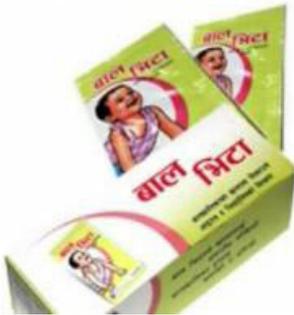




Baal Vita Is A Boon For Young Nepali Children

Multiple micronutrient powders (MNP) bring new hope to young children in Nepal. Locally known as Baal Vita the multiple micronutrient powders are used to reduce chronic malnutrition and stunting which affect one out of two children under five in Nepal. Baal Vita contains 12 key vitamins and micronutrients including zinc. Zinc is essential for growth and development, cognitive learning and the proper functioning of the immune system. Malnutrition at an early age causes irreversible damage with lifelong repercussions in terms of frequent illnesses, lower performance at school and work and lower income. UNICEF’s MNP programs supported by *Zinc Saves Kids* focus on the first 1000 days in the life of a child (from conception to 24 months of age) which provide a unique “window of opportunity”.



Multiple Micronutrient Powder

Vitamin & Mineral Supplement	
Vitamin A	400 µg
Vitamin D3	5 µg
Vitamin T, TE	5 mg
Vitamin B1	0,5 mg
Vitamin B2	0,5 mg
Vitamin B6	0,5 mg
Folic acid	150 µg
Niacin	6 mg
Vitamin B12	0,9 µg
Vitamin C	30 mg
Iron	10 mg
Zinc	10 mg



Deewen Sharma after consuming MNP

Deewen Sharma weighed 3 kgs (6.6 lb) at birth but he soon fell prey to malnutrition. He was deprived of his mother’s milk due to numerous pregnancies and abortions and didn’t receive the care and attention he needed. At 16 months, Deewen weighed just 5 kgs and could not stand upright. He was unable to speak due to a lump below his tongue, which later required an operation. However, Baal Vita, changed his life. UNICEF Nepal supplied him with the supplements he urgently needed, and after receiving servings of Baal Vita consistently, Deewen gained weight and at 26 months he weighs 10 kgs (22 lb). Though he still lags behind the recommended weight and height for his age, he is on a good way and his mother is very happy that Baal Vita saved her son’s life.

Information provided by: Saraswoti Poudel, Field Supervisor-Bhairahawa Cluster, Rupandehi

“I would like to thank Baal Vita”

Young Kusum Kumari Mukhiya was born to a poor family. His parents were illiterate daily wage laborers and were thus unable to care well for their son. They also didn't have the time or money to schedule regular health check-ups. Because of this, their child Kusum grew sickly, irritable and thin. Thanks to the micronutrient supplementation supplied by UNICEF Nepal and the education on young child feeding and health care practices, Kusum is now a healthy and active child.

Information provided by Mirtunjaya Mishra, Field Supervisor-Bairiya Birta cluster, Parsa



Kusum Kumari Mukhiya with her father



Shova Kumari with her daughter

Shova Kunari, a teacher at Kalika higher secondary school, is a proud and happy mother of a healthy little daughter. “I would like to thank Baal Vita for it,” said Shova Kunari. Her daughter started taking Baal Vita six months earlier and didn't need any additional medicines during that period. Thanks to Baal Vita, her daughter is now able to interact well and she can even utter a few words at one year of age. Micronutrient supplementation keeps one fortunate family healthy and present at work.

Information provided by Sonika Kunari, Field Supervisor-Kusumkhola cluster, Palpa

At 22 months, 13th child Anil was weak and vulnerable. She was usually ill, had frequent episodes of pneumonia, poor habits like eating mud, breathing difficulties, a small appetite and above all, heart problems. Her parents did not think it was worth taking their baby to be cured because of the high costs. However, Baal Vita worked a small miracle. After having received 120 sachets of Baal Vita (2 cycles of 60 sachets), the little girl showed positive changes. Anil can now stand upright, utter a few words and her appetite increased. “Baal Vita has made her strong,” said one neighbor.

Information provided by Kopila Khanal, Field Supervisor-Madanpokhara cluster, Palpa



Anil after consumption of Baal Vita