

The first 1,000 days helps determine whether a child survives and impacts his or her future.



You Can Help Shape Their Future.

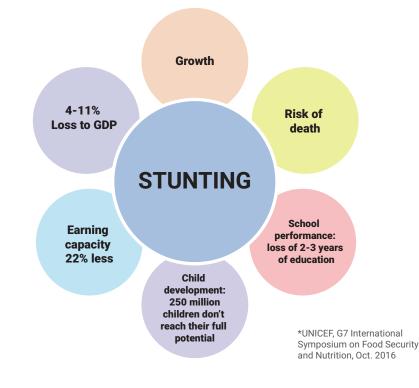
Nutrition during the first 1,000 days shapes the rest of a child's life

From the moment of conception until two years of age forms a crucial period in a child's development. In those first 1,000 days, access to adequate nutrition and healthcare can mean the difference between life and death. Ensuring a strong start during this time is essential to preventing the irreversible physical and cognitive developmental damage brought on by hunger and malnutrition.

In the countries Feed the Children works, it is often challenging for parents to help their children receive the daily nutrition they require for healthy development and growth. The harsh realities and difficulties mothers and children regularly face impact their ability to obtain much-needed food and nutrients.

Unlike many other influences in developing countries that are tremendously difficult to change, like infectious diseases, social unrest, violence, and environmental disasters, nutrition is something we can control.

With the right nutrition and care in those first 1,000 days, a child will have the best possible start to life. Without it, the child's growth will be permanently stunted and they will be left unable to catch up developmentally. You have a unique opportunity to build a strong foundation of nutritional health for children around the world – an investment that will pay dividends for generations to come.



Stunting impacts more than health and nutritional status:

Building a foundation for their future

Feed the Children's international programs are based on a Child Focused Community Development (CFCD) approach that offers the first steps to ensure a brighter future for mothers and children. Our four cornerstone pillars, Food & Nutrition, Health & Water, Education, and Livelihoods, work together to develop the infrastructure needed to build a strong foundation for each child's future.

Evidence of change

Kenya

Our CFCD approach has had a huge impact on the children of Kenya who live in vulnerable and marginalized communities. The primary goal of our programs is to ensure food and nutrition security of mothers and their children.

The Care Group model has found great success in Kenya by creating positive behavior change among women, children, and caregivers, preventing the rise of malnutrition, and reducing the number of infant and child deaths. Last year, our efforts in Kenya touched the lives of **203,000 total beneficiaries** throughout Nairobi, Kajiado, Samburu, and Turkana counties.

- A significant drop in the percent of children who experience stunting and underweight by 10.43% and 13.87% respectively.
- An increase in the percent of households that treat their drinking water from 15% to 22.2%.

We help mothers learn how to select and prepare meals that provide the diversity of vitamins and nutrients growing bodies need. They also learn about the importance of breastfeeding and the incredible benefits it provides their infants.

We distribute deworming medication and vitamin A supplements to infants and young children. This helps strengthen their immune systems, fight life-threatening illnesses and parasites, and aid the absorption of critical nutrients needed for healthy development. We complete regular nutritional assessments and make nutritional recommendations based on the needs of individual children and provide rehabilitation services in the form of food supplements, one-on-one counseling with caregivers or referrals to rehabilitation centers.

With our Care Group model, we empower pregnant women and new mothers by providing training around good nutrition practices and encouraging them to share that knowledge within their communities.

- An increase in the percent of children aged 6-23 months who are breastfed that receive solid, semi-solid, or soft foods the minimum number of times in a day from **12% to 57.2**%.
- Percent of children 6-23 months of age who are fed breastmilk increased from **75% to 94.2%**.

Malawi

Malawi's children are some of the most at-risk and vulnerable in the world, facing challenges such as HIV, malnutrition and childhood illness. As many as 1 in 16 children do not reach their 5th birthday. Feed the Children works to improve the nutritional status of children and their households.

Using the Care Group model has enabled us to provide education about infant and young child feeding practices as well as maternal health. We've also organized cooking demonstrations where communities are taught how to use locally available food resources to get the most nutrients out of them. To further efforts to increase access to nutritious food, we provide VitaMeal to community based childcare centers, and we supply water purifying packets which have helped reduce maternal and child illnesses.

In less than a decade, more than 1 million people have come to benefit from our work in Malawi, ensuring a healthier first 1,000 days for the next generation.

Through our program interventions, we've achieved:

- **88.8**% of households use water from an improved water source
- **2.52%** of children are acutely malnourished (an acceptable level is anything under 5%)





Emma's Story

Emma was born in a village in Malawi of 500 households. During the rainy season, the dirt roads that connect her community to the nearest hospital and market can become muddy and make it difficult to travel. For her first few months of life, Emma would often wake up to an empty stomach.

Life was hard. Because her family could not harvest enough food, they did not have enough to eat. However, when Emma was six months old. Feed the Children's work began to positively affect her life and that of her parents and brother. She now has regular access to VitaMeal (vitamin-packed, oatmeal-like food) thanks to a nearby community-based childcare center. Her family has more food because her father, through Feed the Children's Livelihoods program, learned better methods of farming to help make the soil more fertile. And, through our Village Savings and Loan program, her family was able to purchase a bicycle which makes it easier to travel to nearby communities. Now, she's 2 1/2 and her nutrition – and her chance for a brighter future - has improved.

"I didn't know about food diversification until we got trained with support from Feed the Children. Locally available food is really helping to improve the nutritional status of our children and every household member."

- Mercy Simoko, Emma's mother

"Thank you donors for making a huge difference in my family's life. I now harvest maize for consumption throughout the year."

- Solobala Msiyambiri, Emma's father

Proper nutrition in the earliest years of life can influence a child's ability to grow, learn, and work – and determine the long-term health and prosperity of children, families and communities.

Thank you for joining in this important work and for making such a meaningful investment in the lives of vulnerable children.

Our Global Reach:

El Salvador Guatemala Haiti Honduras Kenya Malawi Nicaragua The Philippines Tanzania Uganda

