



TOP TIP

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



PnP sorghum porridge is enriched with 14 essential vitamins and minerals, including iron. Only ±R1 for a cup of vitamin-enriched sorghum porridge.



FOR FREE DIETARY ADVICE,
contact the Pick n Pay dietitian at healthhotline@pnp.co.za