

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Stakeholder Dialogue-Kalpitiya Area Programme- Sri Lanka
DIALOGUE DATE	Friday, 29 November 2024 14:00 GMT +05:30
CONVENED BY	Lavanya Suriyakumar
EVENT LANGUAGE	Sinhala & Tamil
HOST LOCATION	Kalpitiya, Sri Lanka
GEOGRAPHIC SCOPE	Kalpitiya Area Programme
AFFILIATIONS	Event will be conducted as part of the Baseline interactions , we are conducting for ENOUGH campaign.
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/55086/



The outcomes from Nutrition Dialogues will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on women and children and young people. Each Dialogue 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

10

PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	0	19-29
9	30-49	1	50-74	0	75+

PARTICIPATION BY GENDER

9	Female	1	Male	0	Other/Prefer not to say
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NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0	Children, Youth Groups and Students	0	Civil Society Organisations (including consumer groups and environmental organisations)
0	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	5	Food Producers (including farmers)
0	Healthcare Professionals	0	Indigenous Peoples
0	Information and Technology Providers	0	Large Business and Food Retailers
0	Marketing and Advertising Experts	0	National/Federal Government Officials and Representatives
0	News and Media (e.g. Journalists)	3	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
4	Women's Groups	1	Other (please state)

OTHER STAKEHOLDER GROUPS

NA

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The participants came from diverse backgrounds, each bringing unique experiences in nutrition, food security, and child protection. Among them were members of Mother Support groups who work with mothers of children under five and adolescents. There were also parents of young children, both boys and girls, as well as adolescents. Additionally, the group included working women and individuals who rely on agriculture for their livelihood.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The discussion focused on the importance of nutrition for children, women, and men. The purpose and process of the Nutritional Dialogues were explained to the participants, who were individually welcomed to ensure they felt valued and accepted. The session began with an introduction to the overall concept of nutrition, supported by the latest nutritional statistics from the National Nutritional Month data for 2024. Additionally, the discussion clarified the reasons for selecting the participants and how their insights and opinions could enhance the dialogue.

NUTRITION SITUATION PRESENTATION

<https://nutritiondialogues.org/wp-content/uploads/2024/12/Stakeholder-dialogues-Eng-5.pdf>

DISCUSSION

The discussion was informal and featured open-ended questions. It primarily revolved around topics such as child nutrition, women's nutrition, adolescent nutrition, agriculture, the food market, and school meals. Key questions included: What are the feelings or concerns about nutrition in our community? How can we ensure good nutrition for everyone in our community? What actions are needed to achieve this? Who needs to be involved to make this happen? Additionally, each participant shared their daily routines related to their responsibilities in nutrition, meal preparation, and meal timings. This exchange fostered a deeper understanding of the various roles people play in the nutrition of children and families.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

1. Vegetables and fruits are often grown with harmful pesticides and chemicals, making them unhealthy for consumption.
2. Many people are attracted to fast food and store-bought foods due to their convenience.
3. School canteens typically offer foods high in oil, salt, and sugar rather than healthy snacks.
4. Both children and adults prefer easy-to-eat foods over healthy options because of poor time management and convenience.
5. Most children attend tuition classes after school, often skipping lunch or opting for unhealthy snacks from shops.
6. Children frequently skip breakfast as they leave early for school, with parents giving them money to buy breakfast on the way, leading to unhealthy snack choices or skipping meals.
7. The prices of basic vegetables and meat items have increased.
8. Despite having agricultural lands and producing vegetables, there is no proper marketing system to sell them. Families often sell their produce for money rather than keeping some for their own consumption.
9. Fresh milk is hard to get in this area.
10. Adults often skip breakfast after having tea in the morning, a habit passed down to children.
11. Working women find it challenging to cook for the family early in the morning.

URGENT ACTIONS

1. Promote home gardening using organic methods.
2. Provide school meals to all children, as they leave home early. School meals are essential to address children's nutritional needs.
3. The government should ban harmful snacks for children.
4. Emphasize men's involvement in family nutrition, as nutrition is often seen as solely the responsibility of women.
5. Educate children and adults on the importance of breakfast.
6. Promote climate-smart agriculture.

AREAS OF DIVERGENCE

Many participants expressed that, despite understanding the importance of nutrition and eating the right foods, practicing these habits is very challenging. Factors such as increasing domestic work, busy lifestyles, attraction to fast food, tiredness, changing lifestyles, low income, price hikes, and ignorance all contribute to these difficulties.

OVERALL SUMMARY

"We feel very sad because our children are not getting the food we had in our childhood. Our parents provided us with good food while we were growing up. Now, we are forced to give unhealthy food to our children, knowing it is harmful. What once made our lives easier has now become a threat to us," shared one of the women participants. They concluded that good food is both a right and a choice. Some cannot afford nutritious food due to low income, even though locally available nutritious options exist. Others choose unhealthy food for convenience. A particularly alarming part of the discussion was adolescent nutrition. Adolescents often receive money for breakfast and decide what to eat themselves, leading to a shift in decision-making regarding nutrition. Previously, mothers decided what to feed their children and families. Now, children receive a small amount of money and choose what to eat, often opting for unhealthy snacks high in oil, salt, and sugar. The group discussed that school meals are a key solution to ensure good nutrition for all children. Encouragingly, parents are ready to support school meal programs.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Various community stakeholders from the area participated, bringing their expertise and experiences, which enriched the discussion. The discussion was with open ended questions based on nutrition of children and adolescents, women and men. All of them were able to shared their experiences and opinions. The discussion was respectful and everyone had the opportunity to speak and share their ideas. Additionally, the diverse perspectives helped identify practical solutions and fostered a collaborative environment.

METHOD AND SETTING

The setting was very informal, the seating arrangement was in a circle and mother who came with infants and small children were given extra care. The nutritional refreshments were shared during the discussion and the place was very near for all the participants.

ADVICE FOR OTHER CONVENORS

Be mindful of the participants who come with infants and small kids.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to express our gratitude to World Vision Lanka's Area Programmes and the community volunteers for organizing the dialogue despite the adverse weather conditions caused by a cyclone in Sri Lanka. Additionally, the feedback forms were prepared in the local language to ensure accurate and unfiltered responses. At the National office, we translated these documents into English.

ATTACHMENTS

- **Group having informal discussion**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-5-1-scaled.jpg>
- **National Nutrition month report 2024**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/National-Nutrition-Month-Summary-Report-2024-6.pdf>