



Choose your food plants well to keep your family healthy

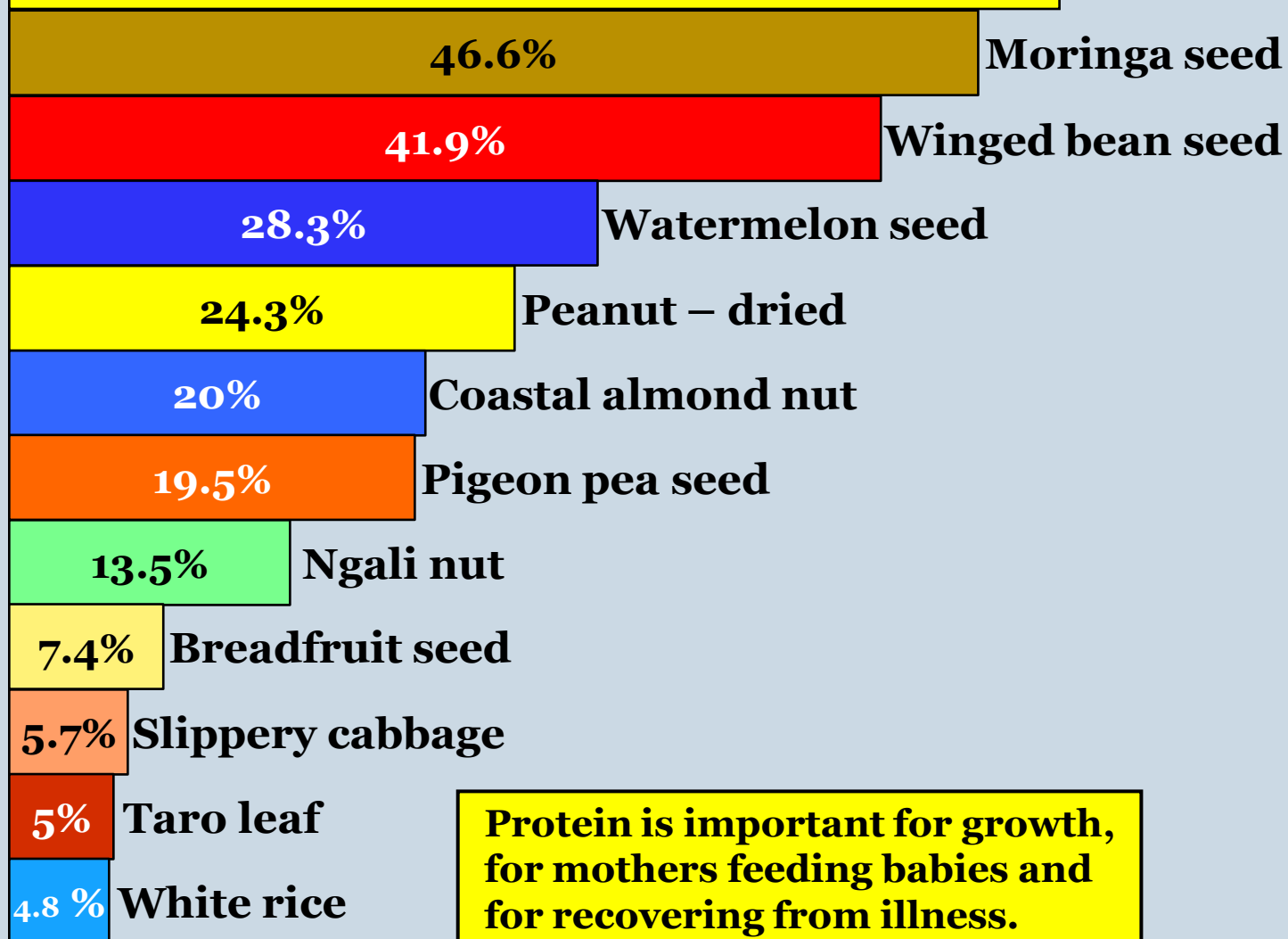


Many local and traditional food plants are packed full of good nutrients for growth and health!



