

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Having ENOUGH: What it means for us children to have Enough Nutritious Food at Chankhanga Pirmary School, TA Kapondo, Mchinji, Malawi
WORKSHOP DATE	Friday, 13 December 2024 12:30 GMT +02:00
CONVENED BY	Alex Mandiza, SHSA 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	Mponda, Malawi
GEOGRAPHIC SCOPE	Community Level
AFFILIATIONS	World Vision International
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/56439/



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

9 12-15

6 16-18

PARTICIPATION BY GENDER

7 Female

8 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Participants were drawn from a community with different economic backgrounds but most of them were coming from most vulnerable communities. The session had children from different religions and denominations ensuring diversity of the participants.

SECTION TWO: FRAMING

The session started with introductions to ensure that the participants knew each other and also they were able to interact with their friends since they were coming from different communities. This introduction was followed by an ice breaker that related to nutrition. Participants were then told to write the food they like most and how they feel when that food is not available. This ensured that children have an idea of what is to be discussed during the session. Challenges with regards were discussed in groups and presented to all participants after which participants discussed how these could be addressed. In closing, the facilitators brought a game and thanked the children for their participation.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

The following were some of the challenges that have been highlighted as challenges faced by the children:

1. Insufficient food available at home and at school
2. Climate change resulting in erratic rainfall which in turn leads households to have insufficient food
3. Over reliance of one staple food over the others
4. Knowledge gaps among the guardians on how they can prepare nutritious food
5. Poor post harvest management

URGENT RECOMMENDATIONS FOR ACTION

1. Introduction of school meals to ensure that children have enough food at schools
2. Introduction of school orchards to have enough fruits
3. Afforestation to reduce the effects of climate change
4. Civic education of guardians to prepare nutritious food

AREAS OF DIVERGENCE

No significant divergence was noted.

OVERALL SUMMARY

The children's workshop provided a unique platform for young voices to share their experiences, challenges, and aspirations related to nutrition and food security. The event brought together children from diverse backgrounds to discuss the barriers they face in accessing adequate nutrition and to propose solutions to address these challenges.

Key Highlights of the Workshop

The children candidly shared their struggles, shedding light on issues that directly impact their well-being. The main challenges they identified included:

Insufficient food at home and school, leaving many children hungry and unable to focus on their studies.
The effects of climate change, such as erratic rainfall, which disrupt food production and lead to shortages.
Over-reliance on a single staple food, resulting in limited dietary diversity.
Knowledge gaps among guardians on how to prepare nutritious meals using locally available resources.
Poor post-harvest management, which contributes to food wastage and scarcity.

Proposed Interventions by the Children

The children demonstrated remarkable insight and creativity in proposing solutions to these challenges, including:

School Meal Programs: Introducing regular school meals to ensure children are adequately nourished and able to focus on their education.

School Orchards: Establishing orchards to provide fresh fruits, which are often missing from their diets.

Afforestation Initiatives: Planting trees to combat climate change and support sustainable agricultural practices.

Nutrition Education for Guardians: Educating parents and guardians on how to prepare balanced meals using locally available ingredients.

Event Atmosphere

The workshop was vibrant and empowering, with children actively participating in discussions and activities. Their energy and enthusiasm were evident as they shared their personal stories and collaborated to find solutions. The event fostered a safe and inclusive environment where every child felt heard and valued.

Facilitators ensured that the children's voices remained at the center of the discussions, encouraging them to take ownership of the proposed interventions. The sense of camaraderie and mutual support among the children was inspiring, creating a hopeful atmosphere throughout the workshop.

Outcomes and Reflections

The workshop concluded with a collective commitment to advocate for the children's proposed solutions. The children expressed pride in their contributions and optimism about the potential for positive change.

Overall, the workshop highlighted the importance of listening to children's perspectives in addressing nutrition challenges. It underscored the need for child-centered approaches that empower young people to be active participants in shaping their futures. This event was not only a platform for dialogue but also a celebration of children's resilience, creativity, and determination to build a healthier, more sustainable world.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The children's workshop embodied the Principles of Engagement by fostering inclusivity, collaboration, and empowerment. It created a safe and respectful environment where children from diverse backgrounds could freely share their experiences and perspectives on nutrition challenges. Facilitators ensured that all participants, regardless of age or background, were heard and valued, promoting inclusivity and equity. The workshop emphasized active participation, enabling children to co-create solutions to the challenges they identified. This approach aligned with the principle of empowerment, as it encouraged the children to take ownership of their ideas and see themselves as agents of change. Collaboration was another key principle, as the workshop brought together children, facilitators, and stakeholders to work toward shared goals. It also prioritized accountability by ensuring that the children's insights would inform actionable recommendations for the Nutrition for Growth summit.

METHOD AND SETTING

The workshop employed a participatory approach, ensuring that children were actively engaged in discussions and activities. Facilitators used child-friendly methods, including storytelling, group discussions, role-playing, and drawing exercises, to encourage expression and creativity. The event was conducted in a formal setting within a classroom to provide a structured and safe environment. Child safeguarding standards were rigorously followed, including obtaining parental consent.

ADVICE FOR OTHER CONVENORS

1. Children should be at the center
2. Make the session enjoyable for the children

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

World Vision Malawi for the technical support and logistical support including facilitating consent for parents and children

RELEVANT LINKS

- **Nutrition Dialogue Session in Mchinji**
<https://www.facebook.com/share/p/17Dax9UDGe/>