

Choose well to live well!

# MAKE HEALTHY CHOICES!



If you want to live a healthy life you need to make good choices that help to keep you healthy. There are many simple things that you can do to make sure that you, your family, and the people in your community all live a healthier life!



Choose to eat different coloured fruits and vegetables every day.



Choose healthy snacks to give you energy and help to keep your body strong and healthy!

Choose to have less sugar in your diet by making sugar swaps.



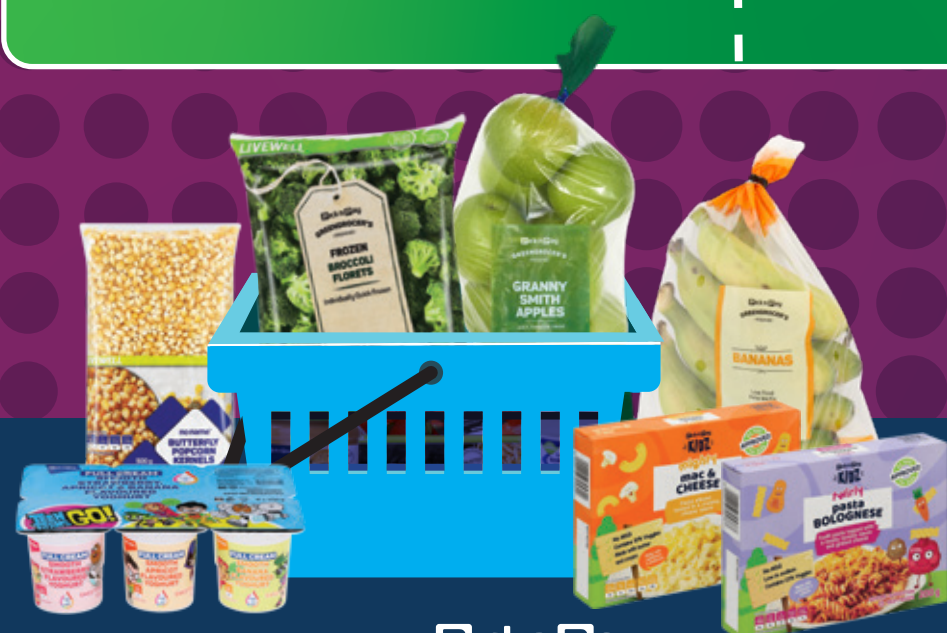
Choose legumes as a delicious plant-based source of protein in your diet.



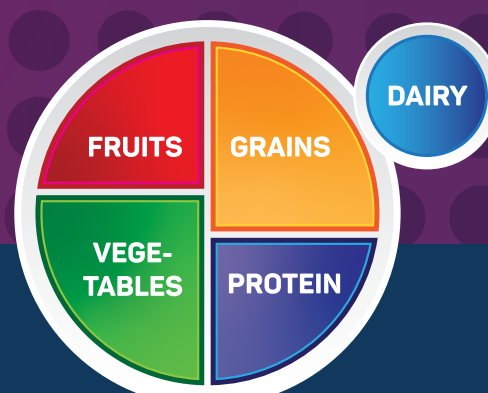
Choose to be fit and active by exercising every day.



Choose to make the environment a healthier place by not littering, saving electricity and water, and recycling.



EXCLUSIVE TO **Pick n Pay**



PLAN YOUR PLATE

**Pick n Pay**  
School Club