TRANSCRIPT FOR "Make the Healthier Choice: Eat Fortified Foods"

<https://www.spring-nutrition.org/media/videos/make-healthier-choice-eat-fortified-foods>

**SCENE 1**

Katoto is walking through the aisles of a city market while humming a musical tune. He looks up and sees the F-sign of fortified foods on a poster and a dangler in the distance on stalls on side of the street; and his stomach grumbles in hunger.

He runs to his usual Rolex Guy. **(There are food fortification posters on some of the walls of the buildings he passes by)**

**Katoto:** Mzee! How are you? What’s new?

**Rolex Guy:** Eh Boss! I have your usual order; 2 eggs and 1 chapu

**Katoto:** Otyo! That’s good! But Sebbo, I have a question for you. The signs on the shops reminded me…Are you using fortified foods? I heard about them on radio. They have a big blue F logo on them?

**Rolex Guy:** I’m not sure. Do you mean the food with the blue logo that I see on wheat flour and cooking oil these days?

**Katoto:** Yes! Yes! Yes! You see senior, we need to update our chapus. The Big Blue F means that what you are buying is fortified, has more nutrients and is healthier.

**Rolex Guy:** Really! That’s great!

**Katoto:** Senior! Come with me and I will show you.

**SCENE 2**

At the retail Shop that has poster and danglers with the big blue F.

**Shop Attendant:** Eh, You people, you’re lost!?

**Katoto:** Yes! We’re lost and found. Haha!

**Rolex Guy:** Is this the Big Blue F? (While holding a dangler)

**Katoto:** Yes, look here. On this dangler we find the big blue F logo on wheat flour, cooking oil, and maize flour. You must always look for the logo before you buy these items. If it is there, then buy. (Shows products and points at the “F” on all)

**Rolex Guy:** So mama wa bana, the children, myself and even my customers will be healthier if we eat these fortified foods?

**Katoto:** Yes Senior! The foods have nutrients like zinc, vitamin A, and some they call vitamin B, and also iron. These are all very good for the body’s health. (Stomach grumbles). Wama, I really need that rolex!

**Rolex Guy:** I need some of these papers with the big blue F so that my customers know that my chappatis are dot com and I am up-to-date. (They laugh as they walk back with danglers)

**SCENE 3**

Back at the Rolex Joint (Rolex guy, has put up fortification poster)

**Rolex Guy:** Here is your rolex.

**Katoto:** Asante boss. (Gets money to pay for the rolex). Now that you have the posters, you will remember to look for the big blue F before buying any cooking oil, wheat flour and maize flour. Please tell others and remind them to look out for the logo. Everyone should do this. Rolex makers, mandanzi makers and homemakers, the big blue F means a quality, fortified, product.

Katoto starts to walk away and takes a big bite, smiles with satisfaction as the Big Blue F flashes onto the screen.

**END OF CLIP.**