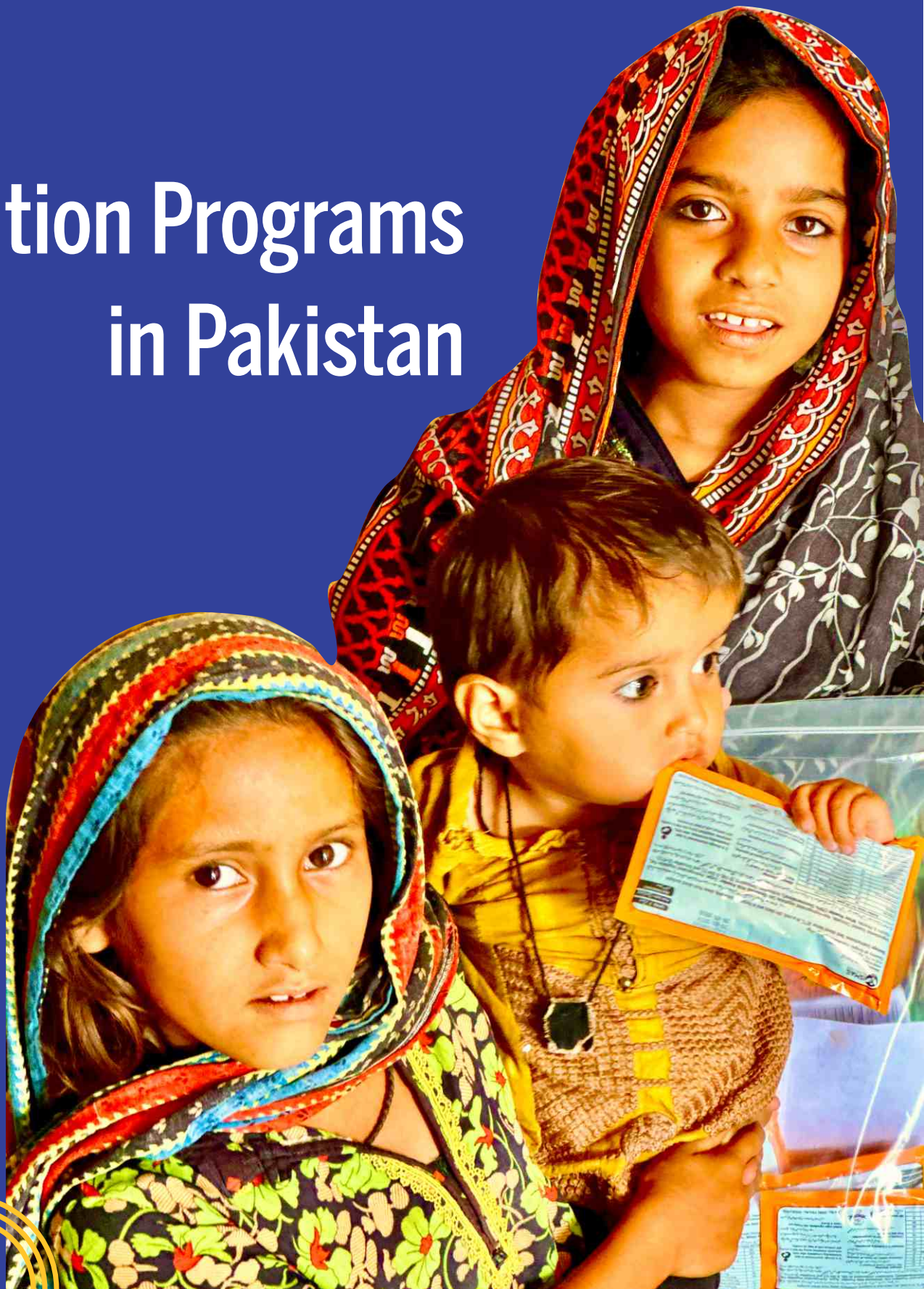


# Nutrition Programs in Pakistan



# Overview

Since, 2002 nutrition has been a central and cross-cutting theme for Alight Pakistan. Malnutrition remains a critical health challenge in Pakistan, disproportionately affecting women and children due to entrenched gender-based discriminatory norms and social inequalities. Recognizing these vulnerabilities, our nutrition programs are designed to tackle all forms of malnutrition through a holistic and integrated approach.

