



**Invest in
Nutrition:
Join
hands in
Building
the Nation**

COVID-19 has disrupted the normal life and livelihoods of people in Myanmar where curfew and physical distancing remains enforced. IFPRI reported that recession and stagnant growth of Myanmar's economy is most likely to happen in 2020 due to the pandemic and during lockdown period the agri-food system is predicted to fall by 24%.¹ However, this did not hamper the celebration of nutrition month in the communities by USAID funded Fish for Livelihoods project. Many international and local organizations celebrated as well in their respective project areas aligned to the mandate from the National Nutrition Centre under the Ministry of Health and Sports.

The pandemic amplified the importance of consuming healthy and diverse food as this helps boosting the immune system as recommended by the World Health Organization.

Similar to last year, the nutrition month campaign puts emphasis on;

- exclusive breastfeeding,
- good nutrition for under 5-year olds and school age children, good
- nutrition during pregnancy and lactation,
- prevention of iodine deficiency disorders, and
- importance of consuming fortified food.

Nearly 600 people participated during the campaign. A series of events such as World Café, hanging of posters, cooking demonstration, nutrition talks, games, quizzes, and cooking competitions were organized in Kengtung, Pekhon, Pinlaung, Taunggyi, Khin-U, Madaya, Salin, and Ngape townships. Women, men and children participated in celebrating nutrition month's campaign while observing precautionary Covid-19 measures as directed by the national and local authorities.

Despite the odds this year, Fish for Livelihoods team including partners successfully completed the activities with the support from everyone.

We are looking forward to see all of you again next year whatever the new normal awaits us.

STAY SAFE and BE HEALTHY!

¹ https://images.agri-profoc.us.nl/upload/post/IFPRI_Assessing_the_Impacts_of_COVID-19_on_Myanmar_Economy1591933488.pdf

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