

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Children Speak Out their Nutrition Concerns
WORKSHOP DATE	Wednesday, 4 December 2024 12:30 GMT +02:00
CONVENED BY	Evidence Shaba- Nutrition Officer, Brian Sangala Environmental Health Officer Event announced on behalf of the Convenor by: Lizzie Lombe. Supporting in coordination and technical support Feedback published on behalf of Convenor by: Lizzie Lombe. Coordinating role and technical support during the preparations
EVENT LANGUAGE	chechewa
HOST CITY	Salima, Malawi
GEOGRAPHIC SCOPE	NTCHUWA PRIMARY SCHOOL, MAPIKO GROUP VILLAGE HEADMAN, T.A KALONGA IN SALIMA, MALAWI
AFFILIATIONS	World Vision
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/55892/



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

12

PARTICIPATION BY AGE RANGE

3 12-15

9 16-18

PARTICIPATION BY GENDER

6 Female

6 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The participants were a group of children aged 12 to 18, including both boys and girls from different group village head men. They represented a mix of school-going with some members of children parliament. The workshop was held in a rural area, focusing the most vulnerable children

SECTION TWO: FRAMING

It was an interactive session that started with introductions after which the facilitator explained the objective of the nutrition dialogue to the participants. The facilitator encouraged the children to voice and be free. An ice breaker in form of songs were used. The songs sang has messages about food and malnutrition challenges being faced by the children and their families in the community. After the songs, some of the children were asked to mention what food they ate in the past 12 hours while others were asked about the food that they like. They were given pictures of different food items and were asked to pick from the pictures. It was however noted that Nsima was mentioned by almost every child as the food they like with mostly vegetables are the relish that usually go together with the Nsima. Through that the children were able to share their experiences and mentioned the six food groups but were quick to indicate that they do not have a chance to eat some of the mentioned food groups especially those to do with meaty and fats/ oils.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- Most parents sell their food produce and are left with no/ little to eat
- Some parents spend most of their time at the lake fishing and are not concerned with what type of food the children eat at home. Sometimes this also leads to marriage break ups that exacerbate the food problems as the mothers are not able to provide all the necessary food at home.
- There are some people that rent out their land and do not have anywhere to grow crops for their consumption
- High costs of farm inputs make most families fail to cultivate enough and this leads to low farm produce that perpetuates food insecurity in the families
- Poor food preparation that leads to eating to just get full without minding any nutrition aspects

URGENT RECOMMENDATIONS FOR ACTION

- Encouraging the community members to keep enough food for the household and not sell everything. Children to also be involved in such behaviour change activities
- Train parents/ guardians on parenting skills and ensure they prioritise providing food for their families
- Local leaders to continue advising their people not to sell / rent out all pieces of land but to have some space for food production
- Encourage the people to use compost manure instead of fertilizers that is expensive sustainable agriculture.
- Revive lessons on food preparation that used to happen regularly in the past. The government to ensure the extension workers dealing with Nutrition and Food preparation are available in the communities as before

AREAS OF DIVERGENCE

The children had knowledge about issues of nutrition, food insecurity, hunger and were able to explain the terms in details. Most of them were able to list the food types but explained that it is the same type of food that is consumed most of the times.

OVERALL SUMMARY

The dialogue session helped to have the children's perspectives on nutrition and hunger. The children know that eating six food groups leads to good health and reduces malnutrition but they complained about feeding on the same types of foods most of the time; they however mentioned that they wish they had a chance to get other food types. They also indicated that they learnt about the six food groups at school. The nutrition dialogues created a good forum for knowledge exchange by the children but also amplified their voices about the nutrition challenges that they face.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Consent from the children and their parents/ guardians were sought. The facilitators were also explained to thoroughly about the nutrition dialogues. The children were assured about their views / ideas being used for the sole purpose of the dialogues and so encouraged to speak out without any fear. Voluntary participation was emphasized. The facilitators that were used had experience in working with children and so allowed the children to freely express themselves.

METHOD AND SETTING

Venue: A school set up was utilized to allow the participants be at a familiar place which was also easily accessible by all participants. The session began with introductions, followed by an explanation of the workshop's goals and some ice breakers to allow the participants relax and ably engage. Consent forms was sought before the session.

ADVICE FOR OTHER CONVENORS

- Facilitators should be those with experience in working or dealing with children
- Utilizing familiar energizers enable good engagement with the children

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Acknowledgements go to The District Principal Nutrition HIV & AIDS Officer, the World Vision Malawi Salima District Manager and other officials from the Ministries of Health, Education, and Agriculture for leading and coordinating the sessions as well as preparatory meetings

ATTACHMENTS

- https://nutritiondialogues.org/wp-content/uploads/2025/01/WORLD-VISION_23-scaled.jpg
- https://nutritiondialogues.org/wp-content/uploads/2025/01/WORLD-VISION_22-scaled.jpg