

GOOD FOOD IN YOUR COMMUNITY FOR YOU AND YOUR CHILD

Give a variety, start at 6 months



Dry Fish



Egg



Meat



Liver



Dawadawa



Agushi



Soya Beans



Beans (Cowpea)



Groundnuts



Palm Fruit



Aleefu



Kwahu Susua



Ayoyo



Shure



Okro



Kontomire



Garden Eggs



Moringa Leaves



Avocado



Watermelon



Orange



Mango



Pineapple



Pawpaw



Banana



Plantain



Local Rice



Orange-fleshed Sweet Potato



Yam



Maize & Millet



Follow the
Four Star
Diet

**GOOD
LIFE**
live it well

Scanned with CamScanner

Maizoya

STAY HEALTHY, STAY S

"Rich in Iron, Calcium, Vitamin B6



Maizoya is given to selected
vulnerable pregnant and lactating
women to prevent malnutrition.

Register at the nearest health
facility to become a beneficiary

Maizoya can be used
to prepare different
local meals like
Apapramba, Tiz, Bunka,
Akple and many more.



Toll Free
0800 100 500
05 40 11 33 44

gPharma, food truck drive for us



Lola



**NEW
LOOK**



Crispy



**GOOD NUTRITION
WITHIN REACH**

**GIVE KOKO PLUS FOR STRONG
AND HEALTHY GROWTH**



Can be added to any
start up food

From **6** months

Rich in proteins,
vitamins & minerals

**Add one sachet of KOKO Plus
daily to freshly served family
food for nutritious and tasty
meals**

Rich in Iron, Calcium, Zinc, Iodine, Niacin, Folic Acid, Vitamin B1, B2, B6, B12, A, E, K, D3, C