Focus First 1,000 day household to reduce stunting and anemia
Northern and Upper East Ghana

Caregivers prevent children from consuming contaminated food and water and complement breastmilk with nutrient rich foods
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Ghana Health Services
Nutrition

Environmental Hygiene and Sanitation (WASH)

MoFA (Agric) (Aflatoxin)

Education

Sectors

Community Groups

Mother to Mother Support Groups

WATSON Committee and Natural Leaders

Women Farmer Group

School Club

1000 Day Households

Critical Mass

SBCC

Practice Critical Behaviors
First 1000 day households should practice the following behaviors

- **EBF up to six months**

- **Give uncontaminated food and water after six months of age by:**
  - Washing hands before feeding (have tippy tap near kitchen)
  - Feeding warm food
  - Using clean plate
  - Avoid contaminating food from animal feces and human feces
  - Keeping flies away
  - Ensuring child play in a clean area
  - **Giving only boiled water**

- **Give mixed food (colored food); e.g. porridge mixed with ground nut, or green veg, or beans, or carrot, or OFSP, or small fish, or meat (pieces of meat or meat soup), egg, etc.**

- **Enrich food with oil, or Shea butter or palm oil**

- **Give 20 gm of boiled or roasted or cooked liver in every two weeks (to address anemia problem)**
Men sharing meat (soft part of meat – liver) with children