

Celebrating our expecting

Nandoca parents

Olá Nandocas,

This **National Pregnancy Awareness month**, we're reminding all Nandocas to pause, breathe and prioritise your well-being while juggling the heat of Casa life. If you've got a little Nandino on the way, here are some simple ways to take care of yourself:

- Keep up with your prenatal/antenatal check-ups
- Drink lots of water and fuel up on fresh fruit and veggies
- Call Sizani anytime you need advice or a friendly ear

Welcoming a new baby can be exciting, joyful... and a little overwhelming! Between tiny socks, baby wipes and preparing for big life changes, there's a lot to think about. That's why Siya Phila wants to **delight our parents-to-be with a special maternity goodie bag**. A little love from us to you.

Expecting a Nandino? We'd love to celebrate with you!

To keep things relaxed and comfortable, we're offering **fun ways for you to let us know you've joined the "bun-in-the-oven crew."** Choose any way that feels right for you.

Fun ways to enter:

Pick one of these playful options:

1. Tell us your story

Send a short note about your pregnancy journey so far. Surprises, cravings, the moment it felt real... whatever you'd like to share.

2. Share a 'we're expecting' moment

A picture of baby shoes, the scan (if you want to), a book you're reading, a funny craving, a calendar countdown... anything that hints "A Nandino is coming!"

3. Send us your “baby is the size of...” pic

Snap a photo of a fruit or veggie that matches your little one’s size this week.

4. Or simply send a message saying you’re expecting

No photos, no extras, and it’s totally okay! We’ll take it from there.

What you could win?

A Siyaphila maternity bag filled with goodies for Mommy and the little Nandino.

How to enter:

Email your story or creative “I’m expecting!” moment to siyaphila@nandos.com

Eligibility:

The expecting Mommy or Daddy must be a Nandoca with 12+ months of service

#LivewellBewellEatwell

Yours in Wellness,

Siya Phila

