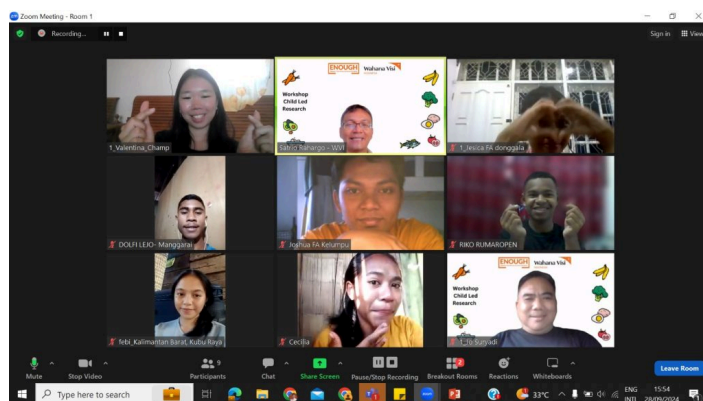


OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Obstacles and enablers to children's intake of nutritious foods
WORKSHOP DATE	Saturday, 28 September 2024 14:46 GMT +07:00
CONVENED BY	Bianca Suryani Event announced on behalf of the Convenor by: Junito Drias. Technical support Feedback published on behalf of Convenor by: Junito Drias. Technical support
EVENT LANGUAGE	Bahasa Indonesia
GEOGRAPHIC SCOPE	National Level
AFFILIATIONS	World Vision
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/56229/



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

18

PARTICIPATION BY AGE RANGE

10 12-15

8 16-18

PARTICIPATION BY GENDER

10 Female

8 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Participants come from three regions of Indonesia, West, Central and East, both urban and rural. The economic level of the children's families is lower class. They live in the mountains, central plains and coasts.

SECTION TWO: FRAMING

The discussion frame was limited to children's knowledge of nutrition, daily nutritional consumption and access to nutrition.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Children experience obstacles related to their knowledge of nutrition. They only know that fruit is healthy, vegetables are good. However, they rarely know about protein intake. This is inseparable from the fact that children who participated in the workshop did not get good meat intake. There were children who admitted to eating chicken once a week, some could eat it once every two days, but that was rare. Consuming fish is easier in Eastern Indonesia, but there is a sense of boredom. The biggest obstacle is that the family economy cannot afford to buy meat in large quantities. Usually waiting for a big family event. There were children who said that there was no market in their village, so they had to go far to buy meat or fish.

URGENT RECOMMENDATIONS FOR ACTION

The children proposed the need for children to know about nutrition so that they are aware of what they consume and the impact on their growth and development. The children also proposed that the village government help procure nutrition, and also government social assistance, so that there is money to buy nutritious food. The children hope that there will be a program related to nutritional literacy and nutritious food assistance to the CSO.

AREAS OF DIVERGENCE

Their opinions are almost uniform, even though they live in different areas. This is because the source of their nutritious food problems is the family's economic ability. Children who live in remote areas also have problems with access.

OVERALL SUMMARY

Children have difficulty understanding the nutrition they should enjoy for their growth and development. They know that fruits and vegetables are healthy, but tend not to see meat as something necessary. This could be influenced by a lack of nutritional literacy, and misunderstanding about excessive information about fruits and vegetables. Secondly, the problem of economic limitations prevents children from enjoying meat. The price of chicken or other meat as a protein intake is expensive, so families cannot provide it every day. Likewise, due to the influence of patriarchal culture, meat is often given to fathers as breadwinners, and then to sons. This is especially true in remote areas with strong cultural values. Meanwhile, there is also a wrong financial arrangement, so that nutritious intake is not a priority. Government programs are very much needed, especially social assistance. Because this social assistance makes families have the ability to buy protein foods. The government's free nutritious meal program is awaited by children because they can get nutritious food without paying.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

METHOD AND SETTING

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Forum Anak, Dewan Pertimbangan Anak Wahana Visi Indonesia, Tim Child Protection and Participation, Advocacy and External Engagement Unit.