

# OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Today, I realized that even with simple food from my garden, I can cook a meal that truly nourishes my child,"
DIALOGUE DATE	Thursday, 12 June 2025 09:15 GMT +02:00
CONVENED BY	Catholic Diocese of Byumba/Caritas Byumba/World Vision Rwanda Event announced on behalf of the Convenor by: CATHOLIC DIOCESE OF BYUMBA/CARITAS BYUMBA. Implementing partner of WVR Feedback published on behalf of Convenor by: DIOCESE CATHOLIC OF BYUMBA/CARITAS BYUMBA. IMPLEMENTING PARTNER OF WVR
EVENT LANGUAGE	KINYARWANDA
HOST LOCATION	Nyagasambu, Rwanda
GEOGRAPHIC SCOPE	GATSIBO DISTRICT
AFFILIATIONS	WVR
DIALOGUE EVENT PAGE	<a href="https://nutritiondialogues.org/dialogue/59328/">https://nutritiondialogues.org/dialogue/59328/</a>



The outcomes from Nutrition Dialogues will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on women and children and young people. Each Dialogue 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.

Dialogue title	Today, I realized that even with simple food from my garden, I can cook a meal that truly nourishes my child,”	Date published	2025-08-12
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# SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS	29
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## PARTICIPATION BY AGE RANGE

3	0-11	11	12-18	12	19-29
3	30-49	0	50-74	0	75+

## PARTICIPATION BY GENDER

18	Female	11	Male	0	Other/Prefer not to say
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## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0	Children, Youth Groups and Students	1	Civil Society Organisations (including consumer groups and environmental organisations)
3	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
17	Healthcare Professionals	8	Indigenous Peoples
0	Information and Technology Providers	0	Large Business and Food Retailers
0	Marketing and Advertising Experts	0	National/Federal Government Officials and Representatives
1	News and Media (e.g. Journalists)	0	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
0	Women's Groups	0	Other (please state)

## OTHER STAKEHOLDER GROUPS

Other stakeholders included mothers and caregivers actively participating in the cooking demonstrations, local community volunteers supporting the sessions, and health educators facilitating nutrition and hygiene education within the community.

## ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The Dialogue event was diverse, involving participants from different wealth backgrounds, mainly rural communities of AP Kiramuruzi. Attendees included mothers and caregivers from various ethnic groups in the region, reflecting local diversity. The rural setting meant most participants had limited access to formal nutrition education, making the practical approach of the PDH sessions especially valuable.

# SECTION TWO: FRAMING AND DISCUSSION

## FRAMING

The Dialogue event was introduced by highlighting the local context of AP Kiramuruzi, a rural area in Akagera cluster facing challenges such as poverty, seasonal food shortages, and limited access to diverse and nutritious foods. Climate change impacts, like irregular rainfall patterns, affect crop yields, increasing food insecurity and malnutrition risks among children under five. The nutrition situation was described as concerning, with high rates of child malnutrition due to poor infant feeding practices, lack of knowledge on balanced diets, and inadequate hygiene and sanitation. Participants expressed worries about common deficiencies in vitamins and minerals, especially during lean seasons when food variety diminishes. Local anxieties included fears over the long-term health effects of malnutrition, such as stunted growth and weakened immunity in children. The community also faced challenges with early detection and management of malnutrition, partly due to limited resources and knowledge gaps. The introduction framed the PDH cooking demonstration as a practical and community-driven solution to these issues, emphasizing how hands-on learning with local foods can empower caregivers to improve child nutrition sustainably. It stressed the importance of integrating hygiene practices to prevent diseases that worsen nutritional status. Overall, the introduction set a hopeful tone, encouraging participants to actively engage and share experiences, knowing that the PDH approach offers a culturally relevant way to address malnutrition amidst the existing socio-economic and environmental challenges.

## NUTRITION SITUATION PRESENTATION

<https://nutritiondialogues.org/wp-content/uploads/2025/08/DIALOGUE.pdf>

## DISCUSSION

The main discussion topic was the practical application of the 12-Day Nutrition Learning Approach through cooking demonstrations using local foods. Open-ended questions included: How can caregivers better incorporate diverse and balanced meals for children under five? What challenges do you face in practicing safe food preparation and hygiene at home? How can responsive feeding be improved to meet children's nutritional needs? Participants were also asked how they think the PDH sessions could be more effective in their community and what support they need to sustain healthy feeding habits. The aim was to encourage sharing of experiences, challenges, and ideas for better nutrition practices.

