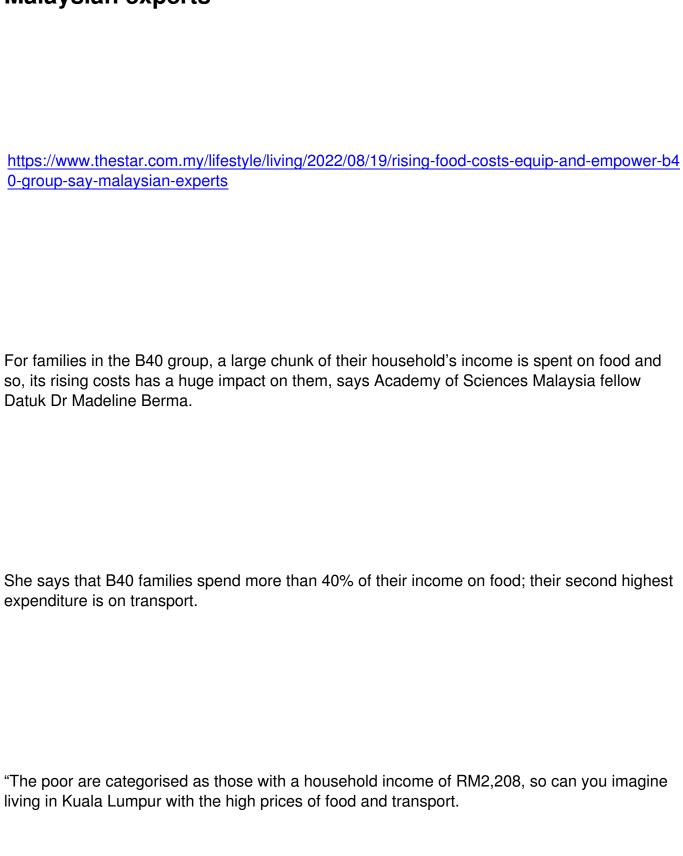
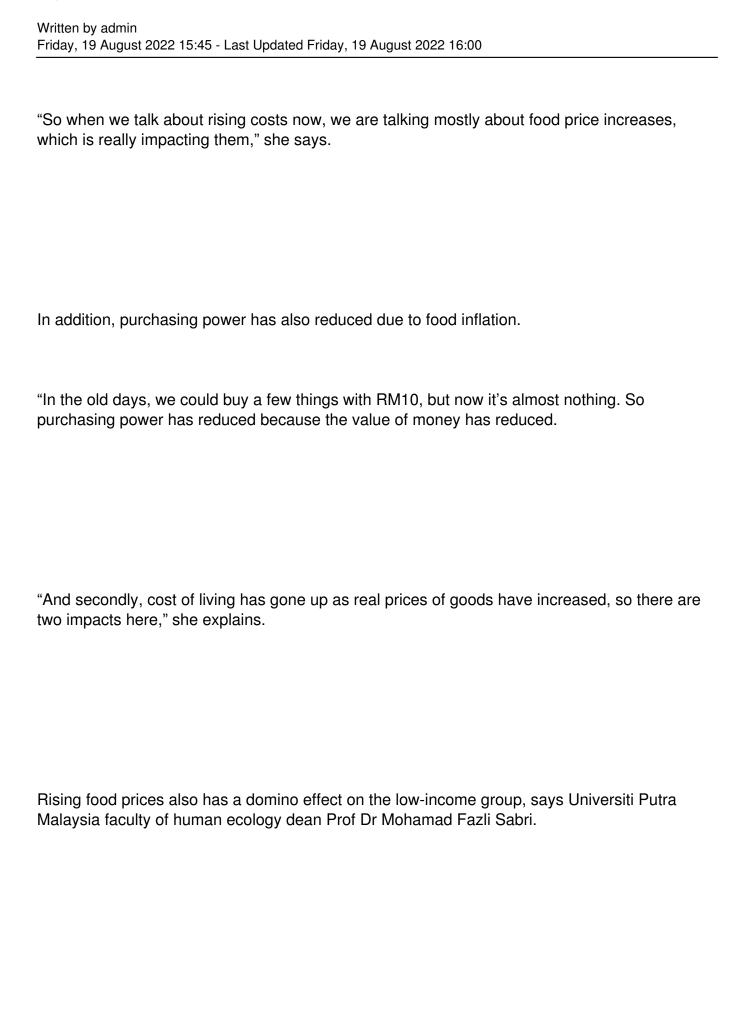
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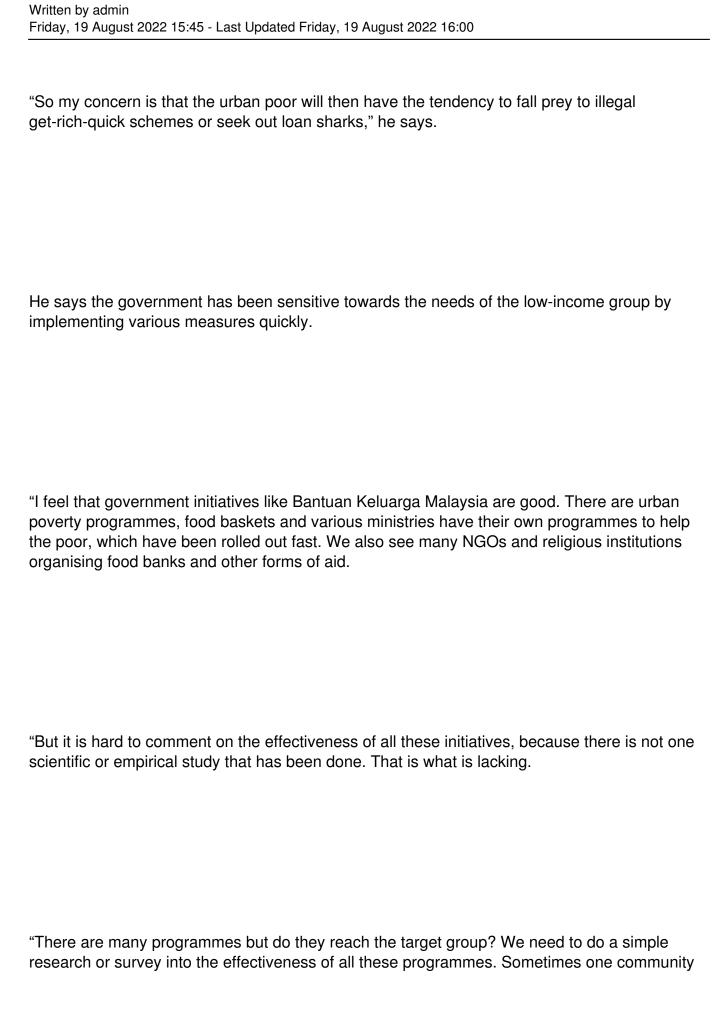
Rising food costs: Equip and empower B40 group, say Malaysian experts

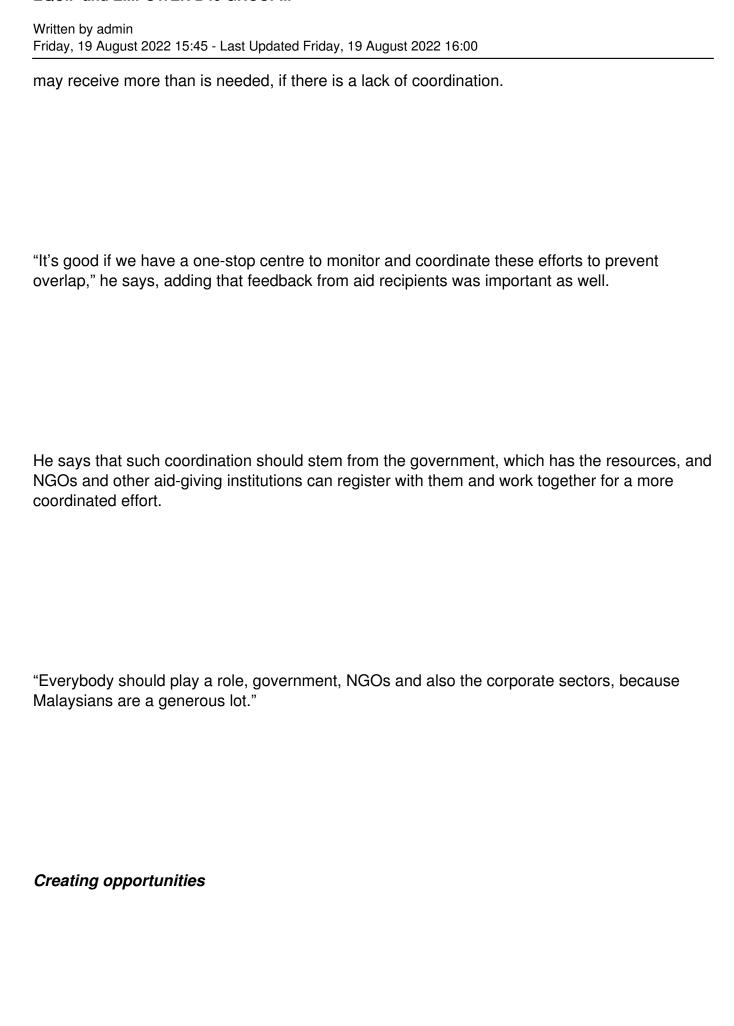




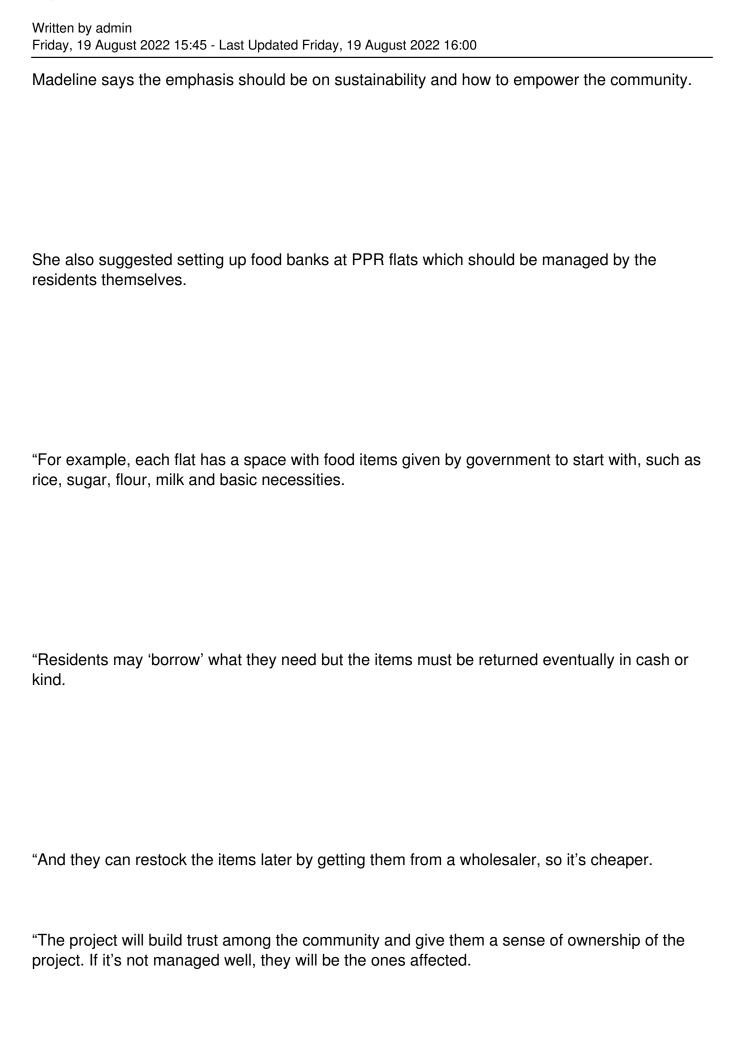
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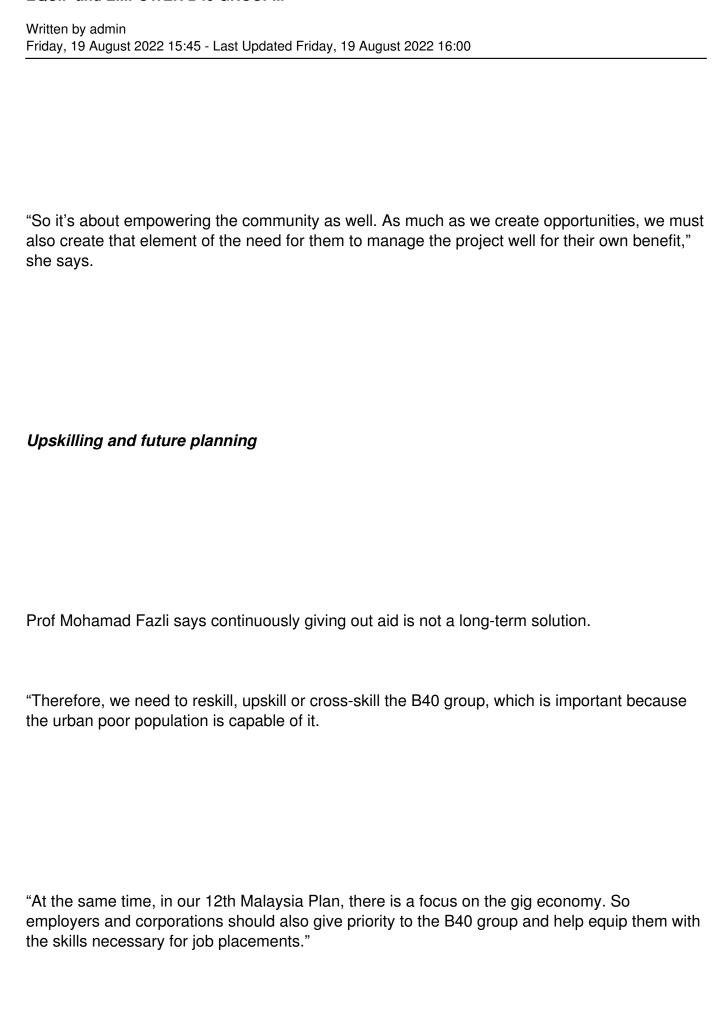
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"Rising food costs greatly impacts the urban poor and their quality of life (physically and mentally) as it leads to stress or even depression.
"Aiming for a balanced diet will be quite hard, and another concern is stunting among children.
"So one major issue is the long-term effect of the lack of nutrition and how it will affect
their physical and mental development," said Prof Mohamad Fazli.
He said if the children are not well, they may skip school, and that may affect their exam results which then affects their chances of pursuing tertiary education.
A lack of education and higher drop-outs will then contribute to the unemployment rate, he says













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"Whatever amount you can save, just be consistent in saving, be it RM10 or RM50, so financial literacy is also important."

Source: The Star