
30 October 2014

Dear Friends,

Child nutrition is critical to children's development. According to UNICEF, malnutrition is the underlying cause of more than a third of children's deaths – 2.6 million every year. But it's not recorded on death certificates and, as a result, it's not effectively addressed. This week we are sharing key resources on improving maternal and child nutrition.

We hope you enjoy this week's edition of the Newsflash!

Sincerely,

The Firelight Team

(Resource) Effective practices to improve child nutrition

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(Resource) Effective practices to improve child nutrition

Long-term malnutrition has a devastating impact on children's development. Lack of nutritious food, coupled with infection and illness, means their bodies and brains don't develop properly. Infant and young child feeding has the single greatest potential for improving children's survival as well as their development. Key practices give babies and young children protection from infections and a healthy start in life. Research has shown evidence of effectiveness of key actions including:

Iron Folate Supplements: Iron deficiency is the most common cause of maternal mortality. Pregnant women who take folate supplement have a lower risk of dying in childbirth, they also enhance the cognitive development of their babies.

Breastfeeding: Human breast milk provides essential nutrients that newborns need for healthy development and also provides important antibodies against common childhood illnesses. The protective benefits of breastmilk have been shown to be most significant with the first six months of exclusive breast-feeding.

Complementary Feeding: When breastmilk alone is no longer sufficient to meet a child's nutritional needs, other foods and liquids must be added to a child's diet. Parents should

be given national guidelines about quantity and quality of food, frequency and timeliness of feeding, food hygiene, and feeding during illness. Using locally available foods make it easy and affordable for women to feed their children.

Vitamin A Supplements: Roughly one third of all pre-school age children do not have enough vitamin A in their daily diet. Vitamin A deficiency contributes to deaths from diarrhea and measles. Severe deficiency affects vision, sometimes leading to partial blindness.

Zinc: Minerals such as zinc are important to children's development and wellbeing. When children with diarrhea receive oral rehydration and zinc tablets, they recover more quickly and protected from a repeat of diarrhea.

Iodized salt: The body needs iodine to produce the thyroid hormone. Lack of iodine can lead to enlargement of the thyroid, and to mental retardation in infants and children whose mothers were iodine deficient during pregnancy.

Water, sanitation, and hygiene: Poor access to safe water and sanitation affect millions of children each year. Access to safe drinking water, improved sanitation facilities and good hygiene practices, especially hand washing are both effective and inexpensive ways to prevent diarrheal diseases and pneumonia

(Resource) Nutrition Across the Life Span

Evidence Based Interventions for Improving Maternal and Child Nutrition: What Can be Done and at What Cost?

This slide presentation from the Lancet Series on Maternal and Child Nutrition provides an overview of key interventions in child nutrition, with specific priorities at each life stage. As the Lancet research series found, continued investments in nutrition-specific interventions to avert maternal and child undernutrition and micronutrient deficiencies through community engagement and delivery strategies that can reach poor segments of the population at greatest risk can make a great difference. If this improved access is linked to nutrition-sensitive approaches—i.e., women's empowerment, agriculture, food systems, education, employment, social protection, and safety nets—they can greatly accelerate progress in countries with the highest burden of maternal and child undernutrition and mortality.

To view or download the presentation, visit: <http://bit.ly/1DF6BCW>

(Resource) Guiding Principles for Feeding Non-Breastfed Children 6-24 Months of Age

This document developed by the World Health Organization (WHO) presents guidelines

for feeding non-breastfed children after the first six months of life. These Guiding Principles are intended to guide policy and programmatic action at global, national and community levels.

To view or download the document, visit: <http://bit.ly/ZJMZhy>

(Resource) Increasing Food Security

Permaculture Design for Orphans and Vulnerable Children Programming: Low-Cost, Sustainable Solutions for Food and Nutrition Insecure Communities

Among children under five years of age in the developing world, nearly one-quarter are underweight (127 million) and one-third are stunted (195 million). Over 90 percent of those who are stunted live in Africa and Asia (U.N. Children's Fund [UNICEF] 2009, 2011a). These forms of undernutrition can have long-lasting and damaging effects on children, especially when it occurs during critical developmental years. The situation is even more concerning for orphans and vulnerable children (OVC) living in communities with a high prevalence of HIV. The purpose of this technical brief is to provide an overview of permaculture programming as a response to food and nutrition insecurity for OVC. It emphasizes the role of permaculture as a sustainable, non-donor dependent tool for improving the health, food and nutrition security, and livelihoods of OVC and their families.

To view or download the document, visit: <http://bit.ly/1uLDInt>

(Call for Submissions) Hivos Social Innovation Award 2014

Hivos is launching its first Social Innovation Award. This award is meant to encourage new solutions for social change by supporting innovative ideas and practices that expand and defend freedom or create productive ecosystems that sustain human progress.

The Hivos Social Innovation Award has two categories:

- A prize for promising innovative ideas that needs support to develop into a prototype
- A prize for a proven innovative approach that needs support to scale up and increase impact

Both awards entail a €15,000 prize which must be invested in further developing the concept. The first category award consists of a € 5,000 prize and a coaching trajectory worth € 10,000 to develop the idea into a prototype. The second category prize is intended as an investment in scaling proven approaches within the next two years.

Eligibility criteria

- Individuals or organisations with an innovative idea or practice
- this idea or practice contributes to more open and/or green societies
- you are a citizen of an Asian, African or Latin American country and your organisation or business is located in this country
- your idea cannot be developed without support (as you currently do not have the resources, networks, space to do so)
- you have the time to take active part in the learning trajectory and attend the Award Ceremony

Deadline for submissions is 9 November 2014 (24:00 CET)

For more information and instructions on how to apply, visit: <http://bit.ly/1wguhMR>

As part of the Firelight Foundation's Capacity Building Program, Firelight provides "Newsflashes" to share relevant resources and information with our active grantee-partners via weekly emails and via post on a monthly basis. We hope that by facilitating access to information for grassroots, community-focused organizations, programming for children and families, as well as organizational development, is enhanced. Past editions of the Firelight Newsflash can be found on our website:

<http://www.firelightfoundation.org/resources/newsflash>

We welcome your comments, feedback and ideas for upcoming Newsflashes at newsletter@firelightfoundation.org

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