

OFFICIAL FEEDBACK FORM

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| WORKSHOP TITLE | Children voices on nutrition and child hunger in Nanda GVH |
| WORKSHOP DATE | Thursday, 19 December 2024 08:00 GMT +02:00 |
| CONVENED BY | Liny Mwanja, Maternal and Child health Project Officer, World Vision Event announced on behalf of the Convenor by: Liny Mwanja. Maternal and Child Health Project Officer |
| EVENT LANGUAGE | Local language-Chichewa |
| HOST CITY | Machinga, Malawi |
| GEOGRAPHIC SCOPE | Chamba primary school, Kalolo village, Nanda GVH, Chamba AP, Southern region of Malawi |
| AFFILIATIONS | World Vision |
| WORKSHOP EVENT PAGE | https://nutritiondialogues.org/dialogue/56693/ |



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

1

PARTICIPATION BY AGE RANGE

10 12-15

5 16-18

PARTICIPATION BY GENDER

7 Female

8 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Chamba Area program organised one session which comprised children from the age of 12 to 18 including children with disability. Children participating in this dialogue sessions are also involved in child parliament sessions in their community and the representation comprise of children who were school going. The dialogue sessions were conducted at Chamba primary school and children from Sululu, Msumbo, Misewe and Mphamba participated in the sessions.

SECTION TWO: FRAMING

The sessions started with introductions. All members were asked to share their name and where they are coming from. After the introductory session's children sung a song which was saying that "it's now time that we enjoy diversified diet i.e. pumpkins, potatoes, cucumber, watermelons". This was followed by a facilitator who shared the malnutrition status in Machinga district and specifically in Chamba Area program. He highlighted that Machinga district has been greatly impacted by climate change effects, as such most households are food insecure which in turn affect provision of nutritious meals to the children resulting into more cases of malnourished children. After this, children were given papers, crayons and pencils and were asked to draw what children had during the previous day (lunch). Some children find it hard to draw what they took during lunch since they ate nothing. After this exercise the children were asked what the six food groups are and mention the foods that are commonly found in their community. Most children had knowledge on the six food groups, but the major challenge was that most of the foods were not commonly found at household level. Next activity was that children had to share their challenges and suggested action plans

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- Food insecurity- children are going to school on empty stomach since they have nothing to eat at home
- High absenteeism at school as sometimes children are left at home to look after their siblings while parents go to look for piece work
- High prices of agricultural inputs-this have affected famers to produce
- Lack food diversity- Some children indicated that cooked mangoes are what they take at home for lunch and supper and there are no any other food apart from this
- Fail to support children education- Parents fail to provide basic necessities for the school including school uniform as caregivers prioritise to buy food rather than other basic needs. As such, some children drop out of school. On the same, some children mainly girls have engaged in sexual risk behaviors as one way of sourcing money for basic needs putting their life at risk for HIV infection and unplanned pregnancies

URGENT RECOMMENDATIONS FOR ACTION

- Promote organic friendly crops i.e. soya beans, cassava, potatoes, cow
- Promote village savings loans which will empower households to engage into small businesses
- Promote inter-cropping and diversification
- Promote cooking lessons to school-going children so that they learn how best they can prepare palatable nutritious meals using locally available resources
- Promote drought resistant crops

AREAS OF DIVERGENCE

After going through the dialogue sessions children had knowledge on six food groups and they shared examples of foods available in their community. Children indicated that some of the action plans developed will require support from government and other partners.

OVERALL SUMMARY

Children were excited to take part in the dialogue sessions and they were willing to share what they are going through in their lives. It was great to see children expressing their views through songs, drawings and conversations. One child indicated that through these sessions, she was able to share some of the issues that affect her nutritionally. Children narrated how food security issues have affected their lives children are going to school on empty stomach since they have nothing to eat at home. This have also contributed to high absenteeism at school as sometimes children are left at home to look after their siblings while parents go to look after piece work. Children also indicated lack of food diversity affecting their nutrition status.

"My parents have struggled to provide food for our family. Due to the effects of climate change they only managed to have 2 bags which could take us only 2 months to finish while in the past, we could harvest more than 10 bags and we were food secure" Bashir narrated

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Every child was asked if they are willing to participate in the dialogue sessions and this was followed by making them and their parents sign the consent forms. They were assured of confidentiality and that every participant was free to express their views and this was documented. Children were requested to respect views of everyone and ask for clarification where necessary.

METHOD AND SETTING

Venue: Chamba primary school- The place was chosen because children were comfortable and more familiar which made them to express their views freely. The sessions began with introductions, which was followed by highlighting the objectives of the workshop by the facilitator and at the end of it action plan was developed to address the highlighted challenges..

ADVICE FOR OTHER CONVENORS

- There is need to create more fun activities for the children
- Ensure all key stakeholders to facilitate the sessions are available
- Ensure children are in a comfortable place where they can freely express their views

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Acknowledgements go to World Vision Malawi staff, WV Sponsorship volunteers, the Machinga district Council, and the Ministries of Health, Education, and Agriculture for collaborating to engage children on issues of hunger and malnutrition.

RELEVANT LINKS

- **Nutrition dialogue sessions in Chamba AP**
<https://www.facebook.com/share/p/1Db2ooBprC/>

ATTACHMENTS

- **One of the children displaying what they ate**
https://nutritiondialogues.org/wp-content/uploads/2024/12/Drawings-What-they-ate-Chamba_01.jpg