

# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	Empowering Children's Voices in Nutrition; Building Healthier Communities
<b>WORKSHOP DATE</b>	Tuesday, 12 November 2024 01:45 GMT +02:00
<b>CONVENED BY</b>	Lizzie Lombe, Edna Mwangonde- Principal Nutrition And HIVAIDS Officer from Ministry of Health, Joseph Kanyangala,- School Health And Nutrition Officer under Ministry of Education, Chikondi Magombo- Food and Nutrition Officer under Ministry of Agriculture Event announced on behalf of the Convenor by: Lizzie Lombe, Advocacy Campaigns and Safeguarding Manager, World Vision Malawi. Providing the technical support in conducting the children's nutrition dialogue as well as coordinating with the convenors Feedback published on behalf of Convenor by: Lizzie Lombe. Technical support as well as coordinating the nutrition dialogue
<b>EVENT LANGUAGE</b>	Chichewa
<b>HOST CITY</b>	Lilongwe, Malawi
<b>GEOGRAPHIC SCOPE</b>	Mtanda Primary School, Group Village Headman Madzumbi, Traditional Authority Mazengera in Lilongwe District
<b>AFFILIATIONS</b>	World Vision
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/55076/">https://nutritiondialogues.org/dialogue/55076/</a>



The outcomes from Children's workshops will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on children and young people. Each Workshop contributes in four distinct ways:

- Published as publicly available PDFs on the Nutrition Dialogues Portal
- Available as public data on the Nutrition Dialogues Portal "Explore Feedback" page
- Available publicly within a .xls file alongside all Feedback Form data for advanced analysis
- Synthesised into reports that cover which nutrition challenges are faced, what actions are urgently needed and how should these be taken forward - particular, in advance of the Nutrition for Growth Summit in Paris, March 2025.

# SECTION ONE: PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

20

## PARTICIPATION BY AGE RANGE

11 12-15

9 16-18

## PARTICIPATION BY GENDER

11 Female

9 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshops which were divided into 2 sessions involved participants of a diverse group of children aged 12 to 18. The group included both boys, 9 and girls, 11 (1 with disability) from the same community. The representation comprised of both school-going and out-of-school children with disability inclusion. The sessions were held in a rural area with a focus on the most vulnerable children. The participants were from the Dzuwa and Madzumbi communities within WV Area Program in Lilongwe

# SECTION TWO: FRAMING

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The sessions started with introductions. All members present were asked to be in a circle and each individual present mentioned his/her first and last name, where he/she is coming from and their role during the gathering. This was done to set the pace and also make the children feel relaxed and safe. After the introductions, the children and facilitators played a game called "Taking a Ball and Putting It There" to set the tone for the dialogue. When the game was over, children were told to sit down in a circle, after which papers, pens and crayons were distributed. The facilitator asked the children what they knew about the six food groups and to illustrate the different foods through drawings. Next, the children played another game, "To Whom Does It Belong to," which was followed by a discussion on who should eat meals that include all six food groups. Then children were invited to share their personal experiences with hunger and discuss how it affected them, their families and their communities.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

- Families are selling most of their farm produce leaving little for household consumption which leads to food shortages.
- Selling of land which reduces the area available for farming limiting the production of food for family consumption and income generation.
- Fertilizers are often expensive making it difficult for families to improve crop yields which affects the food supply.
- Early child marriages are creating additional financial and food challenges & even malnutrition
- Cutting down of trees is leading to soil erosion and degradation and reduced rainfall which then is affecting agricultural productivity and food availability.
- Limited access to training in farming techniques contributes to reduced food production hence food insecurity.
- Children not being involved in issues of nutrition at family level e.g. planning, selling of farm produce e.t.c.
- Hunger makes girl children more vulnerable, some people give them money in exchange for sex.
- A child shared, "In my community there is a family that usually produces enough food, but the husband takes it all and marries another wife." Another child added, "I know a friend who got married at a young age to escape hunger, only to find more hunger in that marriage. Eventually, she returned to live with her parents."

## URGENT RECOMMENDATIONS FOR ACTION

- Promote Irrigation farming.
- Support natural regeneration practices.
- Raise awareness on nutrition, livestock production.
- Awareness on ending child marriages since it also perpetuates malnutrition
- Train families including children on food budgeting to prevent selling of all the food in the household.
- Engage local leaders to advocate against the unnecessary selling of land
- Ministry of Agriculture to improve the availability of affordable fertilizers (subsidized fertilizer).

## AREAS OF DIVERGENCE

Children understand the issues of nutrition and hunger and the consequences that these issues have on their lives. However, it was observed that they have limited knowledge about food diversity which was addressed through additional discussions. The children also had different thoughts on why some parents continuously sell their food produce which mostly lead to food insecurity in the area.

## OVERALL SUMMARY

The dialogue session created a platform and a valuable opportunity to hear and understand children's views/feelings on nutrition and hunger. From these discussions, it was observed that children can be a powerful tool in advocacy for behavioural change and improved child wellbeing. Regular nutrition dialogues should be conducted and replicated to other rural communities. It was also noted from the dialogue that the nutrition were able to connect some of the things they learn at school with the issues around child hunger and malnutrition and they were very eager to be engaged. It was clear from the dialogues that investing much in these children can also be a great platform to serve the community from these issues of food insecurity, poor feeding practices as well as malnutrition as a whole.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

Before the workshop began, we ensured that each child was willing to participate voluntarily by making them and their parents sign a consent form. The facilitators ensured that their role remain ask questions, listen and encourage them to express their ideas without any form of evaluation. The conveners and facilitators established a safe space where children could express themselves freely not to influence their responses.

## METHOD AND SETTING

Venue: Teacher's Development Center which is a central place in the community where the Primary Education Advisor operate from & most education functions take place. This center was chosen to help children feel comfortable with the familiar setting and educational visuals in the room. The sessions began with introductions, followed by an explanation of workshop's goals, a brief energizer activity to engage participants before starting the discussion. Consent forms were completed prior to event

## ADVICE FOR OTHER CONVENORS

- Arrange timely transportation for facilitators to ensure efficient time management during the workshop.
- Ensure facilitators are trained in child-friendly approaches to effectively interact and engage with children.
- Plan for adequate time to make sure all areas are covered.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

Acknowledgements go to World Vision Malawi staff, WV Sponsorship volunteers, the Lilongwe District Council, and the Ministries of Health, Education, and Agriculture for collaborating to engage children on issues of hunger and malnutrition.

## RELEVANT LINKS

- **Effects of hunger on children nutrition**  
<https://www.linkedin.com/feed/update/urn:li:activity:7264937653085556736>
- **Effects of hunger on children nutrition**  
<https://www.facebook.com/100077576993825/posts/596147779647783/?app=fbl>
- **Nutrition dialogue discussions**  
<https://www.linkedin.com/feed/update/urn:li:activity:7262196855768276992>
- **Nutrition dialogue discussions**  
<https://www.facebook.com/100077576993825/posts/591021136827114/?app=fbl>

## ATTACHMENTS

- **COLLAGE**  
[https://nutritiondialogues.org/wp-content/uploads/2024/11/20241122\\_160615-scaled.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/11/20241122_160615-scaled.jpg)
- **COLLAGE**  
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- **CONVENOR**  
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- **CONVENOR**  
<https://nutritiondialogues.org/wp-content/uploads/2024/11/LW-2-1.jpg>