## Interventions to Reduce Stunting

### 1000 SPECIAL DAYS

**During Pregnancy (0-6 months):**
- Eat a balanced, diversified and varied nutritious diets and meals to which iodised Salts has been added.
- Consume meals and diets from all the 6 food groups.
- Eat nutritious snacks in-between meals.
- Take Iron Folate supplements.
- Partners ensure that your loved ones rests, eat a balanced diet and take Iron Folate supplements.

**During Breastfeeding (6-12 months):**
- Breastfeed exclusively.
- Continue Breastfeeding when the child is sick.
- Introduce nutritious complementary diets and meals.
- Nutritious Complementary meals and diets should be of the right quality and quantity made with foods from the 6 food groups.
- Continue Breastfeeding.
- Feed the baby meals with iodised Salt.
- Provide Vitamin A supplements.
- Continue Breast feeding and nutritious complementary diets and meals even when the child is sick.
- Hand washing and hygiene during food preparation is essential.

**During Early Childhood (12-24 months):**
- Gradually increase nutritious Complementary meals and diets made with foods from the 6 food groups.
- Continue Breastfeeding.
- Feed the baby meals with iodised Salt.
- Provide Vitamin A supplements and deworming tablets.
- Continue Breastfeeding and nutritious complementary diets and meals even when the child is sick.
- Hand washing and hygiene during food preparation is essential.

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### 270 DAYS

- Pregnancy
- 0 - 6 months

### 730 DAYS

- 6 - 12 months
- 12 - 24 months

### =1000 DAYS

*Prevent and treat malaria, diarrhoea and pneumonia*