

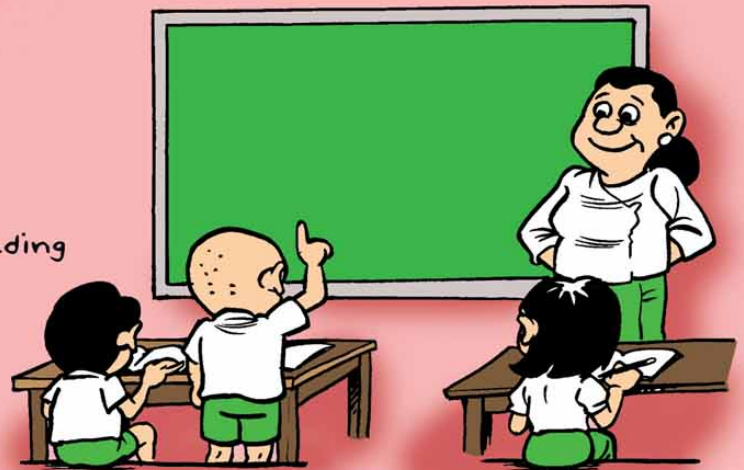
Week 2 Theme:

"Nutrition Promotion for Children Under 5 Years"



Why is good nutrition important for children under 5 years?

- It makes children healthier and physically stronger;
- Well nourished children are 13% more likely to be in the correct grade at school, boosting lifelong skills (SCUK 2013)
- Children who are malnourished go on to earn 20% less as adults than the children who are well nourished. (SCUK 2013)



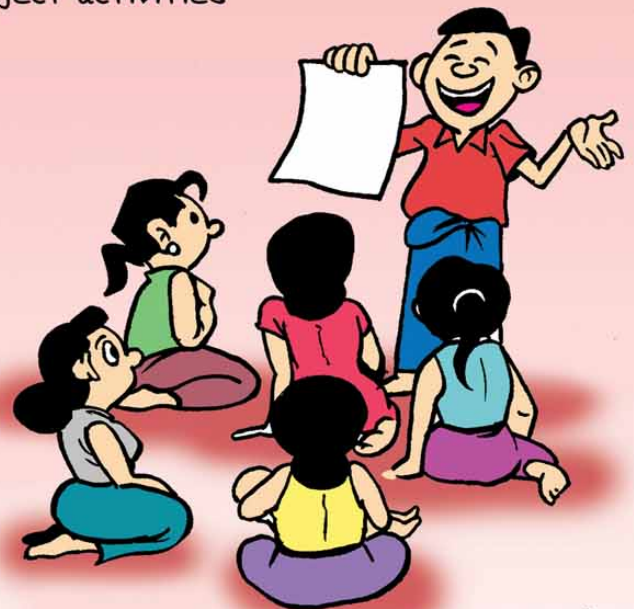
Tips on Promoting Child Nutrition

- Initiate complementary foods when the child is 6 months of age while continuing breastfeeding up to 2 years and beyond;
- Include diverse food groups in meals and snacks for children each day;
- Follow health personnel guidance on immunization, deworming, hygiene and food storage;

What are some ways in which Food Security & Livelihoods programmes can promote Under-5 Nutrition?

- Include families of children under 5 years of age among target beneficiaries
- Design programmes to promote the availability of and access to nutritious foods

- Integrate Mother-to-Mother Support Group Meetings and Cooking Demonstrations into project activities



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LIFT Livelihoods and Food Security Trust Fund