We adopt a comprehensive strategy that not only addresses immediate nutritional needs but also empowers communities with sustainable solutions. Our programs reinforce and strengthen multisectoral policies to improve the diet, nutritional status, and overall health of mothers, infants, and young children during the most critical stages of their lives. This includes providing health and hygiene awareness, acknowledging their direct link to malnutrition.

A key aspect of our approach is leveraging local resources. We educate communities on how to effectively utilize locally produced organic foods to ensure adequate nutrition. By teaching them how to make the most of these resources, we promote self-reliance and sustainable dietary practices.

At Alight Pakistan, we believe in addressing malnutrition as part of a broader effort to build resilient, equitable communities where everyone has the opportunity to thrive.



A young boy with short brown hair is smiling and looking towards the right. He is holding a baby who has light brown hair and is looking directly at the camera. The baby is wearing a light-colored shirt with a blue floral pattern. The background is a soft, out-of-focus indoor setting with warm lighting.

## *Impact (2002-2022)*

- People Reached through Awareness Sessions - 62,867
- MAM & SAM Children Identified & Treated - 16,551
- Food Baskets for Pregnant & Lactating Women - 6,772
- Staff Trained on Nutrition Concepts - 500
- Health Facilities Established - 40
- Health Workers Trained - 3,000
- Patients Treated - 91,137
- Community Activists Trained on Health & Hygiene - 4,270
- Hygiene Kits Provided - 19,135
- Health & Hygiene Sessions to Community - 13,360
- Rural Health Centers Sponsored - 3
- TB Patients Provided with Food Supplements - 11

## Health in Emergency

As part of the 2022 flood response program, we established 3 Rural Health Centers (RHCs) in Shikarpur and Khairpur. In Sukkur, our "Safe Mother-Safe Family Project" ensured safe deliveries and care for mothers and newborns.

## Primary Health Polyclinic in Mansehra

Our Primary Health Polyclinic in Mansehra, run in collaboration with DWW, offers holistic healthcare services to the community, focusing on comprehensive wellbeing. The services include pediatrics, gynecology, dentistry, general OPD and general surgery.

## WASH

Our integrated Water, Sanitation, and Hygiene (WASH) services have proven highly effective in mobilizing communities to achieve key objectives, such as improving the availability and safety of drinking water, and increasing the availability of WASH facilities in health centers.

## Improving the Reproductive Health of BISP Beneficiaries

This project aims to enhance reproductive health services for women of reproductive age (MWRAs) in Jhang and Sargodha, focusing on BISP beneficiaries. Through an e-voucher scheme under the Punjab Family Planning Program, it provides family planning resources, awareness, and improved service access to economically disadvantaged families. Building on a successful pilot, the initiative is part of Punjab Population Innovation Fund (PPIF's) expansion to 14 districts with World Bank support.

## Nutrition Initiatives

- Infant and Young Children Feeding (IYCF)
- Dietary Diversification
- Food Security and Nutrition Issues
- Kitchen Gardening
- Crop Production
- Livestock Management
- Home-Based Products
- Food Hygiene Training
- Health and Hygiene Awareness Raising
- Identification and treatment of Severely Acute Malnutrition (SAM) children
- Identification and treatment of Moderately Acute Malnutrition (MAM) children
- Provision of Food Supplements to MAM and SAM Children
- Provision of Food Baskets for Pregnant and Lactating Mothers
- Cash for Work (CfW) and Cash for Training (CfT)
- Capacity Building of Healthcare Providers
- School Meals
- Canned Food in Disasters

A photograph of a man with a mustache, wearing a white shirt, holding a young child with dark hair and a blue patterned top. The man is looking down at the child with a gentle expression. The background is softly blurred, showing hints of an outdoor setting with warm lighting.

