Nutrition is the Foundation

GROWTH

DEVELOPMENT

EDUCATION

LIFELONG HEALTH
To improve the diets of young children, we must focus on nutrient-dense foods. The challenge lies in providing micronutrients crucial for growth, especially during the critical period of brain development.

Dr Saskia Osendarp
Micronutrient Forum, The Netherlands
are not getting the **nutritious diets** they need to grow.
71% of children, 6-23 months, do not receive minimally diverse diets

children are not eating foods that are known to be the most nutrient-rich

UNICEF & WHO recommend five of the eight food groups daily:

- Breastmilk
- Grains, roots, and tubers
- Dairy
- Eggs
- Other fruits & vegetables
- Legumes and nuts
- Vitamin A-rich fruits & vegetables
- Flesh foods

Food Groups
A nutrient supplement or **fortified food product** always has to be thought of in the context of a food-based diet that's **culturally appropriate** and within the context of the needs of the family and the child.

Chessa Lutter
RTI, USA
Barriers to Reaching Children

Available
Large part of the nutrient-dense perishable foods are lost during harvest, transportation, storage and processing.

Affordable
Prices are higher for nutrient-dense foods, especially animal source foods, as well as packaged fortified foods.

Accessible
Many people do not live near a market, or these foods cannot be bought at the market.

Aspirational
Making foods more convenient, and aspirational, for busy parents is important.
The barrier to improved food systems is low consumer demand and understanding. **Building awareness** and encouraging consumption are key to driving positive changes in the fortified food sector.

Christiane Rakotomalala
GRET, Madagascar
Let’s Place Children at the Heart of Food Systems
Governments play a crucial role in ensuring equitable access to nutritious foods; by providing incentives for production, addressing poverty, and implementing policies that make these foods affordable, we can pave the way for a healthier and more nourished global population.

Dr Anna Lartey
University of Ghana
Together We Can Deliver

Industry
Farmers
Suppliers
Researchers
Government
Food safety
Private sector
Health experts
Funders
Agriculture experts
Implementers
Nutritionists
Bold Initiatives are in Motion

Fish Powder

Egg Hub

Dairy Network
The utilization of fish products, particularly through the enhancement of local offerings with small fish powder, represents an untapped resource rich in essential nutrients.

Quennie Vi Rizaldoa  
World Fish, Myanmar
Building capacity of farmer groups

Ensuring access to quality inputs through industry associations

Monitoring compliance of regulatory standards to ensure fair play

Addressing the needs and aspirations of caretakers to increase demand
Improving the partnership between the private and public sectors is crucial. We need **innovative financing** methods to directly support the private sector in delivering nutritious foods.

**Siny Samba**
Le LIONCEAU, Senegal
Food systems to deliver nutritious diets for children 6 to 23 months