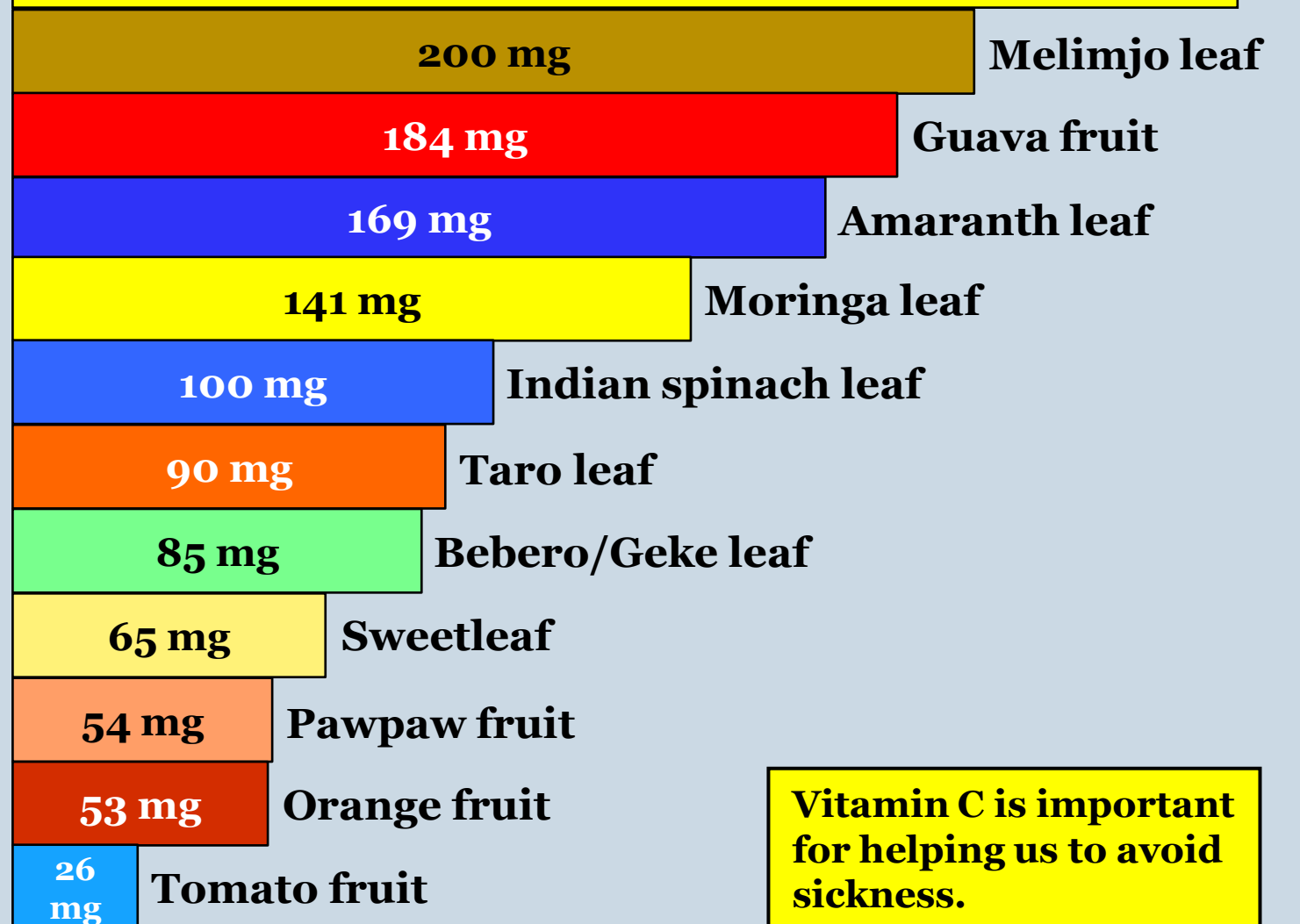
Many local and traditional food plants are adapted to the Solomon Islands so grow easily and well!

Solomon's plants - Protein content



Protein is important for growth, for mothers feeding babies and for recovering from illness.

Fruit & leafy greens – Vitamin C content



Vitamin C is important for helping us to avoid sickness.

