

The Home of

Stoer
Talk

LIFE AT
**BOARDWALK
MEANDER:**
RESIDENT PHOTOS,
ART EXHIBITION,
NATURE

**KITCHEN AND
FOOD TRENDS**

ISSUE 3 | 2025

THE OFFICIAL PUBLICATION OF THE BOARDWALK MEANDER HOMEOWNERS ASSOCIATION

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FROM THE EDITOR

Dear Readers,

Boardwalk Meander is a beautiful estate. In this issue, we're excited to showcase some of this beauty through the lens of one of our talented residents. Lookout for the photos snapped in these pages.



We also take a moment to celebrate creativity in all forms, with a look back at the recent art exhibition held right here in the estate. The photos featured in this edition reflect the wonderful artistic talent but also the strong sense of community.

We also bring you the latest kitchen and food trends.

Finally, we honour Women's Month – a time to reflect on the incredible contributions of women in our estate and across South Africa. To all the mothers, daughters, sisters, leaders, and friends – we celebrate you.

Enjoy the read!

- Angela

Women's Month



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CHAIRMAN MESSAGE

Hello almal

Die skole het weer begin na 'n baie lang skoolvakansie. Ek is seker daar is 'n hele paar ouers wat dankbaar is daarvoor. Die skooljaar is oor die laaste bult – dit is nou afdraande na die einde van die jaar toe. Sterkte vir al die leerlinge en studente. Hou julle oë op die eindpaal.

Julle sal 'n paar veranderings sien op die landgoed. We changed our security service provider – the feedback is very good. The personnel look professional and neat; they are friendly and courteous to all.

If you see John driving with a strange vehicle do not panic - we had to replace the estate vehicle and received the new vehicle on 24 July .

For all our avid tennis players – we hope that you are enjoying your new revamped tennis court. It really looks good and is an asset to the estate.

Aan almal wat betrokke is om ons landgoed so mooi te hou – baie dankie – ek is nog steeds trots om te kan sê ek bly in Boardwalk Meander.

- Deon





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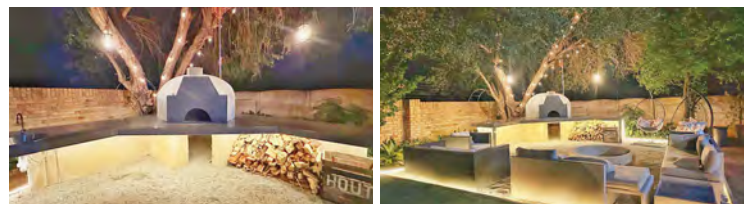
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FROM YOUR ESTATE MANAGER

Dear Residents

Time doesn't wait for anyone – we're already deep into winter, embracing the chill with warm jackets and hot chocolate. This season gives us a great opportunity to focus on projects that are easier to tackle outside the rainy months.

Current projects underway include:

- Repairing and painting the boundary wall
- Renovating the long-overdue guard house
- Re-tiling the ablution facilities at the tennis court and braai area
- Trimming overgrown vegetation
- Replacing damaged walkway lights and installing new lighting in darker areas
- Resurfacing the tennis court

We're also preparing to extend the braai area at the jungle gym, once we receive the approved building plans from Tshwane.

As always, infrastructure challenges remain – such as sewage issues and the river servitude at Meander East – but our dedicated team is actively addressing them. There will always be hurdles, but we remain committed to making this estate a place all of us can be proud to call home.

A heartfelt thank you to:

- Our residents, for keeping your properties and gardens beautifully maintained.
- Don and his team, for their excellent service.

- AMAX, for managing our access control and security systems.
- The office staff, for your patience and diligence.
- Theorine, for keeping our facilities clean.
- David, our handyman, for taking care of repairs.
- The Board of Directors, for your continued commitment to both residents and staff.

Your efforts make it possible for all of us to thrive in a safe, well-cared-for environment.

Stay safe and always stay positive.

Warm regards

- John

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FOOD FOR THOUGHT

Self-empowerment is the process of taking conscious control of one's life, making choices aligned with personal values, and developing the confidence to pursue goals and navigate challenges. It involves building self-awareness, setting boundaries, and practicing self-compassion, leading to greater resilience, improved decision-making, and overall well-being.

