

# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	What it means to the children in having ENOUGH nutritious food in Rusa Area Program, Mchinji
<b>WORKSHOP DATE</b>	Thursday, 12 December 2024 10:30 GMT +02:00
<b>CONVENED BY</b>	Rhodina M'bwana Event announced on behalf of the Convenor by: Yamikani Banda. Technical Support Feedback published on behalf of Convenor by: Yamikani Banda. Technical Support
<b>EVENT LANGUAGE</b>	Chichewa
<b>HOST CITY</b>	Mchinji, Malawi
<b>GEOGRAPHIC SCOPE</b>	Community level
<b>AFFILIATIONS</b>	World Vision International
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/56352/">https://nutritiondialogues.org/dialogue/56352/</a>



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

15

## PARTICIPATION BY AGE RANGE

13 12-15

2 16-18

## PARTICIPATION BY GENDER

8 Female

7 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Children who took part in the workshop were from different religions, some were from well to do families while others were from poor household to ensure that all children despite their social economic status should be part of the workshop. One child with disability also participated in the nutrition dialogue.

# SECTION TWO: FRAMING

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Workshop started with a prayer, then the introductions was done using an activity just to sett the Climate. Objective of the workshop was explained to participants. Children were grouped in smaller groups to allow them discuss and list six food group they know, issues in their area affecting nutrition, the children presented their work . An activity was done to allow children come up with challenges they face at home and school concerning nutrition and how to address those challenges. Convener summarizes the answers from group work and close the workshop.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

Nutrition challenges encountered by children from Rusa Area Program, Kalulu primary school to be specific, include lack of access to all six food groups in their homes. There are various reasons why the six food groups are inaccessible. Some reasons are, parents failing to purchase some food groups which need money like animal food, parents do not rear small animals such as chicken which provides animal food. Another reason is that parents have a tendency of selling all agricultural produces soon after harvesting due to poverty resulting into food insecure households. The children also said their parents do not know how to prepare a nutritious meal using locally available resources.

## URGENT RECOMMENDATIONS FOR ACTION

The possible solutions suggested by the children in addressing the challenges included a proposal to have parents have to be oriented on post harvest handling and storage of produce to avoid selling all the produce. Poor storage of produce results in crop damages hence parents opt to sell. Schools to have orchards to help children access fruits while at school, school feeding programme should be rolled out to all primary schools so as to help other vulnerable children have access to food hence promoting school retention.

## AREAS OF DIVERGENCE

The children called for an urgent roll out of school feeding program as child hunger and malnutrition is a great cause of concern in the Area Program. The District where the children come from was heavily affected by El Nino which led the District to be classified as a district under food crisis by Malawi Vulnerability Assessment Committee. A lot of children are coming from households where there is no food, thereby going to school on an empty stomach. In schools where there is no school feeding program, it means children stay at school without food thereby affecting their concentration and attendance. Their cries are bounded by the fact that a lot of children would attend school and concentrate if school meals are provided.

## OVERALL SUMMARY

Here's the revised version of your text for clarity, grammar, and flow:

The primary objective of the workshop was to explore children's knowledge of nutrition and discuss best practices for healthy eating habits among them. The topics covered included nutrition, malnutrition, and hunger.

Emphasis was placed on the six food groups and their locally available examples. The children successfully identified all six food groups: staples, legumes, vegetables, oils and fats, animal-based foods, and fruits.

The participants also discussed challenges related to nutrition. Some of the issues raised included food insecurity in households soon after harvest, as parents often sell most of their agricultural produce. Another challenge highlighted was laziness, which contributes to food insecurity in some households. The children also addressed the lack of school feeding programs, proposing that the government and other well-wishers should support such initiatives to ensure they are available in all schools. For example, in the education zone where the dialogue took place, no schools currently benefit from a school feeding program.

In conclusion, the dialogue was highly successful in identifying nutrition-related problems faced by children, such as food insecurity and a lack of knowledge about nutritious meal preparation. To address these issues, leaders, the government, and development partners should take proactive roles in combating malnutrition and hunger, ensuring that children grow up healthy and well-nourished.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

## PRINCIPLES OF ENGAGEMENT

The venue, located at the learners' school, was safe and convenient for them. Throughout the activity, we used the local language, Chichewa, which is widely spoken in the area. The methods employed during the activity were engaging, fun, and simple, which encouraged active participation from all the learners. Views for all children were encouraged including respecting principles of diversity. Respect of one's views was respected as everyone had a chance to speak what they needed to speak.

## METHOD AND SETTING

The workshop employed various methodologies, including games, drawings, demonstrations, group work, and songs, to ensure children were relaxed and actively participated. It was conducted in a classroom setting, where children were well cared for in all aspects. Both parental and children's consent were obtained voluntarily, without any coercion.

## ADVICE FOR OTHER CONVENORS

1. Respect children's views 2. Hear their views and do not pre-empt what they are to speak. 3. Promote diversity and inclusion in every engagement. 4. Make the engagement fun and enjoyable for the children. 5. Report only what they have spoken and not what you wish was supposed to be reported..

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

1. World Vision Malawi for sponsoring the event  
2. Parents of the participating children for giving consent for their children to participate  
3. Participating children for their contribution towards change

## RELEVANT LINKS

- **Nutrition Dialogue in Mchinji, Malawi**  
<https://www.capitalradiomalawi.com/2024/12/14/food-insecurity-hits-mchinji-learners-hard/>

## ATTACHMENTS

- **Photo 1: Children after the session**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Nutri-Dialogue-1.jpg>
- **Photo 2**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Nuttri-Dialogue-2.jpg>
- **Photo 3**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Nutrit-Dialogue-3.jpg>