

FOR A LIFE FULL OF <sup>TM</sup>

FREE EDITION 10

# GOODNESS

MAY - JUNE 2023

FOOD - LIFE - WELLNESS - FITNESS - BEAUTY

# Hello Summer

**VOL-AU-VENTS**  
YOUR GO-TO  
APPETIZER

**Summer  
Wellness**

# +life:

**POP-UPS TO PERMANENT**  
Supper clubs are here to stay

**Seeds of Change - Seed cycling 101**

**Flowing with the  
Season - Summertime  
Yin Yoga**

**From Lab to Life - Stem cells to the rescue**

**VITAMIN SUPPLEMENTS  
AND SKINCARE**





# Fueling the future

**NYUM MEALS, LOCALLY PRODUCED, DELICIOUS HAND-MADE READY MEALS, HAVE RECENTLY LAUNCHED INTO SELECTED CHOITHRAMS STORES WITH SEVEN OF THEIR DELICIOUS CHILDREN'S MEALS, ALL WITH HIDDEN VEGETABLES. EACH MEAL HAS ENOUGH VEGETABLES TO ADD UP TO AT LEAST ONE OF THEIR FIVE NUTRITIONAL NEEDS AS PART OF THE WORLD HEALTH ORGANISATION PROGRAMME. WE SPOKE TO TARRYN-LEIGH GREEN, CO-FOUNDER OF NYUM MEALS TO FIND OUT MORE.**

**H**ealthy meals with vegetables are essential for the overall well-being and development of children. Vegetables provide a wide range of important nutrients, such as vitamins, minerals, and fiber, which are necessary for growth and development. Incorporating vegetables into kids' meals can also help them develop healthy eating habits early on, which can reduce their risk of chronic diseases later in life. Studies have shown that children who consume a variety of vegetables have a lower risk of obesity, heart disease, and some types of cancer.

Moreover, vegetables can help improve digestion and prevent constipation, which is a common problem among children. They also contain antioxidants that can support the immune system and help protect against infections.

#### How did Nyum meals come about?

A qualified chef with a career long dream, I was encouraged by my stepfather during the COVID lockdown period to kickstart this venture. The culmination of years of experience and support made Nyum Meals come to life.

#### Why this particular name?

In our family, when something is super delicious, it's not yum, it's nyum and we are confident you will say the same when you eat our meals!

#### What is the ethos of nyum meals?

At Nyum, we aim to provide you with restaurant quality meals without compromise. A mother myself, I know the importance of providing wholesome, wellness meals for children and the challenge of finding this in the UAE. I set about developing these and launched a range of children's meals, providing parents with the ease of feeding their children a nutritious meal, safe in the knowledge that each meal contains a minimum of one of their five a day vegetable requirement.





### How do you choose products and do the taste test?

We select dishes that provide nostalgia and delight when you eat them. Once conceptualised, only clean labels, and wherever possible, locally sourced ingredients are procured, allowing for years of experience to safeguard the development of each meal. Our team of chefs are then trained in trialed and verified recipes, highlighting key attributes and standards set for each meal. Every batch of food made is taste tested and quality assured before selling to our customers.

### Can such meals help reduce the pressure on parents?

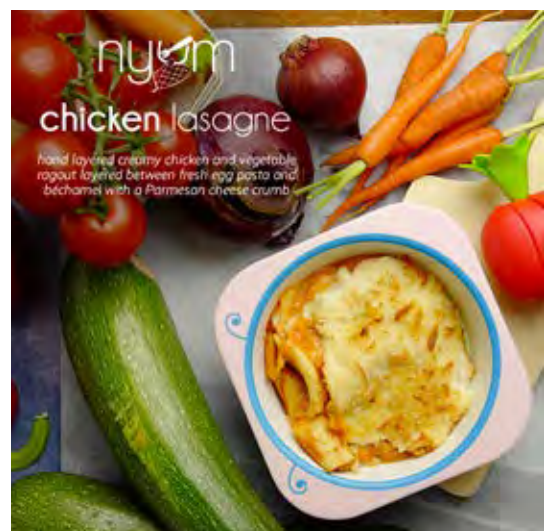
Absolutely! All Nyum meals are ready for heating from frozen in minutes in a microwave, air fryer or oven, alleviating pressure from time poor parents. You can rest in the knowledge that you are feeding your child a hand-cooked meal, filled with hidden vegetables and with no nasty ingredients. Even our pizzas have at least 80g of vegetables hidden in them!

### What makes frozen meals better for kids?

Fresh is not always best. Fresh food is nutritious on day one of its life, but with every day that goes by, nutrition is lost. By blast freezing our meals at their freshest, we lock-in their quality and nutritional value. Meaning no matter when your child eats one of our meals, they will be getting their optimum nutrition.

### What sets nyum meals apart from other meal companies? What is the USP?

First to market, our one of their five a day kids meals provide a sustainable, locally produced, hand-made solution for parents. Better still, our meals are served in biodegradable packaging and being frozen, there is zero food waste, just quality food without compromise.



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