Here's a breakdown of key aspects of self-empowerment:

Understanding Self-Empowerment:

- **Taking Ownership:** It's about recognizing your power to make choices and take action, rather than passively accepting circumstances.
- **Aligning with Values:** Self-empowerment involves understanding your core values and making decisions that reflect them.
- **Developing Self-Awareness:** Knowing your strengths, weaknesses, and motivations is crucial for effective self-empowerment.
- **Building Confidence:** Self-empowerment fosters a belief in your ability to overcome challenges and achieve your goals.

How to Cultivate Self-Empowerment:

- **Set Realistic Goals:** Break down large goals into smaller, achievable steps to build momentum and celebrate milestones.
- **Develop New Skills:** Investing in learning and development can boost confidence and equip you with the tools to pursue your goals.
- **Practice Self-Compassion:** Be kind to yourself, acknowledge imperfections, and learn from setbacks.
- **Seek Support:** Connect with mentors, coaches, or supportive friends who can offer guidance and encouragement.
- **Challenge Limiting Beliefs:** Identify and challenge negative self-talk and replace it with positive affirmations.
- **Embrace Courage:** Take calculated risks, step outside your comfort zone, and don't be afraid to fail.
- **Focus on Your Strengths:** Capitalize on your strengths and find ways to use them to your advantage.
- **Practice Mindfulness:** Pay attention to your thoughts and feelings without judgment, allowing you to respond to situations with greater awareness.
- **Create a Vision Board:** Visualize your goals and dreams to stay motivated and focused.
- **Avoid Self-Sabotage:** Recognize and address self-sabotaging behaviours that hinder your progress.

Benefits of Self-Empowerment:

- **Increased Confidence and Self-Esteem:** Self-empowerment leads to a greater belief in your abilities and worth.
- **Improved Decision-Making:** With clarity about your goals and values, you can make more informed and effective decisions.
- **Greater Resilience:** Self-empowered individuals are better equipped to handle challenges and setbacks.
- **Enhanced Motivation and Productivity:** When you feel empowered, you're more likely to pursue your goals with passion and determination.
- **Positive Relationships:** Self-empowerment can improve your relationships by fostering healthy boundaries and communication.
- **Overall Well-being:** By taking control of your life and pursuing your goals, you can experience greater happiness and fulfillment.

Self-empowerment is a journey, not a destination. It requires ongoing effort, self-reflection, and a willingness to learn and grow. By embracing self-empowerment, you can unlock your full potential and create a more fulfilling and meaningful life.

- The A-Team



FROM THE OFFICE PEN

Good day to you all! I'm pleased to see that although we are still experiencing the winter chill, we are well on our way to Spring.

We have so many new residents that bought and moved in during the last year – welcome to the best estate in town.

We would love to get feedback on the magazine. Please drop me an e-mail to tell me what you think and what other types of articles you would like to see included. Our “newer” residents might be interested in sending us some articles or photos. It is wonderful if you all get involved and it helps us to keep the magazine interesting.

I am so proud of the fact that this May saw me working on the estate for eighteen years already. Time goes too fast. I can tell you honestly that I still love my job and look forward to being able to do this for many more years.

Please remember to inform the office if any of your contact details i.e. contact number/s or email addresses change. We appreciate the co-operation in this regard to keep our records updated. Any changes can be sent to office@estatebwm.co.za.

Take care

- *René*



“Love all, trust a few, do wrong to none.” – William Shakespeare

“It does not matter how slowly you go as long as you do not stop.” – Confucius

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Feel free to contact us at the office should you need any assistance/help or want to donate some books.

Thanking you in advance for any new reads!





