

## **Nestlé SDG 2 Case Study - Helping individuals and families cook for healthier lives: *Maggi* helps millions of families cook**

Studies have shown that when children learn to cook, they are more likely to eat nutritious food otherwise often rejected, like vegetables or salads. At Maggi, we understand the power of home-made cooking. We are committed to inspiring families to cook tasty and balanced home-made meals every day, with the fresh ingredients they love, and as a family-together moment whenever possible. In 2017, with the launch of the Maggi 'Simply Good' initiative, we further reinforced our global ambition to help individuals and families cook for healthier lives. Not only are we transforming Maggi products with simpler and healthier ingredients, we are also deploying an ambitious cooking education programme for adults, children and teenagers. This includes recipes, menu ideas, simple cooking tips and online courses. Both our Sustansya Caravan and Maggi pop-up kitchens provide young people with basic nutrition information and teach them the skills they need to cook tasty and nutritious meals.

Read More about Nestles commitment to SDG's here- [https://www.nestle.com/asset-library/documents/library/documents/corporate\\_social\\_responsibility/nestle-in-society-summary-report-2017-en.pdf](https://www.nestle.com/asset-library/documents/library/documents/corporate_social_responsibility/nestle-in-society-summary-report-2017-en.pdf)