

Fighting Hidden Hunger

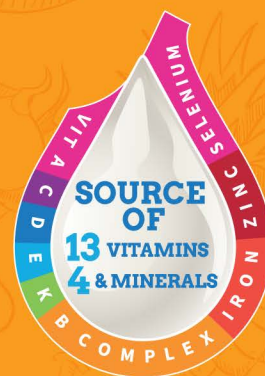


Approximately 2 billion of the world's population suffers from hidden hunger. It occurs when people do not get all of the vitamins and minerals they need over a long period of time. The impact of hidden hunger can lead to a range of health issues and can impede children's ability to reach their full potential.

Foods enriched with vitamins and minerals can help prevent nutrient deficiencies, protect against disease and promote proper growth and development in children.



<https://www.youtube.com/watch?v=Sgm4gzc3B8U>



Pick n Pay 
School Club 



Breakfast is an important meal for growing children.
Did you know that many breakfast cereals are
enriched with a range of essential vitamins and
minerals?

The World Health Organisation believes that food
enrichment with micro-nutrients is one of the most
safe and effective ways to enhance the nutritional
value of food products.