# *Supporting Mothers after Catastrophic Floods in Pakistan (2022-2025)*

## *Community-Based Management of Acute Malnutrition (CMAM)*

In Pakistan, mothers nurture children as the family's top priority. When floods devastated the village of Wah Burira in 2022, Alight and the Islamic Medical Association of North America (IMANA) swiftly responded to provide emergency relief. However, child malnutrition persisted, so Alight and IMANA launched a multiyear Community Management of Acute Malnutrition (CMAM) project to educate mothers on nutrition best practices and improving the health of their children. The program's success led to its expansion in the flood-affected areas of upper Sindh, ensuring sustained health improvements—and happy mothers.

- 12,778 Packs of Therapeutic Food Distributed for Malnourished Children
- 700 Customers Served in three-day Pediatric Dermatology Camp
- 280 Multiple-micronutrients Supplements Provided to Pregnant and Lactating Mothers
- 275 Mothers Counseled on Feeding Infants and Young Children
- 930 Food Baskets
- 3,773 MAM & SAM Children Identified & Treated

## Canned Foods in Disasters:

We are working closely with partners to provide canned Pakistani foods, a solution that addresses critical challenges in food aid distribution during disasters. In such situations, essential infrastructure for cooking—such as stoves, fuel, and utensils—is often destroyed or inaccessible, making it nearly impossible for displaced populations to prepare the food they receive. This adds further strain to their already limited resources.

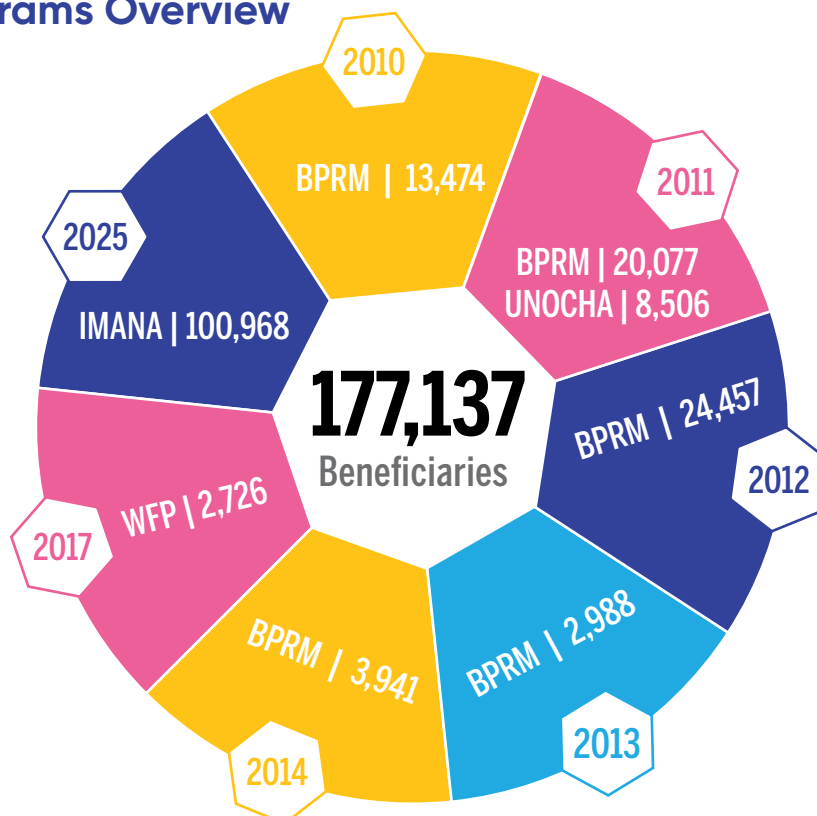
Compounding the issue, the lack of clean water and sanitary conditions makes meal preparation not only difficult but also a potential health hazard, increasing the risk of disease. Our ready-to-eat canned foods require no preparation, cooking, or additional ingredients, offering a safe,

efficient, and reliable alternative. These life-saving food solutions ensure that communities in crisis have immediate access to essential nutrition, mitigating risks and alleviating the burden on vulnerable populations.

## School Meals Program

Additionally, we implement school programs that provide both education and nutritious meals, ensuring students can focus on their studies without the distraction of hunger. These initiatives are especially crucial for children who come to school without having breakfast or bringing lunch. By addressing both educational and nutritional needs, we create an environment where students can thrive academically and build a foundation for a brighter, healthier future.

## Nutrition Programs Overview



### Partners



### Contact

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