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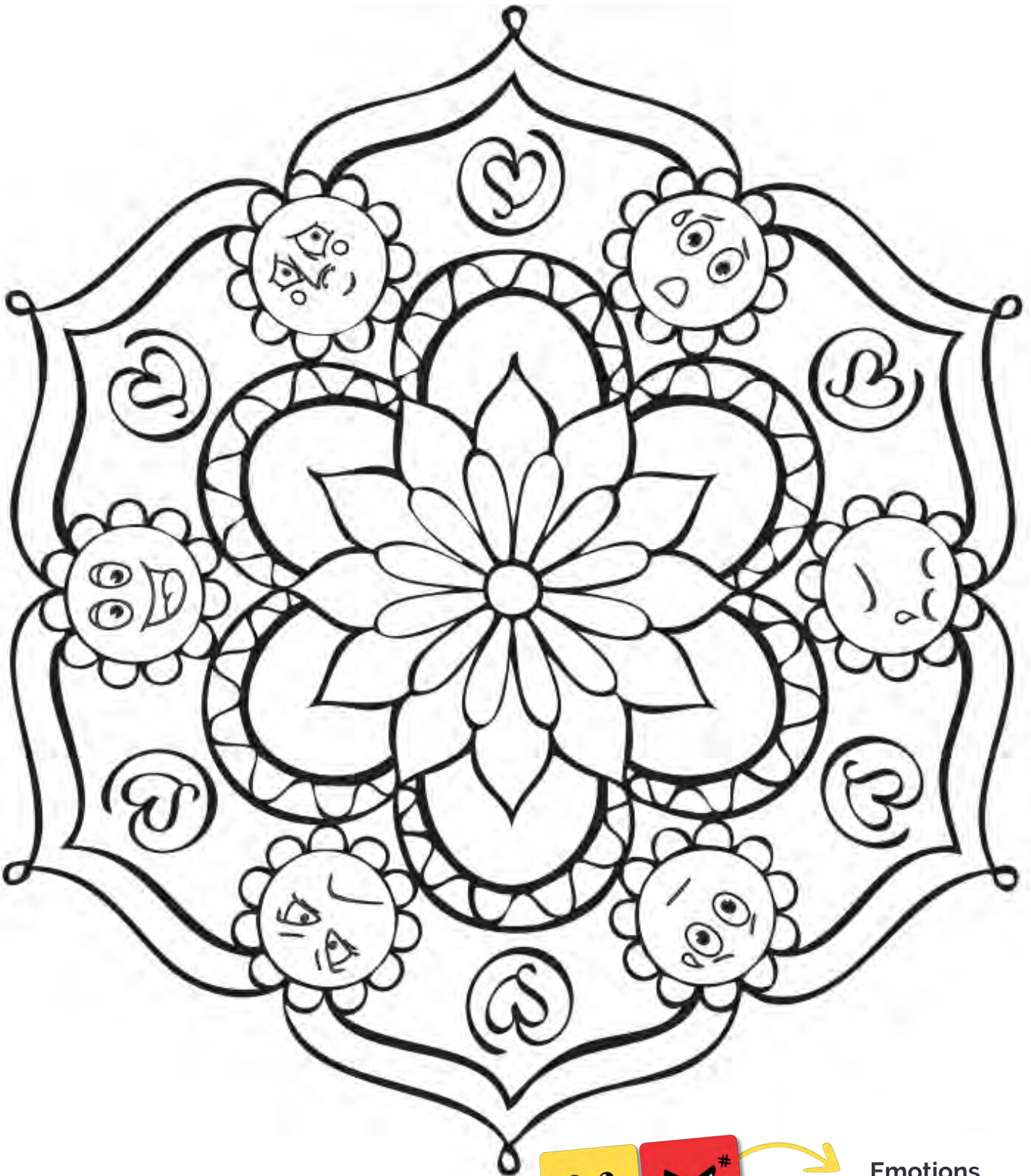
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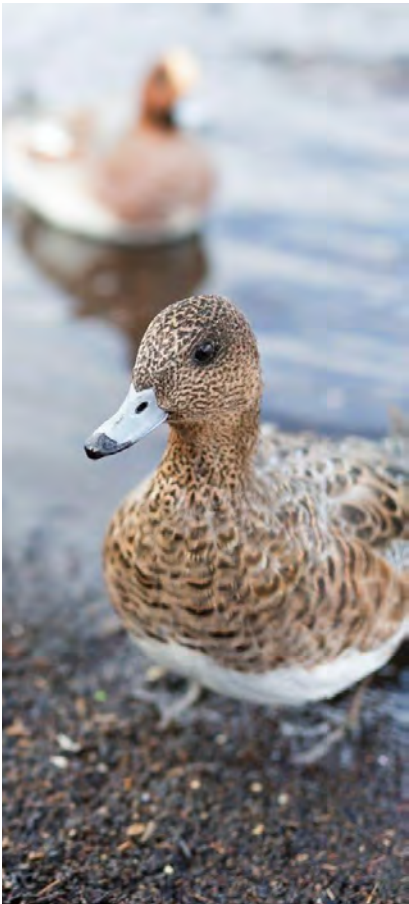
WHY YOU SHOULD NOT FEED THE DUCKS BREAD

- Bread makes our tummies hurt and makes us ill.
- Bread does not contain the right nutrition or calories that we need to survive.
- Bread makes us think we are full and then we don't eat the food we need.
- It also pollutes our water and causes nasty surface algae, which kills our fish friends and gives us diseases.
















