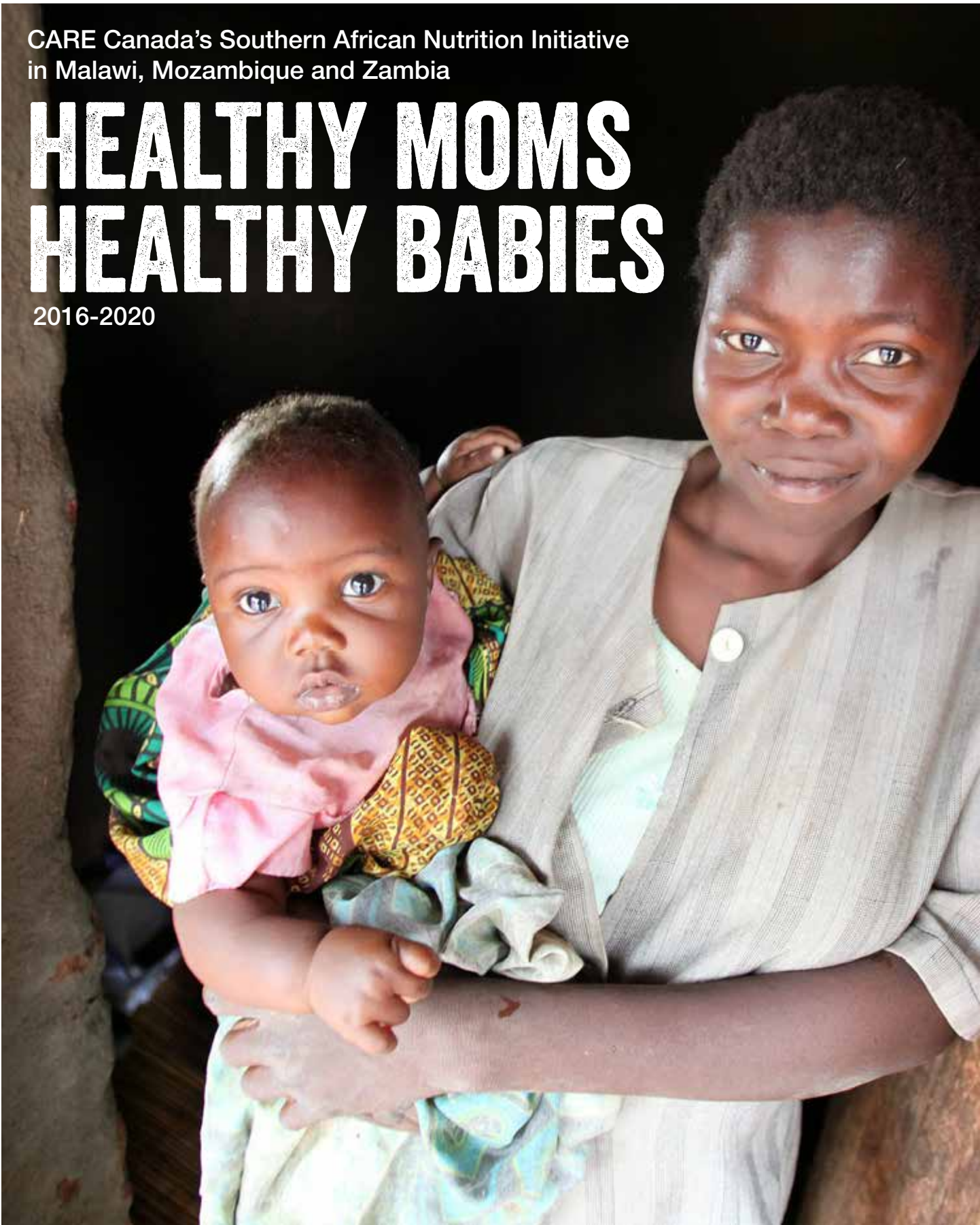


CARE Canada's Southern African Nutrition Initiative  
in Malawi, Mozambique and Zambia

# HEALTHY MOMS HEALTHY BABIES

2016-2020



**care**<sup>®</sup>  
Defending Dignity. Fighting Poverty.

# 45% OF ALL DEATHS AMONG CHILDREN UNDER 5 ARE CAUSED BY MALNUTRITION



Malnutrition affects every stage of life and has severe consequences that can impact families and communities for generations.

Malnourished mothers are more likely to die in childbirth and have low birth weight babies. And their babies are more vulnerable to disease and death.

Because of widespread malnutrition, Malawi, Zambia, and Mozambique continue to have some of the highest child mortality rates in the world.

Under nourishment during the first critical years of life reduces a child's chance of survival and directly affects brain development.

Chronically-malnourished children suffer life-long consequences in cognitive ability, school performance and future earnings, limiting the development potential of nations.

Addressing malnutrition now could bring economic benefits over 100 times as large as the cost of interventions.

**20% OF ALL DEATHS WORLDWIDE AMONG PREGNANT WOMEN ARE CAUSED BY MALNUTRITION**

# HELP US CHANGE THIS

Malnutrition and its devastating consequences can be prevented. CARE's comprehensive and evidence-based nutrition solutions work. Together, with your support, we can save lives.

CARE's Healthy Moms, Healthy Babies fund in support of the Southern African Nutrition Initiative (SANI) is designed to give moms, families, and health providers the tools they need to end malnutrition in children under five and in pregnant and nursing women. The tools are simple and they work.

We know that:

- » Child malnutrition can be reduced by improving a mother's nutrition before, during, and after pregnancy and through early breastfeeding of her baby
- » Intervening during the 1,000-day period covering pregnancy and the first two years of a child's life is crucial to achieving long-lasting results
- » Achieving lasting change means empowering women and girls to secure the tools, services, and food they need to keep themselves, their babies, and their families healthy



If women farmers had the same access to tools and credit, there would be up to **150 MILLION** less hungry people

# Your support can make a difference

We can deliver these critical interventions with YOUR help.

Your support for CARE's Healthy Moms, Healthy Babies fund will deliver:

- » Basic nutrition education to entire communities
- » Therapeutic feeding to severely malnourished children
- » Clean water and improved sanitation to communities and schools
- » Better farming techniques that strengthen nutritious yields and help subsistence farmers adapt to a changing climate
- » Microfinance and training to women's groups to strengthen women's economic status and autonomy and their ability to generate an income
- » Nutrition support to moms and families living with HIV and AIDS

## Fundraising Target

CARE is seeking to raise \$2.1 million from Canadians for this program.

---

**Please donate now**  
**and help us stop malnutrition.**  
**[care.ca/stopmalnutrition](http://care.ca/stopmalnutrition)**

.....

For more information:

Erin Armstrong

Director of Development, Partnerships for Global Change

[erin.armstrong@care.ca](mailto:erin.armstrong@care.ca)

613-228-5693



**care**®  
Defending Dignity. Fighting Poverty.