

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Having ENOUGH: A step towards a nutritious generation in Kapeni, Ntcheu Malawi
WORKSHOP DATE	Friday, 13 December 2024 08:00 GMT +02:00
CONVENED BY	Lucius Njovu, Principal Nutrition, HIV and AIDS 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	Ntcheu, Malawi
GEOGRAPHIC SCOPE	Community Level
AFFILIATIONS	World Vision International
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/56362/



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

8 12-15

4 16-18

PARTICIPATION BY GENDER

5 Female

7 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 including and children with disabilities. The workshop was held in a rural area, focusing on some of the most vulnerable children. participants were from Kamwamba. Faiti communities.

SECTION TWO: FRAMING

A roundtable setup was arranged followed by introductions . The facilitator mentioned the objective of the nutrition dialogue. The children discussed about malnutrition and hunger and the children were invited to define what hunger and malnutrition means to them and what causes malnutrition. The children sang songs that were talking about food groups. This led into a discussion about the importance of meals containing all six food groups and types of meals that are locally available in their community. The children were encouraged to mention their favourite meals and draw them. Each child shared his or her experiences with hunger reflecting on its impact on their lives and communities.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- The community has a market days and most of the food staff is sold at the market leaving the household with little food for consumption
- Most of the trees have been cut for charcoal burning which has affected the climate and land degradation resulting into low yields" Our friend dropped out of school due to hunger most of the food that is harvested in their household is sold at the market leaving the household with little food and the money which is obtained from the market is used for alcohol by his father"
- Lack of farm inputs which leads to low crop yield
- People in the community are renting the land to other people which reduced the area for farming, limiting the production of food for family consumption and income generation
- Families of children who married due to early pregnancies have financial problems and food shortages in their households
- Community members are fond of drinking local beer and have little time to engage in farming leading to in adequate food in their households

URGENT RECOMMENDATIONS FOR ACTION

- Encouraging the community to keep enough food for the household
- Promote planting and replanting of trees and fruit trees.
- Care givers and local leaders to raise awareness about the six food groups and their importance.
- Conduct educational campaigns to end child marriages.
- To continue with youth friendly outreach clinics to avoid early pregnancies which are leading to child marriages
- Encourage the use of compost manure for sustainable agriculture.
- Facilitate parental access to loans for easier procurement of fertilizers.

AREAS OF DIVERGENCE

Children understand the issues of hunger and that it can cause nutrition. We observed that they have limited knowledge about food diversity which was addressed through additional discussions.

OVERALL SUMMARY

The dialogue session provided a chance to understand 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 of hunger as a major challenge in their community which affects dietary diversity and may contribute to high rates of malnutrition. Nutrition dialogues should be done quarterly and expanded to other communities which may help NGOs and government programs to address these challenges.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Before the workshop we requested the consent from the children and the parents, we ensured that each child was willing to participate voluntarily. The children were assured that we were there to listen to their ideas and not to judge them. The facilitators established a safe space where children could express themselves freely to avoid influencing their responses.

METHOD AND SETTING

Venue: Classroom at Ntonda Primary school (selected to provide a comfortable environment with enough space for the children) The session began with introductions, followed by an explanation of the workshop's goals and a brief energizer activity to engage participants before starting the discussion. Consent forms were completed prior to the event.

ADVICE FOR OTHER CONVENORS

- Facilitators should clearly establish the foundation of the dialogue by explaining the meeting agenda and the purpose of participants' involvement.
- They should also incorporate energizers throughout the discussions to keep everyone engaged and active.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

World Vision Malawi