ENJOY FEEDING DUCKS AT THE PARK?

SKIP THE BREAD - FEED THIS INSTEAD!











- Leafy Greens
- Peas
- Corn Kernels
- Rolled Oats
- Halved Grapes
- Chopped Carrots, Cucumber or Zucchini
- Duck Feed Pellets



KEEP BUGS AWAY WITH THESE PLANTS

BASIL 	Mosquito 	Housefly 
LAVENDER 	Moth 	Flea 
CATNIP 	Housefly 	Mosquito 
MARIGOLD 	Mosquito 	Aphid 
ROSEMARY 	Flea 	Tick 

BUZZING STRIPEY THINGS GUIDE

 HONEYBEE <ul style="list-style-type: none">• Excellent pollinator• Makes honey• Friendly unless provoked• Needs our help the most• Can only sting once	 BUMBLEBEE <ul style="list-style-type: none">• Excellent pollinator• Very friendly unless provoked• Can sting multiple times• Basically a flying fat panda	 CARPENTER BEE <ul style="list-style-type: none">• Lives in your fence/wood• Males can't sting, but are the aggressive ones• Important pollinators• More of a nuisance than a threat	 HOVERFLY <ul style="list-style-type: none">• Wears striped uniform to scare you• Can't sting• Follows you around if it likes you	 PAPER WASP <ul style="list-style-type: none">• Looks scary, but won't attack unless threatened• Build small nests that look like crumpled paper• Resemble yellow jacket• Pollinators
 PAPER WASP <ul style="list-style-type: none">• Looks scary, but not much of a threat unless provoked• Build small nests that look like crumpled paper in corners• Can sting multiple times• Pollinators• No sense of personal space	 YELLOW JACKET <ul style="list-style-type: none">• Aggressive• Wants your food and will fight for it• Minimal pollination• Typically lives in the ground• Can sting multiple times• Primary focus is insects for food	 HORNET <ul style="list-style-type: none">• Big and scary• Mostly nest above ground in big ball shaped nests• Not aggressive unless provoked• Eats bees and other insects• Can sting multiple times, can be fatal	 MUD DAUBER <ul style="list-style-type: none">• More interested in spiders• Nests look like mud "organ popes"• Can sting, but extremely rare• Abandoned nests can become homes for other insects/wasps	 CICADA KILLER WASP <ul style="list-style-type: none">• Looks like Satan's nightmares• Only eats cicadas• Don't care about you, but will sting if provoked

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V O L V O

CHOOSE BEST DECK FOR CLASSIC OUTDOOR ELEGANCE

Stuart Martin, the founder and CEO of Best Deck, says creating spaces that feel like home, especially in the outdoors, has always been about more than good looks.

"People want beauty, but they also want peace of mind," he explains as he walks across the expansive poolside deck of a recently completed home in a luxury estate. "That's why our composite wood solutions are designed to look incredible and last for decades."

Now in its 10th year, Best Deck has become South Africa's leading name in composite wood innovation, providing and installing pool decks, pergolas and other items. Be it a contemporary entertainment deck or weather-resistant cladding you want, the focus for any project undertaken is on durability, design excellence and eco-conscious materials. This has made Best Deck a trusted partner in premium residential homes.

Set above a crystal-clear pool, the featured pergola in the installation pictured blurs the line between indoors and out. It's a serene, architectural retreat, a space designed for luxurious open-air living without compromise.

"This is what outdoor comfort should feel like," says Stuart. "You're immersed in the outdoors, but with all the refinement and shelter of an interior space."

Crafted from Best Deck's premium Diamond Range composite wood, the pergola exudes lasting elegance. Engineered to withstand South Africa's diverse climate, from intense sun to heavy rain, the material resists fading, cracking and splintering over time.

"It's the most advanced product on the market," explains Stuart. "Clients love the richness and texture, which captures the natural look of timber without any of the ongoing upkeep."

