

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Ensuring a nutritious and healthier society in Sanga AP, Nkhatabay, Malawi
WORKSHOP DATE	Thursday, 19 December 2024 11:00 GMT +02:00
CONVENED BY	Margret Bulirani, Principal Nutrition, HIV and AIDS Officer Event announced on behalf of the Convenor by: Yamikani Banda. Technical Support Feedback published on behalf of Convenor by: Yamikani Banda. Technical Support
EVENT LANGUAGE	Tumbuka
HOST CITY	Nkhata Bay, Malawi
GEOGRAPHIC SCOPE	Community Level
AFFILIATIONS	World Vision International
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/58298/



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

15

PARTICIPATION BY AGE RANGE

13 12-15

2 16-18

PARTICIPATION BY GENDER

6 Female

9 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The nutrition dialogue took place in Sanga AP with 15 participants who were children. All of them were from primary schools within the AP. There were no children with disability. Amongst the children. However, both genders were represented

SECTION TWO: FRAMING

The session started with introductions. Children were asked to say their name, age, class they are in, what they like to do and their favorite food. As they were mentioning their favorite foods, the convener asked each child to draw one of their favorite food. This was displayed at the end of the discussion. The convener then outlined the aim of the dialogue session. This came with the overview of nutrition status of Nkhata Bay District. The children were then asked to mention these three things: • What they know about nutrition • Challenges faced by their communities in terms of nutrition • Proposed solutions for the challenges mentioned At the end of the dialogue, children played a role play depicting the hunger situation in their area and proposed solutions.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Below are the challenges that were outlined by children:

- Myths that children are not supposed to eat some types of food like eggs
- Eating one staple food all the time - cassava
- Selling of farm produce such as bananas
- Selling fish caught in the lake instead of consuming at home
- Lack of adequate rainfall
- Lack of sensitization on the importance of eating the six food groups

URGENT RECOMMENDATIONS FOR ACTION

Below were the proposed solutions to the challenges above:

- Community sensitization on the importance of eating all six food groups by all ages including children, also clearing myths that some foods are not good for children
- Sensitization on the need to consume bananas and fish caught in the lake instead of selling
- Diversification farming to cultivate different foods and not only maize
- Government and NGOs need to assist the community with irrigation schemes so that they are able to farm throughout the year to have adequate foods

AREAS OF DIVERGENCE

Children had different views in prioritizing major challenges faced by children to have access to nourished diet. A good number of children indicated that climate change effects have contributed much for the area to be food insecure, as a result child fail to get nutritious meals. On the other hand, other children indicated that rising cost of farm inputs have contributed to the challenge since most farmers are unable to produce more

OVERALL SUMMARY

Children nutrition dialogue sessions have enabled children to express their views on issues that affect them nutritionally. Different activities during the sessions enable the children to express themselves in different ways and during the sessions.

Children expressed that they also have a big role to ensure that some of the challenges they are facing are addressed. One of the actions planned indicated by them was to support their parents in establishing backyard garden so that the family can have access to all the six food groups and promote re-forestation.

Facilitators were happy with the dialogue sessions and asked for more of such interactions with children

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

The session took place at Chigaga Primary school in NKhata Bay District, Sanga AP 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

- Facilitators should ensure that they need to keep allocated time for the sessions which will enable the participants to be more active.
- 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 Mzimba North district Council, and the Ministries of Health, Education, and Agriculture for collaborating to engage children on issues of hunger and malnutrition.