

# Gifts of Health & Nutrition



**First 1,000 Days:** Pregnant women and newborn babies need special care to stay healthy, but some families can't get to a doctor or clinic. The First 1,000 Days gives a family in a remote community home visits and training from a skilled health volunteer who advises parents and monitors children's growth each month from conception to 2 years old – the first 1,000 days of life. This gift helps a new mom and her baby with the gift of good health.

**Kitchen Garden Kit:** Growing nutritious food at home gives families who live in poverty access to fresh produce with less cost. Your gift of a kitchen garden provides a family with 5 growing sacks and 5 seed packets to grow nutritious vegetables for better health and wellness overall. Kitchen gardens are a gift that keeps growing!

**Nutrition Kit for Children:** Children who don't eat well don't grow well, and families who live in poverty often can't access enough nutritious food to eat daily. Your gift of a nutrition kit supplements a child's diet to ensure that they get the vitamins, protein, and medicine they need to help them grow and maintain good health for a long, productive life.

## Knowledge is Power for Health

By the time he was two and a half years old, Munponen was severely malnourished. His mother died during his birth, and although his grandmother, Cecilia, did her best to care for him, he was underweight, anemic, and could not stand or walk.

A peer educator, trained through World Renew's partner, Beacon of Hope, met Cecilia and Munponen, and then talked through their struggles with the development committee in their village in Ban, West Africa. The committee secured medical attention for Munponen and taught Cecilia about good nutrition.

The committee gave the family emergency foods like milk, eggs, and fortified cereal for Munponen. They also provided a mattress and a mosquito net for sleeping. Soon, Munponen's health improved. For Cecilia, just seeing Munponen run and play with his friends is a milestone worth celebrating.

"Knowledge is power," Cecilia said. "Munponen is healthy, and I have life-saving knowledge about nutrition. We feel loved and have a sense of belonging in our community."



*Thank You!*