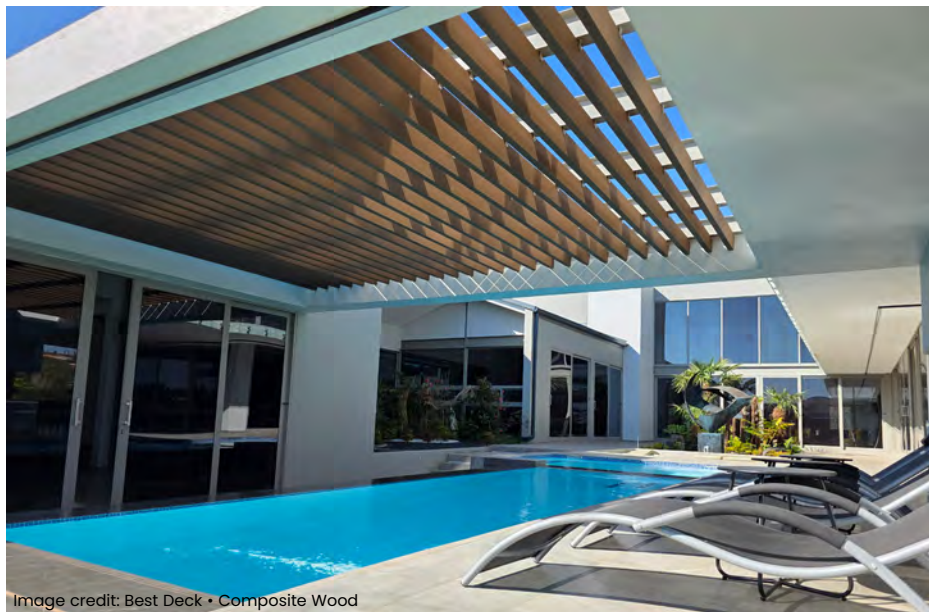


Image credit: Best Deck • Composite Wood

This poolside haven showcases Best Deck's ability to transform outdoor areas into functional extensions of the home, ideal for entertaining, relaxing or simply enjoying the view.

"Our pergolas are not just shade structures," says Stuart. "They bring definition, sophistication and real architectural value to a space."

"You'll love how the slowing transitioning parallel shadows cast by the pergola create a beguiling atmosphere over your living area as the sun moves across the universe, delivering a deep sense of serenity, luxury and belonging that lingers emotively with you."

By offering flawless installation and quality materials, Best Deck continues to set the benchmark for premium composite wood living. Products are guaranteed for up to 25 years.

Best Deck's reputation is built on quality and consistency. Not only does each product enhance the visual appeal of a home, it can also extend the home's usable living space, which is something estate homeowners particularly value.

"People are investing in outdoor lifestyles," says Stuart. "Our products help them make the most of it."

As demand grows for intelligent design and low-maintenance luxury, Best Deck continues to lead the way. From Gauteng to the Western Cape, KwaZulu-Natal and beyond, discerning homeowners are discovering how premium composite wood can enhance everyday living with elegance, comfort and confidence.

Best Deck is there to make your outdoor dreams a reality, one perfect composite wood installation at a time.

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BRING IN THE BUTTERFLIES!

What a beautiful site it is when you sit in your garden with a cup of coffee and see different types and colours of butterflies enjoying the flowers just like you do!

See below how to attract more of these beauties to your special place.



How To Attract Butterflies To Your Yard



1. GROW NATIVE FLOWERING PLANTS
in sunny areas.



2. PLACE FLAT STONES
To provide a place for butterflies to rest and bask in the sun.



3. PLANT COLOR & TYPE
Adult butterflies are attracted to red, yellow, orange, pink and purple flowers.



4. NO PESTICIDES
Neonicotinoids have been found by studies to harm butterflies as well as bees.



off-grid.info



5. PROVIDE PLACES FOR PUDDLING
Butterflies love to gather on mud or wet sand ("puddling").

12 Flowers Butterflies Love:

NOTE - not all plants are ideally suited for all regions, please check which are **native (best!)** for you area.



Butterfly-Bush
(*Buddleja davidii*)



Yellow Cosmos
(*Cosmos sulphureus*)



Purple Coneflower
(*Echinacea purpurea*)



Vervain
(*Verbena bonariensis*)



Red Daylily
(*Hemerocallis* spp.)



Sunflower
(*Helianthus annuus*)



Lavender
(*Lavandula* spp.)



Musk Mallow
(*Malva moschata*)



Calendula
(*Calendula officinalis*)



Milkweed
(*Asclepias* spp.)



Aster
(*Aster amellus*)



Calliopsis
(*Coreopsis* spp.)

PHOTOS BY OUR RESIDENTS

‘Photos from Residents’ taken by Karin Krige.





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ART EXHIBITION

Our art exhibition was well represented by all the artists and other stall owners that came to show their work and art. Their time and effort are so much appreciated and I need to thank you all again.

