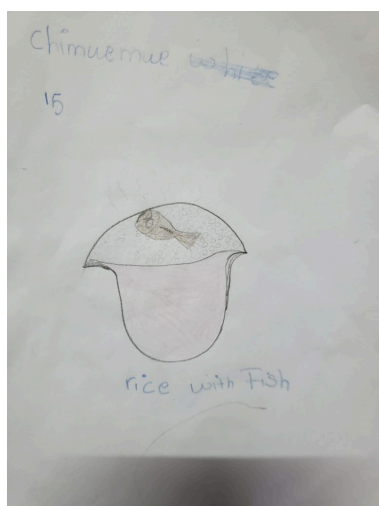


# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	Children voices on hunger and malnutrition matters
<b>WORKSHOP DATE</b>	Wednesday, 18 December 2024 14:00 GMT +02:00
<b>CONVENED BY</b>	Grace Matoga Event announced on behalf of the Convenor by: Patricia Khruza. Technical support Feedback published on behalf of Convenor by: Patricia Khruza Tembo. World Vision Facilitator
<b>EVENT LANGUAGE</b>	Chichewa
<b>HOST CITY</b>	Chiradzulu, Malawi
<b>GEOGRAPHIC SCOPE</b>	Community Level
<b>AFFILIATIONS</b>	Part of Organization
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/56765/">https://nutritiondialogues.org/dialogue/56765/</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

18

## PARTICIPATION BY AGE RANGE

7 12-15

11 16-18

## PARTICIPATION BY GENDER

11 Female

7 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The children who participated in the dialogue were from Chiradzulu district, a rural area in southern Malawi. Participants were Lomwe by tribe and predominantly Christian. The group consisted of both boys and girls (7 boys and 11 girls), primarily from vulnerable households affected by hunger due to Cyclone Freddy and El Niño. Efforts were made to include children of diverse socio-economic backgrounds, and the dialogue welcomed participants with varying literacy levels and lived experiences.

# SECTION TWO: FRAMING

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The workshop began with an introduction to contextualize the dialogue within the challenges faced by Chiradzulu district. Facilitators highlighted the severe impacts of Cyclone Freddy and El Niño, which have led to hunger, prolonged drought despite the rainy season, and a deteriorating nutrition situation. These factors were linked to local anxieties, including reduced agricultural productivity, food scarcity, and the increased risk of malnutrition. The introduction also emphasized the importance of addressing widespread nutrition deficiencies, particularly stunting and wasting among children. Participants were encouraged to share their experiences and concerns about nutrition, creating a safe and inclusive space for dialogue. The framing underscored the urgency of addressing immediate challenges while considering long-term solutions to climate-induced food insecurity.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

Food insecurity: Most households struggle to access sufficient food due to drought and the aftermath of Cyclone Freddy.

- Limited dietary diversity: Many children rely on maize-based meals with little access to fruits, vegetables, or protein-rich foods.
- Poor agricultural yields: Persistent drought and depleted soil quality exacerbate food shortages.
- Malnutrition prevalence: High rates of stunting and wasting among children were reported.
- Inadequate nutrition education: Parents and guardians often lack knowledge on balanced diets and optimal feeding practices.

## URGENT RECOMMENDATIONS FOR ACTION

Food distribution programs: Immediate food aid for the most vulnerable households, including fortified foods for children.

Sustainable agriculture support: Training in drought-resistant farming techniques and provision of seeds for climate-resilient crops.

Nutrition education: Conducting workshops for parents and caregivers on meal planning and locally available nutrient-rich foods.

## AREAS OF DIVERGENCE

Some prioritized immediate food aid, citing the urgency of hunger relief, while others emphasized long-term agricultural solutions.

There were varying views on the role of external support, with some advocating for increased NGO involvement and others emphasizing community-led initiatives.

Differing perspectives emerged regarding the integration of traditional foods into nutrition programs, with some valuing traditional practices and others advocating for more modern approaches. These differences reflect the diversity of experiences and priorities within the group.

## OVERALL SUMMARY

The workshop in Chiradzulu district brought together 18 children to discuss nutrition challenges and solutions. Facilitated by District Nutrition Officers, the event fostered meaningful dialogue on pressing issues such as food insecurity, malnutrition, and climate change impacts. Participants shared personal experiences, highlighting the severe consequences of Cyclone Freddy and El Niño on household food availability. The atmosphere was collaborative and hopeful, with children demonstrating a strong commitment to addressing these challenges. Recommendations emphasized both immediate interventions, like food aid, and sustainable strategies, such as improved agriculture and education. Overall, the workshop underscored the resilience and determination of the participants to advocate for a healthier and more secure future.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

Consent for participation was obtained from every child's parents or guardians. Consent forms were signed for children 17 and below. Confidentiality was assured and the children were encouraged to participate actively and that there was no right or wrong response.

## METHOD AND SETTING

The dialogue was outdoor ground under a large tree for shade as the day was sunny. The place was chosen as it was convenient for the children since it was a central place. To ensure safeguarding issues were incorporated consent was obtained from the parents and initially leaders of committees that deal with children were briefed on the dialogues. These leaders also briefed the parents, and they consented.

## ADVICE FOR OTHER CONVENORS

Allocate sufficient time for each session to encourage active participation and engagement from all participants. Ensure the availability of key stakeholders to effectively facilitate the sessions. Create a comfortable and safe environment where children feel free to share their thoughts and opinions openly.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

Acknowledgment should go to World Vision Malawi staff, volunteers, the Chiradzulu District Council (Principal Officer for Nutrition HIV and AIDs, Nutrition and Agricultural Officers), and the media team for making the children's dialogue a success.

## RELEVANT LINKS

- **World Vision Assess Child Hunger Impact in Chiradzulu**  
<https://africabrief.substack.com/p/world-vision-assesses-child-hunger>
- **Hunger and Malnutrition the Unspoken Struggle of Chiradzulu children**  
<https://malawi24.com/2024/12/20/hunger-and-malnutrition-the-unspoken-struggle-of-chiradzulu-children/>

## ATTACHMENTS

- [https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227\\_210628-scaled.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227_210628-scaled.jpg)
- [https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227\\_210542-scaled.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227_210542-scaled.jpg)
- [https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227\\_210729-1-scaled.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227_210729-1-scaled.jpg)
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- [https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227\\_210500-1-scaled.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227_210500-1-scaled.jpg)
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- [https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227\\_210449-scaled.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/12/20241227_210449-scaled.jpg)