

# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	Child-led nutrition dialogue
<b>WORKSHOP DATE</b>	Saturday, 21 December 2024 10:00 GMT +00:00
<b>CONVENED BY</b>	Emmanuella Agandah, youth advocate Event announced on behalf of the Convenor by: Barbara Yeboaa Asare. The campaigns coordinator of ENOUGH Campaign, I provide technical support Feedback published on behalf of Convenor by: Barbara Y. Asare. Provided technical guidelines to the convenors
<b>EVENT LANGUAGE</b>	English & Ewe
<b>HOST CITY</b>	Kwaekese, Ghana
<b>GEOGRAPHIC SCOPE</b>	Community level
<b>AFFILIATIONS</b>	World Vision
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/57146/">https://nutritiondialogues.org/dialogue/57146/</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

20

## PARTICIPATION BY AGE RANGE

20 12-15

0 16-18

## PARTICIPATION BY GENDER

15 Female

5 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The participants were drawn from a rural farming community made up of about three ethnic groups. Participants are mainly from a low socio-economic status. The main economic occupation is subsistent farming in food crops like maize and cassava.

# SECTION TWO: FRAMING

---

The workshop was organized in a local farming community experiencing dry harmattan season. this season is marked with dryness and rampant bush fires that destroy farmlands and crops. one challenging practice in this community is charcoal production. trees are usually cut down and burned into charcoal that is sold commercially. this has contributed to climate change making the community and its surroundings very hot and sunny throughout the year, low rainfall has resulted in crop losses leading to hikes in food prices. This has contributed to child hunger and malnutrition.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

- participants do not eat breakfast to school but usually eat around 10am.
  - Participants eat 2 times a daily, that is lunch and dinner
  - there are no variety but one staple food (akple) eating daily
  - no access to good drinking water
  - food stuff harvested are usually sold and nothing left for home consumption
  - participants do not get to eat often
- food consume does not contain all the essential nutrients needed for growth  
parents do not feed children with nutritious foods

## URGENT RECOMMENDATIONS FOR ACTION

- provision of folic acid as a supplement to adolescent girls to replenish blood loss from menstruation
  - support the education of children, parents and caregivers on good nutrition
  - support parents by providing farm inputs and variety of crops and vegetables, irrigation etc
  - parents to feed children with three meals a day
  - school feeding program should provide enough quantity of food (less food is served) and improve quality. fruits should be added to meals
  - school feeding should be extended to Junior High School
  - =parents are encouraged to give children meat and fish
- government should reduce taxes on food to make it affordable

## AREAS OF DIVERGENCE

There were usually common agreement among participants. there were no divergent views

## OVERALL SUMMARY

from the workshop it children revealed that they were not given breakfast to school, children skip breakfast because it is not available, parents do not feed children before they go to school. they eat in school around 10 am. Breakfast is not a common practice. it was the norm to eat twice a day.

Children are not given meat, fish and fruits, the best part of the meat is usually served to adults.

Food that is served to children as part of the government school feeding program is inadequate in terms of quantity and quality and most importantly not served on time.

The school feeding program is not extended to the Junio High School and children recommended that it is extended to that level.

Children commended the fruits day and egg day instituted in schools

children acknowledged that they lose concentration in class when they are hungry

due to economic hardships of parents and caregivers, children are not provided with nutritious food

children suggested alternatives forms of skills for parents so when crops fail, they will have other occupation to provide financial cushion to them

parents should not sell all food products but reserve some for-home consumption.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

---

## PRINCIPLES OF ENGAGEMENT

The facilitators respected the views of all participants and encouraged the active participation of all and for all to share their views in respectful ways. All participants were encouraged to speak and ask questions. The workshop was conducted in the community at an open place which was safe from harm. there were adults to support the process. Participants were given the opportunity to make rules for their engagements.

## METHOD AND SETTING

The workshop was conducted in an open space in a rural inform setting. It was led by two young advocates with the support of adults. Children gave their consent for participation and for the visuals to be shared. They were group discussions to brainstorm challenges and solutions to good nutrition. Participants suggested rules for the engagement and respected the views and contributions of all. there were a couple of ice breakers to make participants more comfortable and happier.

## ADVICE FOR OTHER CONVENORS

ensure participants are comfortable and safe. there is the need for ice breakers to make participants relaxed and welcome. Participants should be encouraged to express themselves in languages they are comfortable in, including local languages. Terms should be well explained. There is the need for adults to be present to support and guide discussions to get the best responses.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

Acknowledgement of the support from the Afram Plains Area Program staff, Emmanuella and Delai Change-makers who facilitated the workshop, community volunteers who prepared the children and the Communication manager of World Vision Ghana who supported with photography and videos.

## ATTACHMENTS

- **Report from ND Workshop, Kwaekese**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/nutrition-dialogue-results.pdf>