See some beautiful work on show for your pleasure. Please feel free to contact me should you want to buy any artwork that you see here.

Most of the exhibitionists did painting but there was also blocked photos, cards, children's clothes, shoes, jewellery and so forth.

Thank you to those of you that took time to visit us on this day – we had two on-site painters and it was special to see their talent getting transferred to canvas in front of your eyes.

- René



Wilma Roux and her wonderful artwork. The face of that hobo speaks a thousand words!



Riani Ferreira - one of the on-site artists on the day - watching her paint is amazing.



René Botha showing off her paintings with the most beautiful colours.



Adri Smit explaining the meaning of one of her paintings.



Freddie Ludick had a variety of works on display. I loved that windmill painting.



Kathrine Carroll with her paintings.



Judy Swanepoel with her lovely paintings.



Lance Muller with his variety of jewellery.



Lynette and Jan Grobbelaar - beautiful delicate paintings on wooden planter boxes and more.



Naomi Smit and friend Alida Wolvaart - they had the most interesting assortment of goods on sale.



Chantal Janse van Rensburg with her blocked photos.



Frik Meyer selling his Barefeet shoes.



Adriaan Louw - it was such a pleasure watching him painting on site.



Christine Thomaides selling children's clothes.



Chris and Elke Meyer - father and daughter team - displaying her photos and cards.



Nadine Boshoff and her daughter with their colorful paintings. Mila selling her own creations.





Francis Broens displaying her artwork.





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Mercedes-Benz SA Launches 7-Year PremiumDrive Plan

Mercedes-Benz South Africa elevates ownership experience
with new 7-Year PremiumDrive Exclusive Care Plan

Mercedes-Benz South Africa has unveiled a bold enhancement to its after-sales offering with the introduction of PremiumDrive Exclusive Care – a comprehensive 7-year / 140,000km service and maintenance plan designed to bring unparalleled peace of mind to drivers of the iconic brand.

This latest offering marks a significant milestone in the brand's commitment to customer satisfaction, elevating the standard of care and convenience for new and existing owners across the range.

A new era of automotive confidence

More than just a service plan, PremiumDrive Exclusive Care is positioned as a new era in service coverage. It's built to deliver not only long-term maintenance and repair coverage but also the confidence that every journey in a Mercedes-Benz is supported by world-class expertise and genuine parts.

"Mercedes-Benz is about more than just driving – it's about a feeling of trust and assurance that stays with you well beyond the road," said Claudius Steinhoff, Executive Director MBC and Co-CEO MBSA. "This new 7-year plan ensures your vehicle remains in peak condition while delivering unmatched peace of mind."

What's included in the PremiumDrive Exclusive Care Plan?

This all-inclusive service and maintenance plan covers essential repairs, scheduled services, and much more, carried out exclusively by authorised Mercedes-Benz technicians. Key benefits include:

- **24/7 Roadside assistance:** From flat batteries to lost keys, expert help is always available, anywhere, anytime.
- **Mobility services:** If your vehicle needs attention, Mercedes-Benz ensures your day doesn't miss a beat with alternative transport or a replacement vehicle.
- **Stand By Me Services:** Should you find yourself stranded in an unsafe situation, Mercedes-Benz will dispatch security to remain with you until help arrives.
- **Complimentary tyre and rim insurance:** Customers choosing the Exclusive Care plan will also benefit from added peace of mind with complimentary cover for tyre and rim repairs or replacements.



Additional option: PremiumDrive Comfort Care

For those seeking a more flexible solution, Mercedes-Benz South Africa also introduced a refined version of its popular 5-year plan: PremiumDrive Comfort Care. This version maintains robust service and maintenance support tailored to a shorter ownership horizon.

"Our focus is always on delivering relevance and reassurance in every moment," stated Alexandra Boavida, VP of Sales and Marketing, Mercedes-Benz South Africa. "The launch of this new 7-year plan reflects our vision to redefine luxury — not just in our vehicles, but in the care and experience we offer our customers."

Exciting offers to mark the launch

To celebrate the launch of PremiumDrive Exclusive Care, Mercedes-Benz South Africa is rolling out a series of exclusive deals across its vehicle range. Whether you're in the market for a sleek sedan, a sporty coupe, or a family-ready SUV, flexible financing options are also available to help make the dream of owning a Mercedes-Benz more accessible than ever.

"We are proud to offer our customers peace of mind through these new service and maintenance options," expressed Shania Govender, General Manager Customer Services and Technical Operations. "It's a commitment that goes beyond expectations and helps ensure every Mercedes-Benz stays as exceptional as the day it was delivered."

