

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Children's voices on having ENOUGH Food in Kasangadzi Area Program
WORKSHOP DATE	Tuesday, 10 December 2024 11:30 GMT +02:00
CONVENED BY	Mtisunge Makwinja, Assistant Environmental Health Officer, Malawi Government Event announced on behalf of the Convenor by: Yamikani Banda. Technical Support Feedback published on behalf of Convenor by: Yamikani Banda. Technical Support
EVENT LANGUAGE	Chichewa
HOST CITY	Madisi, Malawi
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	World Vision International
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/56166/



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

14

PARTICIPATION BY AGE RANGE

12 12-15

3 16-18

PARTICIPATION BY GENDER

7 Female

8 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

15 participants attended the dialogue, 8 boys and 7 girls. Their age ranged between 12 and 18, with 12 participants ranging between 12 to 15, and 3 between 16 to 18 years. They were all learners from Kasangu primary school. They were from standard 5 to 8. 2 boys had visual problems and 1 girl had a hearing problem.

SECTION TWO: FRAMING

After introductions, the facilitator introduced the topic of discussion; "Hunger and Nutrition". In the introduction, the facilitator highlighted the local context of hunger and nutrition situation around Kasangu and Malawi at large. Then the facilitator clearly outlined the workshop's objectives which included: To create a safe and convenient space for learners to share their experiences and perspectives on hunger and nutrition and to identify challenges and opportunities to end child hunger and malnutrition at their school and in the community. To ensure a respectful and inclusive discussion, ground rules were established which included: Active listening, respect for differing opinions by not interrupting when someone else is speaking, raising a hand if a participant wants to speak, avoiding mini meetings (side-talking), asking questions for clarity and encouraging active participation from all attendees. Participants had an icebreaker (a song) to make them feel at ease. By framing the workshop in this way, the facilitators created a supportive environment where learners felt comfortable sharing their thoughts and experiences. This set the stage for a productive and meaningful dialogue on hunger and nutrition.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- Poverty; lack of money for parents to purchase food
- Parents cannot afford to buy farm inputs such as fertilizer because they are now very expensive. This leads to low yields
- Parents are selling their subsidy farm inputs as a result less food is produced to support the family
- Parents are leasing their farm land instead of farming
- Parents are selling farm yields carelessly after harvesting
- Parents spend most of the money on alcohol instead of buying food for their families
- Poor family planning; more children are being born but they are not being taken care of properly as a result children are suffering from malnutrition and hunger
- Lack of knowledge by the elderly community members on good nutrition practices
- Family disputes that arise after harvesting leading to separation between mothers and fathers, which affect the children because they are left without food or sent away together with their mothers without food
- Parents do not practice irrigation farming to boost their food income

URGENT RECOMMENDATIONS FOR ACTION

- Households should have backyard gardens and practice domestic farming to support good nutrition
- Partners such as World vision should support learners with school feeding programs to reduce hunger among learners
- Planting fruit trees to support good nutrition
- Parents should stop selling their farm produce carelessly so that their families should have enough food all year round
- Parents should stop leasing out their land and selling out their subsidy farm inputs. They should rather use them to have enough yields
- Students should utilize the school land available for farming to support the school feeding program
- Students should plant fruit trees around the school premises
- Students should share the knowledge gained through this discussion with their parents or guardians and also their fellow peers on good nutrition
- Parents should stop alcohol abuse and prioritize on feeding their families
- Parents should start practicing irrigation farming to boost their food sources

AREAS OF DIVERGENCE

Participants diverged from the topic of discussion and started discussing about poverty, how it affects them as learners. The facilitator brought them back on track by reminding them politely about the topic of discussion.

OVERALL SUMMARY

The dialogue session started with a prayer from a volunteer and this was followed by introductions, whereby each participant introduced themselves.

After introductions, the facilitator introduced the topic of discussion; "Hunger and Nutrition". In the introduction, the facilitator highlighted the local context of hunger and nutrition situation around Kasangu area.

Then the facilitator clearly outlined the workshop's objective which was to create a safe and convenient space for learners to share their experiences and perspectives on hunger and nutrition and to identify challenges and opportunities to end child hunger and malnutrition in the community.

To ensure a respectful and inclusive discussion, ground rules were established which included: Active listening, respect for differing opinions by not interrupting when someone else is speaking, raising a hand if a participant wants to speak, avoiding mini meetings (side-talking), asking questions for clarity, confidentiality and encouragement of participation from all attendees.

The discussion progressed as follows;

At the end, the WV representative gave closing remarks and thanked the participants for participating in the dialogue. A volunteer closed with a prayer.

