

# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	Lipimbi Children's Parliament Nutrition Dialogue
<b>WORKSHOP DATE</b>	Friday, 20 December 2024 10:15 GMT +02:00
<b>CONVENED BY</b>	Charles Percy Gama, Evidence Shaba, Yankho Kandiwo Event announced on behalf of the Convenor by: Charles Percy Gama. Facilitator
<b>EVENT LANGUAGE</b>	Chichewa
<b>HOST CITY</b>	Salima, Malawi
<b>GEOGRAPHIC SCOPE</b>	Community
<b>AFFILIATIONS</b>	The event was part of the Enough Campaign by World Vision
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/56832/">https://nutritiondialogues.org/dialogue/56832/</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

27

## PARTICIPATION BY AGE RANGE

26 12-15

1 16-18

## PARTICIPATION BY GENDER

18 Female

9 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop which was done in 1 session involved participants of a diverse group of children aged 12 to 18. The group included both boys, 9 and girls, 18 from the same community. The representation comprised of school-going children. The sessions were held in a rural area with a focus on the most vulnerable children. The participants were from St Francis primary school, S/C Khombedza within World Vision Area Program in Salima district. The sessions were conducted in the afternoon to accommodate

# SECTION TWO: FRAMING

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The workshop was structure around five thematic areas • Understanding nutrition: exploring the concept of essential food groups and balanced diets. • Malnutrition awareness: discussing the effects of under nutrition. • Diet diversification: highlighting alternative meals beyond staple like maize. • Climate change and nutrition: understanding the impact of erratic weather patterns on food availability. • Open dialogue: encouraging children to share their experiences and challenges related to accessing nutritious meals. • Resolutions: Children were encouraged to suggest solutions to the nutrition problems that they face.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

- Limited knowledge: many children were unfamiliar with the concept of a balanced diet beyond staples like nsima (maize based meal).
- Diet monotony: heavy reliance on maize a staple food with limited alternatives due to cultural or economic restraints.
- Impact of climate change: erratic rainfall and prolonged droughts have reduced agricultural yields leading to food shortages.
- Resource constraints: limited access to protein rich foods such as meat due to high costs
- Knowledge gap: Many families lack knowledge on the nutritional foods that can be taken even if they can be provided with resources like money.

## URGENT RECOMMENDATIONS FOR ACTION

- Nutrition education: regular school and community workshops on nutrition and balanced diet
- Government, the community and development partners to support school feeding programs
- Promotion of alternative foods and backyard gardens
- Climate resilient farming practices
- Collaborative action: foster partnerships between schools, local leaders, NGOs and government to address nutrition and climate change issues
- Government should include nutrition education in the financial package that it offers to most vulnerable households.
- Government must consider provision of food supplements to the most vulnerable households instead of cash

## AREAS OF DIVERGENCE

- Recognition of malnutrition risks
- Desire for learning
- Awareness of climate change

## OVERALL SUMMARY

The dialogue session revealed significant gaps in nutrition knowledge and dietary practices among children in rural Salima, Malawi. The heavy reliance on maize highlighted by the climate change poses a big risk to the nutrition wellbeing of the children and their communities. However the workshop highlighted a willingness to learn and adopt to new practices provided the right support systems are in place. On the cards is the school feeding program as proposed by most of the workshop participants to allow children remain in school.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

Before the workshop began, we ensured that each child was willing to participate voluntarily by making them and their parents sign a consent form. The facilitators ensured that their role remain ask questions, listen and encourage them to express their ideas without any form of evaluation. The conveners and facilitators established a safe space where children could express themselves freely not to influence their responses.

## METHOD AND SETTING

Venue: School hall at the school (chosen to help children feel comfortable with the familiar setting and educational visuals in the room). The sessions 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

- Ensure facilitators are trained in child-friendly approaches to effectively interact and engage with children.
- Plan for adequate time to make sure all areas are covered.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

Acknowledgements go to World Vision Malawi, Government staff, journalists and the school management for collaborating to engage children on issues of hunger and malnutrition.

## RELEVANT LINKS

- **Lipimbi AP Nutrition Dialogue**  
<https://www.facebook.com/share/v/1AkxgThb67/>