



This holiday season
give the gift that keeps
kids **growing.**

Good Nutrition Helps Children Grow and Thrive.

Yet millions of parents around the world can't provide their children with the simple nutrients they need. This is an urgent problem because if children don't get essential vitamins and minerals before they turn two, the damage is irreversible.

A simple, lasting solution.

Through Future Fortified, a global nutrition campaign, you can help women and children around the world access essential nutrients through simple home nutrition packets. Home nutrition packets make it easy for moms to sprinkle vitamins onto their children's meals, nourishing them for only pennies a day. This has proven to significantly raise IQs and reduce deadly diseases such as pneumonia. The home nutrition packets can be produced and purchased locally, helping businesses and families earn income, and enabling families to continue to eat the local foods they eat every day rather than replacing them with new products.

Why this matters:

1 in 3

childhood deaths worldwide
are caused by malnutrition.

200 million

children are stunted physically because
of poor nutrition.

IQ ↓10-15pts

Poor nutrition lowers a child's ability to
learn, even limiting her IQ by 10-15 points.

These statistics are striking, but together we can change them. Give kids the chance to be our next world leaders, doctors, teachers, and more. This creates a better world for all of us. Together we will shape our collective future. We will make the future fortified.

It's easy and fun to help with Future Fortified!

Purchase a tote bag, onesie, and more as a gift this holiday season and 100% of the proceeds will go towards improving nutrition for pregnant moms and children.

FutureFortified.org/shop

Donate in honor of someone who helped you grow. Whether it was a parent who gave you good nutrition or a mentor who helped you grow in your career, make a donation to Future Fortified in their name to help pay it forward to mothers in Bangladesh who want to give their children the chance to live, grow, and learn. Just \$10 will help five children in Bangladesh access home nutrition packets for the next six months.

FutureFortified.org/donate

Shop online for the perfect holiday gift with a participating ETSY seller, and a percentage of your purchase will help women and young children get the nutrients they need to grow and thrive. FutureFortified.org

**Giving is always more fun when we do it together.
We have a gift for you too.**

Sign up for Future Fortified and receive a free Foodily cookbook with healthy recipes so you can put nutrition on the table this holiday season . . . and every day!

For more information, please contact us at media@futurefortified.org

