

ZINC SAVES KIDS HELPS BRING NEW LIFE FOR YOUNG BISHAL NEPALI



At 18 months old, Bishal Nepali was a malnourished child. Born to very poor Dalit (or so-called “lower caste” parents), Bishal lives with his family in a remote area of Palpa District in central Nepal. As an infant, Bishal was severely malnourished, especially after his mother decided to stop breastfeeding him at the age of four months. At one, Bishal had to be taken to the District Mission Hospital, where the doctor suggested he be given rehabilitation treatment for 16 days. But little

change was observed in Bishal. At the time, he weighed less than 18 pounds. His family had lost hope.

Then at a local Mothers’ Group meeting – organized under the Zinc Saves Kids initiative – Bishal’s mother learned about the importance of exclusive breastfeeding, feeding frequency, and the inclusion of nutritious food such as fruits and vegetables. And she began feeding her son with a multiple micronutrient powder (including zinc), locally known as Baal Vita,



starting in July 2010. Bishal’s mother became a very consistent user of Baal Vita and gave her son the complete dose of 60 sachets over six months. After just five months, there was a noticeable change in Bishal’s appearance. He gained 11 pounds and can now run and eat well, making his family very happy.