



## Introduction

Project Smile is an initiative by Kossan International Sdn Bhd (KISB) which is a subsidiary of Kossan Group to develop, sustain, and perceive a good relationship between our internal and external community. Initiated in 2013, Project Smile has extended support and contribution to the environment and communities in need.

It is 100% run by Kossan employees voluntarily. We look at many areas in contribution projects from schools, orphanages to animals, the environment, and the less fortunate. It is also a program about developing future leaders through social awareness and motivational activities. We believe that children are the hope for a brighter future, and we want to provide them with opportunities and hope for a better life.

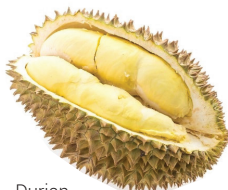
## We Support Each Other



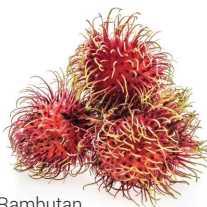
June to August is the season where Malaysia produces a lot of tropical fruits. However, due to the pandemic, many domestic farmers are facing difficulties in selling their harvest since tourism and exportation of fruits are very much affected. Besides that, this had caused excess food wastage due to over-harvested fruits.

Apart from the farmers, many orphanage homes also faced challenges in getting their daily supply of vegetables and fruits during this time because of the movement restriction order implemented in Malaysia. The children are urged to stay at home for months with limited outdoor activities because they are highly vulnerable to the virus infection.

To support Malaysia farmers and orphanage homes during this time, Project Smile had sourced for organic fruits, such as durian, rambutan and mangosteen and distributed them to the orphanage homes. On 14<sup>th</sup> August, 2021, Project Smile volunteers organized a Fruit Basket Distribution Program to three orphanage homes in Klang, which including Persatuan Kasih Sayang Kanak, Rumah Kebajikan SVP Klang, and Pertubuhan Kebajikan Anak-anak Yatim & Miskin Sg. Pinang. There are total of 111 children from these three orphanage homes.



Durian



Rambutan



Mangosteen

The children are delighted with the visitation by Project Smile volunteers while the caretakers and farmers are grateful that Project Smile organized the Fruit Basket Distribution Program to provide assistance to everyone in such a supportive manner.

Let us do our best to care and share with others!  
#KitaJagaKita #StaySafe #StayHealthy

## The Distribution of Fruit Basket to the Orphanage Homes



# Why do we need to eat fruits?



1. Fruits provide fibers, which is essential for keeping you full, maintaining proper digestion, and has been related to lowering the risk and consequences of a variety of illness.
2. Fruits provide numerous vital vitamins and minerals that your body cannot produce on its own; this is what makes you feel healthy and energized.
3. By replacing high-calorie foods with lower-calorie fruits, it helps to reduce the chance of weight gain, which is linked to a variety of diseases such as Type 2 diabetes and high blood pressure.

## Reference:

<https://www.cdc.gov/media/pressrel/2010/r101022.html>

<https://www.creativehealthyfamily.com/top-10-reasons-why-you-need-to-eat-fruit/>

