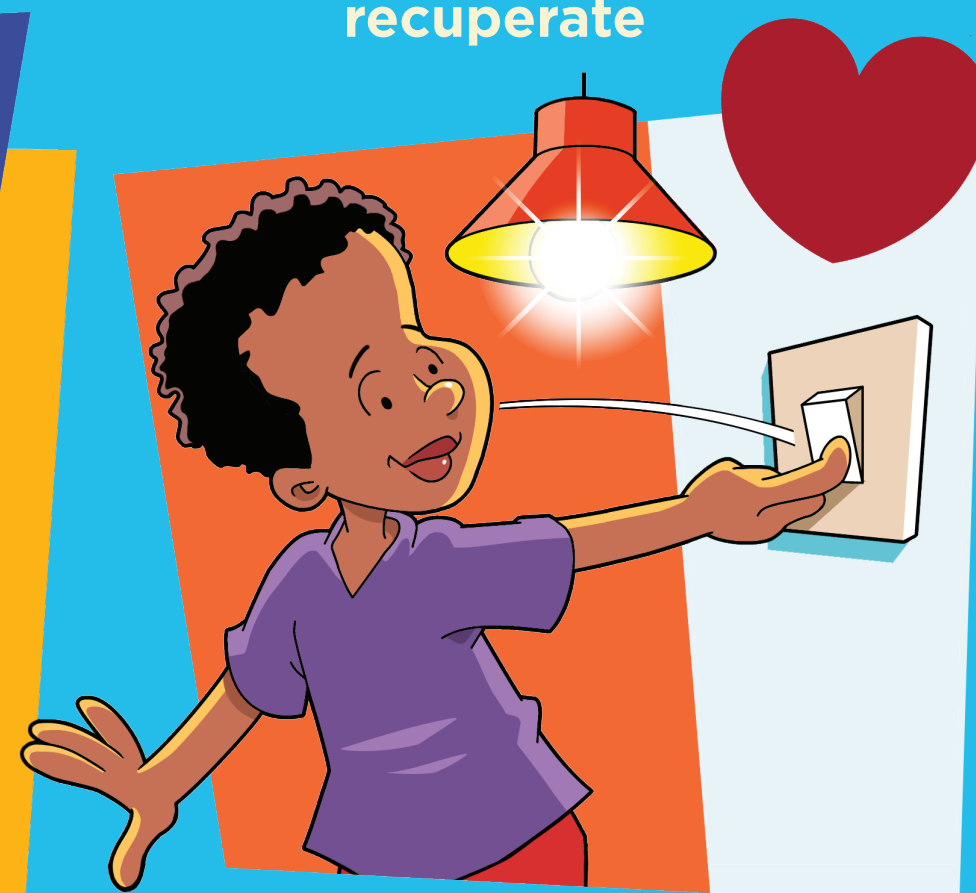
## healthy world



Recycle your Albany bread packets



Shower instead of bathing



Switch off lights when you are not using them

FEEL THE LOVE  
FEEL THE FRESHNESS

love ♥ care ♥ nurture

Pick n Pay  
School Club