With PremiumDrive Exclusive Care, Mercedes-Benz South Africa sets a new benchmark in premium vehicle ownership, reinforcing its legacy of excellence and commitment to customer loyalty.

Visit the Mercedes-Benz South Africa website to explore current offers and learn more about the new service and maintenance plans.

www.mercedes-benz.co.za





*Complimentary Tyre and Rim cover by Mercedes-Benz Financial Services (Pty) Ltd, an Authorised Financial Services Provider (FSP18604).

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INTERIOR DÉCOR

Styles & Trends

AUGUST 2025

Compiled by Stienie Greyling



Current kitchen trends

Food trends



KITCHENS AND KITCHEN APPLIANCES

Current kitchen trends emphasise a blend of functionality, personalisation, and natural elements.

Popular choices include bold colours, natural textures, and handle-less designs, with a focus on creating a stylish and inviting space. Homeowners are also incorporating elements like statement natural stone, multiple islands, and concealed kitchens. From countertop materials and details to architectural details and the revival of organic designs, it's the year of unique kitchen ideas.

A major trend for 2025 is the concealed kitchen. This design incorporates built-in appliances, flush cabinetry, and an appliance cabinet to keep everything

neatly hidden. The result is a sleek, minimalist aesthetic that enhances the feeling of space and organisation. Ideal for open-concept living areas, it creates a seamless flow between the kitchen and living spaces.

Kitchen islands are becoming multipurpose spaces. In kitchen remodel ideas this year, expect to see islands with built-in sinks, cooking tops, power outlets, and plenty of storage. These islands are perfect for meal preparation, casual dining, and even homework or work sessions. Beyond eat-in kitchen ideas, they

make a kitchen more functional and provide extra space for family and friends to gather.

Natural stone countertops are a standout kitchen trend for 2025, bringing timeless elegance and durability to the heart of the home. Materials like marble, granite, and quartzite are favoured for their unique patterns and luxurious feel, adding a touch of sophistication to any kitchen design. These countertops offer both beauty and longevity, making them a wise investment for elevating a kitchen.



Maximising natural light and taking advantage of outdoor views are top priorities in this year's kitchen design. Large windows, skylights, and glass doors allow plenty of sunlight, creating a bright and airy atmosphere. This connection to the outdoors not only makes the kitchen more inviting but also boosts the mood and well-being.

The latest kitchen appliance trends focus on integrating appliances for a seamless look, incorporating smart technology for convenience, and adopting healthier cooking methods, such as air frying. Minimalist designs, featuring handle-less cabinets and hidden appliances, are also popular.

Smart appliances are no longer a futuristic concept; they are a very real reality.

AI-powered kitchen appliances, including smart fridges, ovens, and voice-controlled kitchen gadgets, feature built-in voice assistants such as Alexa and Google Assistant. These devices help to efficiently control appliances, whether adjusting the oven's temperature or checking the contents of the fridge from a phone.

Touchless technology is becoming increasingly common in kitchen appliances, such as faucets, dishwashers, and garbage disposals. Motion-sensor technology enables users to manage tasks without touching surfaces, enhancing hygiene and usability. Touchless faucets and sensor-based dishwashers are especially popular for their ease of use and cleanliness.

Air fryer trends are showing no signs of slowing down. These gadgets offer a quick and convenient way to enjoy crispy meals using low-oil cooking technology, making them a top choice for health-conscious home chefs. As consumers seek healthier options, these appliances are now considered innovative kitchen equipment that caters to modern wellness goals.

Smart fridges are changing the kitchen experience with advanced inventory management technology. These fridges check the food supplies, monitor expiry dates, and suggest recipes based on the ingredients already available in the fridge.

Some models even connect to a smartphone, allowing homeowners to manage their inventory remotely and automatically order groceries when supplies are low, saving time and ensuring they never run out of essentials.

Voice-controlled kitchen appliances and AI-assisted cooking are transforming the way we prepare meals. With voice-controlled smart kitchen assistants, one can adjust settings, start timers, and even find recipes with a simple voice command. No more fumbling with buttons or looking at screens with messy hands.

From adjusting the oven temperature to notifying you when the dish is ready. AI helps ensure that the perfect result is achieved every time. These technologies not only make preparing a meal easier but also make kitchens more efficient and enjoyable.





