

OFFICIAL FEEDBACK FORM

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| WORKSHOP TITLE | Discussing nutrition with CAY from Kalesija community |
| WORKSHOP DATE | Thursday, 19 December 2024 16:00 GMT +01:00 |
| CONVENED BY | Nela Hukic Event announced on behalf of the Convenor by: Dragana Bulic. Technical support |
| EVENT LANGUAGE | Bosnian |
| HOST CITY | Kalesija, Bosnia and Herzegovina |
| GEOGRAPHIC SCOPE | community level |
| AFFILIATIONS | WV Vrijedni paznje / Invisible No More Youth Network (ITAW) |
| WORKSHOP EVENT PAGE | https://nutritiondialogues.org/dialogue/56871/ |



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

10 12-15

2 16-18

PARTICIPATION BY GENDER

9 Female

3 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Kalesija is a municipality in northeastern Bosnia and Herzegovina, situated within the Tuzla Canton of the Federation of Bosnia and Herzegovina. As of the 2013 census, the municipality had a population of 33,053 inhabitants, predominantly Bosniaks (97.5%), with minorities including Serbs (0.76%) and Croats (0.06%) The youth in Kalesija face challenges common to many rural areas, such as limited access to opportunities compared to urban centers, leading to issues of isolation and marginalization

SECTION TWO: FRAMING

The municipality of Kalesija lies on the Sprečko polje and the geographical area itself, together with the favorable climate, offers many opportunities for growing food. Many families make a living from their work in the fields. The workshop was designed to raise awareness of such blessings and embrace gratitude. Although this small community is not suitable for the life of young people in its fullness, it still offers the basic necessities of life that their peers from other countries do not have. Therefore, the workshop focused on raising awareness of this benefit and steps to maintain such a state. The youth said about understanding good nutrition: - We should all be grateful for our daily diet and unlimited access to water; - Gratitude for drinking water, appreciation of nutrition and the food we have; - Gratitude for the possibility of healthy food and its production, climatic conditions for nutrition; - Gratitude for good living conditions, climatic conditions; - Grateful for the possibility that her mother prepares her food every day and prepares her favorite dishes; - Water, vegetables, fruits and natural juices; - Water and sufficient amount of food; - Thankful for the fact that the country is rich in fruits and vegetables because many countries do not have it; - Thankful for local fruits and vegetables because they are healthier from our garden; - Grateful for consuming the food he produces and for the spices; - Grateful for clean water, fruits and vegetables and rich and varied food.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

The participants of our Children's Workshop face various nutrition challenges primarily driven by socio-economic and cultural factors. Many children from Kalesija community come from low-income households, limiting access to a balanced diet rich in essential nutrients. Meals of their peers are often a lack diversity, relying heavily on inexpensive, calorie-dense but nutrient-poor foods, such as bread, processed snacks, and sugary beverages. Culturally, pies are most often consumed in their households and are made from white flour. Children and youth said that cultural eating habits and a lack of nutritional education exacerbate the issue. Many families are unaware of the importance of including lean proteins, and whole grains in their diet. Youth emphasize that psychological stress and trauma, common among children in marginalized communities, often lead to emotional eating or appetite suppression, further complicating their nutritional well-being.

URGENT RECOMMENDATIONS FOR ACTION

Enhance Nutritional Education

Introduce workshops and campaigns for children and their families on balanced diets, portion sizes, and the long-term impact of nutrition on health. Include practical, hands-on cooking sessions to teach affordable, healthy meal preparation techniques.

Sinergy and collaboration

Establish partnerships with schools, NGOs, and local authorities to create integrated programs addressing nutrition, health, and well-being.

Engage local governments for system changes

AREAS OF DIVERGENCE

While there was general agreement on the importance of supporting children's well-being, differing perspectives emerged regarding the priorities, methods, and responsibilities for achieving this goal.

One area of divergence was the perceived root cause of the challenges faced by children. Some participants emphasized socio-economic factors, such as poverty and unemployment, as the primary barriers, while others pointed to cultural norms, parenting practices, or gaps in institutional support systems. These differing viewpoints influenced the proposed solutions, with some advocating for systemic changes like policy reform and others suggesting localized, community-driven interventions.

Another divergence arose in opinions on the role of families versus external institutions in addressing children's needs. Certain participants argued that parents and caregivers should bear the primary responsibility for improving children's outcomes, stressing the importance of parenting education and family support. Conversely, others believed that schools, NGOs, and government agencies should take a more active role, citing limited parental capacity in vulnerable households.

OVERALL SUMMARY

First of all, the preparation of the workshop itself was difficult due to the language barrier. All material had to be translated and adapted to the local context. The preparation was made even more difficult by the impossibility of attending any educational session, because they were not provided on the website during the preparation and study of materials for the workshop.

The children and young people who attended the workshops are students of the medical school, and until then they had not participated in any workshop, so it took time to encourage them to express their opinions openly.

But, overall, the workshop was a testament to the power of collaboration, the importance of listening to diverse perspectives, and the urgent need to prioritize children's nutrition as a cornerstone of community development. It leaves us energized to continue this vital work and inspired by the potential for transformative change.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

All principles of engagement have been followed. The workshop leader is a specialist in working with children and youth and brings with her a wealth of experience gained through ten years of work at World Vision.

METHOD AND SETTING

The methodology of the workshop is from the manual. So, it is set and performed as recommended by the manual. The SFG standards were respected in such a way that a local organization (which World Vision helped dream up and supports) organized a workshop and invited the children and secured consent from the parents along with the invitation. Regarding permission to take photos, before the very beginning of the workshop, participants were asked for verbal consent to take photos and publish photos

ADVICE FOR OTHER CONVENORS

In order to ensure the highest quality of discussions, recommendations, and advocacy efforts, these workshops should include a larger number of already active young people with strong critical thinking skills.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Special thanks go to our MEER colleague Loredana Giuglea for the provided information, quick answers and communication on Teams.

ATTACHMENTS

- **Workshop activity**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/shared-image-33.jpg>
- **Workshop activity**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/shared-image-32.jpg>
- **Workshop activity**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/shared-image-29.jpg>
- **Workshop activity**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/shared-image-28-1.jpg>