

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	ENOUGH Nutrition Dialogue with Children
WORKSHOP DATE	Wednesday, 16 October 2024 09:30 GMT +00:00
CONVENED BY	Daniel Kwarteng Amponsah- Sponsorship and child protection officer, Selasie Gagakumah- Sponsorship System Administrator, World Vision Ghana Event announced on behalf of the Convenor by: Barbara Asare. Technical support to the convenor as the ENOUGH Campaigns Coordinator Feedback published on behalf of Convenor by: Barbara Asare. Technical support
EVENT LANGUAGE	English and Ewe (local language)
HOST CITY	Agotime Kpetoe, Ghana
GEOGRAPHIC SCOPE	community level
AFFILIATIONS	World Vision
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/55316/

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

20 12-15

0 16-18

PARTICIPATION BY GENDER

10 Female

10 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop took place in a community setting, the community has no electricity, and the main occupation is subsistent farming. children are from low-income background and mainly Ewes.

SECTION TWO: FRAMING

During the discussion, it became clear that a significant majority—90% of the participants—indicated that financial support for their families directly impacts their ability to access nutritious food. Many of these children reported having gardens and farms where they source their food. However, they often rely on staple foods, and when financial resources are limited, they resort to eating raw ingredients. One poignant contribution came from Lorlornyo, who shared her personal experience: “I am the fifth child in my family. All of us eat the same food morning, afternoon, and evening. In my home, once you turn three years old, Akpele with raw pepper becomes your daily meal. At times, I eat this for breakfast, lunch, and dinner. I often feel weak at school, and whenever the doctor checks my blood, he tells me that I am anemic and need to balance my diet. My mother explains that she doesn't have money for other ingredients, so she prepares some herbs for me. I've been drinking these herbs, but I haven't seen any improvement. I realize that if my mother had the money to buy additional foods to supplement the Akpele, I would grow healthier and enjoy more nutritious meals. Unfortunately, I feel uncertain about my future as the quarterly health reviews become increasingly concerning. Thankfully, whenever I face health issues, the government health insurance helps cover the costs.” Lorlornyo's story encapsulates our findings: providing financial support to parents will enable them to purchase and grow more nutritious food, ultimately allowing children to enjoy healthier meals.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Through brainstorming, the children identified several key factors for improving the nourishment of their peers. Notably, 90% of the participants emphasized that their parents need financial support to prepare nutritious meals for them, both for school and at home.

During the discussion, it became clear that a significant majority—90% of the participants—indicated that financial support for their families directly impacts their ability to access nutritious food. Many of these children reported having gardens and farms where they source their food. However, they often rely on staple foods, and when financial resources are limited, they resort to eating raw ingredients.

URGENT RECOMMENDATIONS FOR ACTION

1. Financial Support for Healthy Food:

- **Direct Assistance:** The Government and NGOs to provide money for our parents to purchase nutritious foods, ensuring they can afford fruits, vegetables, and whole grains.

2. Education on Nutrition:

- **Workshops for Parents:** Conduct workshops focused on the importance of nutrition, teaching parents how to prepare balanced meals on a budget.

- **School Programs:** Implement nutrition education in schools to teach children about healthy eating habits and the benefits of various food groups.

3. Family Involvement in Meal Planning:

- **Cooking Together:** Promote cooking as a family activity where children can learn to prepare nutritious meals, fostering a positive relationship with food.

4. Access to Fresh Produce:

- **Community Gardens:** Initiate community gardens where families can grow their own fruits and vegetables, reducing reliance on store-bought items.

AREAS OF DIVERGENCE

Views differed on the causes of malnutrition, some of the children were of the view that malnutrition was caused by poor eating habits while others also thought it was caused by lack of exercise. Others also attributed malnutrition to limited financial resources by parents which made it difficult for them to enjoy good nutrition.

OVERALL SUMMARY

Children were of the view that a sign of malnutrition was caused by poor eating habits, regular exercise is essential for health and strength, suggesting that walking to school counts as a good form of exercise. Some recognized that leafy vegetables provide important vitamins and can aid digestion. Vegetables which serve as a source of vitamins was not available throughout the year, while certain vegetables are common in their community, they become scarce during the harmattan season, yet eating these vegetables is crucial for energy and strength. Overall, the children discussed the significance of good nutrition, regular exercise, and the benefits of incorporating a variety of foods into their diets for better health.

Notably, 90% of the participants emphasized that their parents need financial support to prepare nutritious meals for them, both for school and at home. Financial constraints prevented parents from feeding their children with balanced diets to support their growth. This leads to malnutrition which affects most children.

Children recommended that World Vision and the institutions in charge conduct workshops focused on the importance of nutrition, teaching parents how to prepare balanced meals on a budget. They also recommend School Programs: Implement nutrition education in schools to teach children about healthy eating habits and the benefits of various food groups.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

one aim of the dialogue was to educate and improve the nutrition of all especially, children. the views of all participants were duly respected, and the dialogue was opened for all participants to share their views and learn from others. at the end of the dialogues, it was established that there are multiple determinants of malnutrition which were highlighted during the discussion.

METHOD AND SETTING

The discussion was conducted outside school setting and in an informal manner for children to be comfortable and safe to share their views. The adults who lead the discussions shared essential online safety tips for children and young people. Participants were encouraged to share their own ideas and experiences regarding online safety, fostering an engaging discussion on the topic. The workshop created a conducive environment where participants felt comfortable to share their thoughts.

ADVICE FOR OTHER CONVENORS

ensure th eparticipation of boys and girls and children with disabilities. Make the dicussion child friendly and iclusive. Languange should be child friendly and discussions can be in local language for children to freely discuss. all should be encouraged to participate fully. children should lead ice breakers to make them feel comfortable.I woul

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

i would like to acknowledge the Agortime Ziopé cluster team and volunteers who led the discussion and also the children from the kids club who participated actively in this nutrition discussions. Their commitment to promoting meaningful child participation is commendable.

ATTACHMENTS

- **Children Nutrition Dialogue Report**
https://nutritiondialogues.org/wp-content/uploads/2024/11/Nutritional-Dialogue-with-children_-Agotime-AP-Report.pdf