

## Meena Sweets and Amalaki Biscuit

For the first time in Bangladesh, Meena Sweets has come up with a unique product — Amalaki Biscuit. Amalaki has been traditionally considered a power food. Rich in antioxidants, the vitamin C contained in amalaki boosts immunity and helps to reduce stress. It also enhances appetite, as well as being very helpful for the liver, and in preventing jaundice, stomach ache, cold, cough, and anaemia.

According to nutritionists, Amalaki contain 10 times more vitamin C than guava and 3 times more than lemon. It also contains 15 to 20 times more vitamin C than orange, 120 times more than apple, 24 times more than mango and 60 times more than banana.

Amalaki is also very useful for people with the following conditions — diabetes, diarrhoea, high blood pressure, high cholesterol, and bone pain.

The FSSC 22000 and HACCP certified company,

Meena Sweets is well versed in the production of quality sweets and bakery products, and comes with cutting edge factory facilities equipped with state-of-the-art machineries.

In every step of the production phase, their top priority is to maintain utmost quality and maximum hygiene. So, as far as the health, safety and quality issues are concerned, Meena Sweets believes that their customers can simply rely on them.

Amalaki biscuit is available at all Meena Sweets Outlets. You can also order through online sales platform.



## BSOAB gets government recognition

Recently, Beauty Service Owners Association of Bangladesh (BSOAB) has received recognition from the Government of Bangladesh. Established in 2016, BSOAB has been working for the development of the beauty industry in the country. Time and again, the honourable Prime Minister has reiterated the need for becoming entrepreneurs; BSOAB strives towards achieving just that. It is the goal of the organisation to develop the beauty industry and take it to world standards by arranging different workshops. Creating job opportunities has also been one of its primary goals. They believe, through their wholehearted effort, BSOAB can make significant contributions to the national economy.

## Quazi Enterprises Ltd. distributes safety kits

In these trying times of the COVID pandemic, our frontline workers are fighting for our lives and security by providing emergency services, risking their own lives. As a gratitude to their service towards the nation and communities, and to ensure their safety, Quazi Enterprises Ltd. has distributed safety kits to the frontliners and volunteers.

Safety kits have been provided to Dhaka Medical College Hospital, Kurmitola General Hospital, Dhaka Metropolitan Police and Bidyanondo Foundation on May 28 and June 6, 2021.

On behalf of DMCH, Director, Brigadier General Md Nazmul Haque; Kurmitola General Hospital Director, Brigadier General Jamil Ahmed; from DMP, Deputy Commissioner of Police Headquarters & Administration, Tutul Chakrabarty; and on behalf of Bidyanondo Foundation, Salman Khan Yasin, Manager, Image and Communications received the kits. They thanked QEL for the gesture on behalf of the respective organisations and hoped that more activities will be initiated from the private sector for



the welfare of the nation. They also requested the people to maintain proper safety measures to fight coronavirus effectively.

On behalf of Quazi Enterprises Limited, RK Banerjee (Manik), Assistant General Manager (Modern Trade) and Nahida Begum, Brand Manager distributed the safety kits to the frontliners.

### LIFE AS IT IS

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## The significance of a shopping list

We all love to shop. Some of us are shopaholics while others are not, but we all, from time-to-time, purchase things we do not need. While it is not always possible to make a shopping list every time we go shopping, it is a good idea to make a grocery list before you step inside a food mart or a kitchen market. Why? You will find out in a while.

### Saves money

No one is asking you to be stingy, but wasteful spending does you and your family no good. Sticking to the shopping list when you go grocery shopping can keep your impulsive buying behaviour in check. When we do not have a shopping list, we often end up buying food items that we already have at home. Because food is perishable, buying more than you can consume is a bad, bad idea.

### Saves time

Yes, you save time when you are armed with a grocery list. You know exactly what you need, so you do not roam about aimlessly in a supermarket, trying to remember if there is enough cooking oil at home to last you one more week.

### Reduces food waste

According to Food and Agricultural Organization (FAO) of the United Nations, one-third — approximately 1.3 billion tonnes — of the food produced every year gets lost or wasted. The statistic is staggering. A grocery list can help you reduce this waste. Food products decay and expire — remember this simple fact when you go grocery shopping this week.



### Keeps you healthy

Because you know what you need and want, when you go grocery shopping with a shopping list, you do not pick random food items from the shelves of food stores. Unplanned shopping results in stuffing our refrigerators and cupboards with foods that are neither healthy nor needed.

### Prevents multiple trips to stores

You can say goodbye to the hassle of making frequent trips to the supermarket when you make a weekly grocery list. You can prepare a handwritten grocery list like the good old days, which I still do. But you can also always make one on your cell phone. Add or delete items from the list as the week goes by.

Choose one particular day of the week for grocery shopping. Consider taking your children with you as it can be a great opportunity for them to learn letters and numbers. They can also learn social skills in a marketplace setting, where the foods on their plates come from and how to count and use money.

So, next week when you go grocery shopping, arm yourself with a shopping list for a better shopping experience.

**Photo: Collected**