



Fresh Living

13 X 30 MINUTES

EPISODIC BREAKDOWN

1. Garden Gloom

In this first episode, host, Ayanda Tini, and her team of Fresh Living experts come to the rescue of Cape Town mother of four, Denise Adonis of Retreat. The team convert Denise's garden wasteland into the blooming organic garden she's always dreamed of.

2. Bachelor Pad Dad

Ayanda and her team of experts meet up with Scott, a recently divorced father of three. He moved into a cottage, but a year later it still doesn't feel like home! Not only do his kids have to sleep on an old sofa couch when they visit over weekends, but Scott is also too embarrassed to invite his friends to his house. Ayanda and her team work their magic and give his cottage a makeover.

3. Cooking Creeps

Meet Simone, an outdoors adventure junkie who fears nothing, except her kitchen. When you ask her to perform even the most mundane kitchen task, she breaks out into a cold sweat! Ayanda and the team tackle Simone's cooking phobia.

4. Unfinished Business

Join Ayanda Tini and her team of experts as they meet Lisa, a mom who after a bout of the baby blues now needs help with all her unfinished domestic projects. Ayanda and her team transform Lisa's unorganised life and house into a warm and welcome family home.

5. Cabbages and Cream

Ted and Mave are two pensioners who live in a lovely old house, referred to by Mave as 'The Old Dame.' Ayanda and her Fresh Living experts transform the Old Dame of Diep River back to her glory years.

6. Victoria

Victoria, a full-time maid has aspirations of becoming a social worker. Can the Fresh Living TV team of experts help her make this dream a reality?

7. Pool Panic

If you've ever had your swimming pool confused with a frog pond, this is an episode not to miss! Tracy and her kids are a lovely family with a not-so-lovely pool. See the innovative solution the FLTV team cook up to get Tracy's pool back to its former sparkle.

8. Marcelle's Edible Garden

Marcelle has a dream: to grow a communal vegetable garden so that her neighbourhood can all share the crops of their harvest. But there is a problem. Everything Marcelle plants tends to die. The FLTV team jumps in to save the day with the assistance of an edible garden landscaper, a magic veggie cook, and of course a whole lot of manpower.

9. Doggie Dilemma

Who let the dogs out? They say that a dog is a man's (and woman's) best friend, but what happens when your loyal friend becomes your worst nightmare with a savage taste for your garden? Join Ayanda and her team of experts in Johannesburg as they help a high school teacher who's struggling to keep her dogs in line.

10. Overcrowding

Ayanda and the Fresh Living TV team meet Sam and her beautiful family of six. Watch as they scramble to maximize every single corner of their small two-bedroom townhouse.

11. Childproofing

In this episode Ayanda is on a mission to save a family from their house of little horrors in Johannesburg. What do you do when you have a little toddler running amok in your home? Call the FLTV dream team of course!

12. Flywheel

Ayanda and her team are back in Cape Town on a mission to help a passionate entrepreneur, Zahier Davids, kick start his custom bike business. The Fresh Living team are there to give Zahier all the tools he needs to get the wheels of his bike business to, quite literally, fly!

13. Yvonne

The Fresh Living Crew are in Kuils River on a safety mission. Watch as they help a wonderful woman, Yvonne, who is a shining light in her community. Yvonne runs a daycare from a shack behind her house, but the shack isn't safe for all the gorgeous little children.