Definition of nutrition

Eating food that is composed of all six food groups (carbohydrates, fats and oils, legumes, vegetables, fruits and food from animals), including water

Definition of hunger: Lacking of any type of food at household level (the distress associated with lack of food

The relationship between hunger and nutrition: When hunger persist in a family or community, it leads into malnutrition

How hunger and poor nutrition affect learners

- Poor immunity leading to frequent illness
- Stunted growth
- Poor concentration in class
- Poor performance in school
- High School dropout rates
- Students dropping out from school in order to look for jobs to feed themselves
- Girls engaging in risky behaviours to feed themselves and they end up being pregnant or even raped

Main causes of hunger and poor nutrition in our communities

- Poverty; lack of money for parents to purchase food
- Parents cannot afford to buy farm inputs such as fertilizer because they are now very expensive. This leads to low yields
- Parents are selling their subsidy farm inputs as a result less food is produced to support the family
- Parents are leasing their farm land instead of farming
- Parents are selling farm yields carelessly after harvesting
- Parents spend most of the money on alcohol instead of buying food for their families
- Poor family planning; more children are being born but they are not being taken care of properly as a result children are suffering from malnutrition and hunger
- Lack of knowledge by the elderly community members on good nutrition practices
- Family disputes that arise after harvesting leading to separation between mothers and fathers, which affect the children because they are left without food or sent away together with their mothers without food
- Parents do not practice irrigation farming to boost their food income

Suggested solutions

- Households should have backyard gardens and practice domestic farming to support good nutrition
- Partners such as World vision should support learners with school feeding programs to reduce hunger among learners
- Planting fruit trees to support good nutrition
- Parents should stop selling their farm produce carelessly so that their families should have enough food all year round
- Parents should stop leasing out their land and selling out their subsidy farm inputs. They should rather use them to have enough yields
- Students should utilize the school land available for farming to support the school feeding program
- Students should plant fruit trees around the school premises
- Students should share the knowledge gained through this discussion with their parents or guardians and also their fellow peers on good nutrition
- Parents should stop alcohol abuse and prioritize on feeding their families
- Parents should start practicing irrigation farming to boost their food sources

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

1. Commitment to Improve Nutrition Throughout the discussion, participants were reminded that the ultimate objective is end child hunger and malnutrition. Learners agreed to implement the discussed solutions to the challenges such as planting fruit trees and establishing backyard gardens. 2. Diversity and Inclusivity The dialogue included a diverse range of learners, from different classes and age ranges. It also included children with disabilities. 3. Respectful Dialogue Clear ground rules were established for respectful dialogue, such as active listening, no interruptions, and respectful language. The facilitator encouraged open and respectful discussion by asking open-ended questions, paraphrasing statements, and seeking clarification when needed. 4. Openness to Share and Learn Encouraged to share their experiences, expertise, and knowledge on hunger and nutrition. Fostered a culture of learning by asking questions, seeking feedback, and acknowledging the value of diversity.

METHOD AND SETTING

Focus group discussion (dialogue) was used to collect data. The group consisted of 15 learners from Kasangu primary school. There was a moderator and a note taker. The moderator followed a guide which was pre-developed in the reference manual while the note taker was recording the discussion in a notebook. The moderator used open ended questions to allow the participants to explain issues fully. Nutrition counselling cards were used to aid in the discussion.

ADVICE FOR OTHER CONVENORS

- Select a conducive environment (venue) and time for the discussion
- Use proper language, avoid jargons
- Stick to the recommended time
- Set the right mood in the beginning (introduction) to make the participants feel free to express their views.
- Ensure a respectful dialogue by setting ground rules in the beginning

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

The dialogue was made possible through the collaborative efforts of Kasangu primary school administration for providing the venue and for helping in mobilizing the children, Dowa district hospital for technical expertise on hunger and nutrition and World Vision Malawi for the logistical support. On a special note, we would like to acknowledge the learners for agreeing to participate in the dialogue session.

RELEVANT LINKS

- **World Vision amplifies the voices of the childre**
<https://malawifreedomnetwork.com/2024/12/15/world-vision-amplifies-the-voices-of-children-on-child-hunger-and-malnutrition/>
- **World Vision Malawi gives an opportunity to children to speak their minds**
<https://www.facebook.com/100064481388635/posts/pfbid02sC9FJkL9ZtFDepMauCKReduRMpGwxCUbrjST4L5HRnmMAxosbHgNKVtcybFUzkJ9l/?app=fbl>
- **Children's voices on hunger**
<https://malawiguardian.com/2024/12/12/world-vision-amplifies-childrens-voices-on-hunger-and-malnutrition/>

ATTACHMENTS

- **Children appreciating six food groups during nutrition dialogue session**
https://nutritiondialogues.org/wp-content/uploads/2024/12/WORLD-VISION_42-scaled.jpg