One Thousand Precious Days

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**One Thousand Precious Days**

**Precious for families**

**Precious for communities**

**Precious for the nation**

We care about preventing and eliminating malnutrition

Because of its contribution

To improve the health of our population

And the development of our nation

We can move forward

In the path of prosperity

Maintaining our dignity

Growing enough food

Feeding our people

Making food available and affordable

Healthy and nutritious

Complete with vegetables, proteins and vitamins

Is our long-term mission

For families to have enough and balanced meals

Let us keep increasing agricultural production

And link food security with nutrition interventions

This is possible in Rwanda

Where, eliminating malnutrition is high on the national agenda

And the value of the 1000 precious days is sure to become a mantra

In schools, households and villages

Across the magnificent 1000 hills

During the 1000 precious days of a child’s life

As a foetus and until two years after birth

Proper nutrition and preventing infection

Are critical for balanced growth

Taking care of a mother during pregnancy

Needs to be given the at most priority

Along with breast and complementary feeding

For the young child to grow

For their future to glow

We value the 1000 precious days

In the fight against malnutrition

We need to look at the big picture

Across all development actors

In every district and sector

In every village and in each household

Of integration, synergy and impact

For the betterment of the infant

By making the 1000 precious days significant

For each child to be a leader tomorrow

It needs the opportunity to grow

Through proper education and health

Following the right path

Hence, appropriately feeding a child

Taking care of motherhood

Preventing infection

Giving proper care and attention

When life begins and flourishes

During the 1000 precious days

Wining the fight against malnutrition

Is right and just

To achieving our growth and development ambition

We must, therefore, do what we can

As individuals and as a nation

Making nutrition the priority of priorities

In policy, strategy and planning

Remembering the 1000 precious days
With the coordinated services and efforts of all actors
At national, district and village levels
And the active participation of communities and families
We can prevent stunting, underweight and wasting

Looking back the path that we have travelled
How we have worked hard to succeed
To be where we are today
Building a better future for children and mothers
The pillars that sustain our progress

Working hard to keep our population healthy
To propel our vision and long journey
We will continue to make nutrition
Our growth and development fountain

To eliminate malnutrition in our country
To assure every child develops and grows properly
By benefiting from the national multi-sector strategy
We will glorify life during the 1,000 precious days
In our beautiful country of a 1000 hills