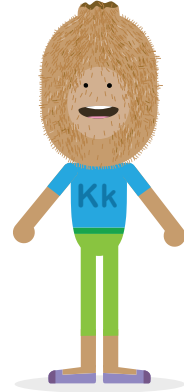


Juice me for Vitamin C,
I will boost up your immunity.



OJ Orange

I remove congestion,
to help you with digestion.



Kiki Kiwi

I am bursting with Vitamins A, B and C,
I will keep your eyes and skin healthy.



Marilyn Mango

What ingredients we are going to need

Orange, Kiwi, Mango.

It is so easy to do

Blend 1 chunk of mango and kiwi per child with 1 litre freshly squeezed orange juice per 10 children.

Why it is good for us

Kiwis can help your body digest food and relieve constipation. They are good for your skin and can boost your immune system.

Oranges can help to protect against disease and sickness. They can have beneficial effects on blood pressure, lungs and kidneys. They also help to keep bones and teeth strong.

Mangos are great for your skin and your eyes. They can help protect your body against disease, fight diabetes improve digestion and boost your immunity.

Together this drink can have a positive impact on digestion for anyone who is feeling a little sluggish.