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Eat more greens

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FEED your children more fish and greens and less processed food that contain preservatives which are harmful to the body and does not contribute to their development.

These were the sentiments shared by Sarojini Singh, our shopper for this week.

Ms Singh says when you give your children a healthy and balanced meal, you ensure that they are getting all the essential vitamins, minerals and other nutrients that children need for healthy growth and development.

“Certain nutrients are required for a variety of reasons and taking care of ourselves require eating the right amount of food and looking after our bodies, minds and spirits,” she said.

Married with three children and three grandchildren, the 57-year-old lives in Rokara Rd in Newtown.

Ms Singh, who is the sole breadwinner in her family, can be seen selling roti parcels in Suva and the Nasinu area — a business she has been doing for more than 15 years.

In a day she can make between 100 and 120 parcels to sell.

This, Ms Singh said, depended on several factors, one being whether it was a pay week or not.

Like most business people, the last thing she wants is unsold roti parcels at the end of the day.

This week she shares her shopping tips with Times Shopper.