



Dear

My name is _____ and I'm a supporter of Nutrition International's *With Good Nutrition She'll Grow Into It* campaign which seeks to raise awareness about the critical link between good nutrition and women and girls' empowerment.

ONE BILLION women and girls around the world are malnourished. What does that mean exactly? It means girls are suffering from adverse health impacts including increased susceptibility to illness and disease. It means girls are limited in their ability to grow and develop. It means that girls are being held back in their education and unable to reach their full academic potential. It means that girls' dreams are being placed out of reach.

This is not acceptable.

Girls around the world, just like myself, just like the ones in your neighbourhood and in your community, want the opportunity to grow, learn, earn and lead.

Girls around the world have big dreams. They dream of being doctors and athletes. They dream of being pilots and engineers. They dream of being prime ministers and presidents.

With good nutrition, these dreams can become a reality. With good nutrition we can unlock the potential of girls and ensure that they are able to access every opportunity available to them. With good nutrition, a girl can grow into her dreams and become everything she wants to be.

I believe that all girls deserve these opportunities. I believe that we have the ability to positively contribute to their health and nutrition, and help them become empowered advocates for their own well-being.

Canada is already a leader in global health. We have a long-standing history of investing in good nutrition, and combating malnourishment and hunger globally. Investing in nutrition is essential to improving and saving lives. Investing in girls is critical to ensuring that half the world's population isn't left behind. For every dollar we spend on nutrition, a child sees a \$30 return over their adult life.





Today, I'm asking you to be a champion for good nutrition, and ensure that Canada remains committed to girls everywhere having the opportunity not solely to survive, but thrive.

Here are some ways that you can highlight your commitments:

- Write a letter to the Minister of Finance to ensure that investment in global health and nutrition is part of Budget 2019
- Raise the issue of the importance of investing in adolescent girls' nutrition with your caucus
- Share your support for the *With Good Nutrition She'll Grow Into It* campaign on social media:
 - o With good nutrition, a girl's future won't just be something she dreams about. With good nutrition *#ShellGrowIntoIt*
 - o Good nutrition is key to unlocking a girl's potential and helping her feel empowered to grow, learn, earn and lead. *#ShellGrowIntoIt*
 - o Malnutrition holds girls back from becoming what they want to be. But with good nutrition *#ShellGrowIntoIt*

By supporting the *With Good Nutrition She'll Grow Into It* campaign and its message you can be part of a global movement that is making the world a better place for all.

Sincerely,

Learn more about this important issue at NutritionIntl.org/ShellGrowIntoIt

