



“AGRO KATINA”

Non-government organisation offers “Agro Katina” pocket guide.

“Information about when local fruits and vegetables are in season in Malta,” says Martin Galea De Giovanni.

Buying local produce supports farmers, preserves rural landscape and reduces carbon footprint.

Free guide is [here].

Recipes are posted each month.

Report is the product of Friends of the Earth Malta’s research into the local vegetable and fruit supply chain and Malta’s agricultural sector.

For information, contact:

Friends of the Earth Malta on 7996 1460



“HUEL”

Meal-on-the-go brand “Huel” range now available.

“Every Huel meal contains a balance of all 26 essential vitamins and minerals, protein, essential fats, carbs, fibre and phytonutrients in a single product,” says a rep.

Made from plant-based sustainable ingredients like oats, pea, rice, flaxseed, coconut and sunflower.

Stores in Valletta; Sliema; St. Julian’s; Attard; St. Paul’s Bay; Swieqi; Fgura; Gozo; and now also in Naxxar.

Reminder to check the opening hours.

Online shopping and delivery service is available.

For information, contact:

Holland and Barrett Malta on 2166 3762



“POLUS”

Dental care specialist offers “Polus” teeth whitening treatment.

“Comfortable treatment, shiny white results, and a smile that dazzles,” says a rep.

Combination of two powerful light sources and ultrasonic technology with wavelengths, spanning entire blue light whitening spectrum, provides patients with a precise whitening treatment

Treatment products used are by Beyond.

Regular dental cleaning is recommended, an inhalation sedation service to ensure comfort from dental anxiety is now available.

Clinic is located in Luqa.

Reminder to check the opening hours.

For information, contact:

MySmile Dental Clinic on 2180 4385

“SCOTCH AND SODA”

Eye care specialist offers “Scotch and Soda” collection.

“Nothing beats the old-fashioned way of purchasing glasses. This is not an easy purchase, make the wrong choice and you’re stuck with it for a long period of time,” says a rep.

Other brands include United Colors of Benetton; Trussardi; Ana Hickman; Ted Baker; Lacoste; Long Champ and Hackett London.

Products include contact lenses, prescription glasses, sunglasses and specialist optics such as diving masks.

Eye tests available at stores located in Birkirkara and San Gwann.

Reminder to check the opening hours.

For information, contact:

Solo Optical Malta on 2700 8181



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