FOOD TRENDS



The ever-shifting patterns of how our tastes are changing makes exploring food trends a thrilling prospect.

Several food trends are emerging in 2025, with a focus on sustainability, health, and global flavours. Key trends include zero-waste practices, sustainable seafood, plant-based options, and a growing interest in fermented foods and functional beverages for gut health. Additionally, culinary upcycling, a focus on high-quality ingredients, and the influence of social media on food trends are also prominent.

Given sustainability, cost, and availability, plant-based foods are becoming an increasingly common part of the human diet. Plant-based foods are associated with numerous health and nutritional benefits, including a reduction in obesity, cancer, and the risk of cardiovascular disease. Plant-based foods also contain considerable levels of macro- and micronutrients, in addition to the presence of several bioactive compounds, such as phytochemicals, which are beneficial to human health, provided the processing applied to the foods is not too drastic.

Plant-based food primarily consists of fruits, vegetables, grains, legumes, nuts, seeds, and healthy oils, with a reduced or minimal focus on animal products. It emphasises foods derived from plants rather than relying heavily on animal-derived sources.

Fermentation is an ancient technology of preserving foods. Limited research suggests that certain bacteria in fermented foods can stimulate the production of serotonin, a neurotransmitter that enhances feelings of well-being. That's because the gut and the brain have a strong connection, so much so that improving your gut biome can improve the central nervous system.

Fermented foods are those that have undergone a process of controlled microbial growth, where beneficial bacteria or yeast break down food components, often resulting in unique flavours, textures, and preservation. These foods have been a part of human diets for centuries, offering various health benefits, especially for gut health.

Common fermented foods include kimchi, sauerkraut, kefir, tempeh, KOMBUCHA, and yogurt. These foods may help reduce the risk of heart disease, support digestion, immunity, and weight loss.

Sustainable seafood trends this year include a growing demand for responsibly sourced fish, the rise of plant-based and alternative seafood options, and increased focus on transparency and traceability in the supply chain. Consumers are also seeking locally sourced and convenient seafood choices, as well as exploring a wider variety of species. These trends are driven by a desire to protect fish populations, reduce environmental impact, and prioritize health and nutrition.

Seafood is packed with omega-3 fatty acids, which our bodies cannot produce. This means that we are required to get them from external, preferably natural, food sources. Omega-3 fatty acids play a crucial role in brain function, normal growth and development, and they benefit the heart in several ways: curbing inflammation in the blood vessels, reducing blood triglycerides, lowering blood pressure, and raising good cholesterol levels.

Functional beverages, offering benefits beyond basic hydration and taste, are a rapidly growing market, with trends focusing on cognitive health, energy, hydration, and personalized nutrition. Consumers are increasingly seeking out drinks with specific ingredients to address various health needs, such as improved sleep, blood pressure regulation, and enhanced cognitive function.

Health-conscious consumers have also become increasingly focused on gut health in recent years, and a range of beverages featuring gut-healthy ingredients, such as probiotics and fibre (especially prebiotic fibres), have hit the market. Fibre is a star nutrient. There has been significant year-over-year growth in the purchase of prebiotic and probiotic beverages, reflecting a growing consumer focus on digestive health.

Zero waste practices involve a series of strategies aimed at minimising and eventually eliminating waste generation through redesigning systems and promoting responsible consumption and production patterns. This approach prioritises resource conservation, waste reduction, and the recovery of materials for reuse or recycling.

To achieve a zero-waste lifestyle, it is essential to focus on the key principles of reduce, reuse, and recycle. This means minimising waste production by choosing products with minimal packaging, reusing items as much as possible, and properly disposing of waste to ensure it gets recycled or composted. Product designers help enable this lifestyle by creating products that are sustainable, eco-friendly, and have a minimal environmental impact.



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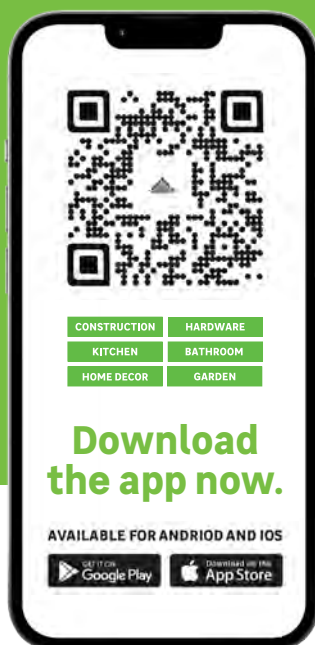
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