

EAT SMART, SPEND SMART

REAL LIFE NUTRITION TIPS

FIVE DINNERS, ONE TROLLEY, R500. LET'S DO THIS.

Hey there, OMSMAF Member,

Today, we're starting by introducing you to Thandiwe. She's been in the supermarket for exactly eleven minutes, and her trolley already looks like a nutritionist's mood board. Bright red cabbage, lush green spinach, bunches of fresh herbs... She's texting her sister with one hand and holding a whole butternut in the other, like she was born for this.

Despite appearances, Thandiwe is not a smug kale person. She's not following a complicated eating plan or spending her evenings researching superfoods. She's simply made a habit of anchoring her weekly shop around a few things that make a big difference, because she knows the weekly grocery shop is where good intentions go to negotiate with reality. And right now, over in aisle four, Riaan is getting caught up in the drama.

Hovering near the salt and vinegar chips, Riaan is wearing the expression of a man who just came in for milk. Somehow, he has ended up with several other items he didn't set out to buy, including a particularly tasty-looking milk tart – "for the kids". He knows. We know. Let's move on.

The reality is that we've all been Riaan. But as an OMSMAF member, he has a secret weapon. We'll show you what that is – along with how a few smart trolley swaps and five easy home-cooked dinners can mean better nutrition and a more satisfied family. All for less than R500. Yes, really.



LIKE A BACK-POCKET BONUS

You know that feeling when you discover a R100 note in your jeans? This is a bit like that, but even better because Riaan has forgotten (and maybe you have too) that as an OMSMAF member, he has access to a Nutritional Assessment and Healthy Eating Plan with a registered dietitian. A real professional who can look at his lifestyle, his health, his family's needs and his budget and build something that actually works for him and his family specifically - not some generic plan from the internet. We're talking real, personalised nutrition support, ready to use right now.