



**breadfortheworld**  
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# Women of Faith for the 1,000 Days Movement

## Women of Faith Pledge to Have 1,000 Conversations in 1,000 Days about Maternal and Child Nutrition

The 1,000 Days movement is an international initiative to promote maternal and child nutrition in the 1,000 days between pregnancy and age 2.

In developing countries, children suffer permanent cognitive and physical delays when mothers and children do not receive proper nutrition during this critical period. Children who are properly nourished resist disease better throughout their lives, stay in school longer, and earn more income.

In the United States, mothers and children who are not properly nourished in these first 1,000 days face greater mortality rates at birth. Children have decreased mental capacity, which leads to lower test scores, a smaller vocabulary, and poorer overall health through their lifetimes.



Laura Elizabeth Pohl

### Here's how you can get involved:

- “Like” our Facebook page at [www.facebook.com/womenoffaith1000days](http://www.facebook.com/womenoffaith1000days).
- **Start a group** and pledge to have 1,000 conversations. For example, you could give a presentation at your church, share a “minute for mission” in worship, host a party at your house, send a letter with your Christmas cards, or write a blog post.
- **Talk with your members of Congress.** Ask them to form a circle of protection around programs that support nutrition in the 1,000-day window—programs such as WIC, SNAP (formerly food stamps), Feed the Future, and the Global Health Initiative.

To find out more about joining the conversation, contact Nancy Neal at Bread for the World at [nneal@bread.org](mailto:nneal@bread.org) or visit [www.bread.org/go/1000days](http://www.bread.org/go/1000days).