# SECTION THREE: DIALOGUE OUTCOMES

## CHALLENGES

Participants identified several nutrition challenges affecting their communities. Limited access to diverse and nutritious foods due to poverty and seasonal food shortages was a major concern. Many families struggle to afford or find enough protein-rich foods like fish, eggs, and legumes. Lack of knowledge about balanced diets and proper feeding practices for children under five also contributes to malnutrition. Some caregivers face difficulties in applying safe cooking and hygiene practices, increasing the risk of food contamination and illness. Additionally, cultural beliefs and habits sometimes hinder the adoption of recommended nutrition behaviors. Participants also noted the challenge of sustaining consistent nutrition education and follow-up support within the community to prevent relapse into poor feeding practices.

## URGENT ACTIONS

Participants identified several urgent actions to address nutrition challenges. They emphasized the need to increase community awareness about balanced diets and proper child feeding practices through regular education sessions. Providing practical cooking demonstrations using locally available foods was suggested to help caregivers apply knowledge at home. They also called for improving access to nutritious foods by supporting small-scale local agriculture and facilitating the distribution of protein-rich foods such as eggs and fish, especially for vulnerable families.

To strengthen hygiene and sanitation, participants proposed ongoing training and monitoring of safe food preparation and handling practices to reduce malnutrition linked to infections. Collaboration among local leaders, health workers, and community volunteers was seen as essential to sustain these efforts.

Participants recommended establishing regular follow-up and support visits to households with malnourished children to ensure continued progress. They also proposed integrating nutrition education into existing community platforms like Early Childhood Development centers and women's groups.

Overall, the group agreed on a community-led, practical approach combining education, resource support, and continuous monitoring to effectively combat malnutrition and promote healthy child development.

## AREAS OF DIVERGENCE

Views and opinions during the dialogue largely aligned, reflecting a shared commitment to improving child nutrition in the community. Participants agreed on the urgency of addressing malnutrition through education, practical support, and community involvement. There was strong consensus on the importance of using locally available foods for balanced diets and the need for ongoing training on hygiene and feeding practices.

However, some differences emerged regarding resource availability and how best to support vulnerable families. While many stressed the need for external support in providing nutritious food items like eggs and small fish, others believed empowering families through local food production and self-sufficiency was more sustainable. Some participants also varied in their perspectives on the frequency and methods of follow-up visits, debating between monthly home visits versus quarterly group meetings.

Overall, despite these minor differences, no major conflicts or disagreements surfaced. The dialogue fostered a collaborative atmosphere where differing viewpoints were respectfully shared and integrated into a common strategy. Participants recognized that combining external aid with community empowerment and education was crucial for lasting impact.

The event showed that while approaches might vary slightly, all stakeholders prioritized child health and nutrition, creating a unified platform for coordinated action against malnutrition. This alignment is promising for future partnerships and program success.

## OVERALL SUMMARY

The dialogue event at AP Kiramuruzi, organized under the PDH project by Caritas Byumba in partnership with World Vision Rwanda, was a highly engaging and productive session focused on improving child nutrition through practical community-led interventions. The event brought together mothers, caregivers, community health workers, and local leaders who are all deeply committed to reducing malnutrition among children under five in their area.

The session centered on a cooking demonstration as part of the 12-Day Nutrition Learning Approach, where participants learned how to prepare balanced, nutritious meals using locally available

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

## PRINCIPLES OF ENGAGEMENT

The dialogue was designed to reflect key Principles of Engagement, prioritizing inclusivity, transparency, and respect among all participants. Before the event, facilitators were thoroughly briefed on the participant list to identify any potential competing interests, ensuring balanced representation from different community groups and stakeholders. This helped create a neutral space where all voices could be heard without bias. During the dialogue, facilitators actively managed discussions to prevent dominance by any single group or individual, promoting equitable participation. Participants were encouraged to share diverse perspectives openly and respectfully. Where financial interests could have influenced views, disclosure requirements were emphasized, fostering transparency. Overall, the process built trust and collaboration, essential for successful community nutrition initiatives.

## METHOD AND SETTING

The dialogue was convened using a participatory methodology that combined presentations, group discussions, and practical demonstrations. This approach encouraged active engagement and knowledge sharing among participants. The setting was informal, held in a community meeting room to promote a relaxed and open atmosphere. Facilitators used visual aids and interactive tools to explain key nutrition concepts and encourage questions.

## ADVICE FOR OTHER CONVENORS

For successful Nutrition Dialogue events, ensure inclusive participation by inviting diverse stakeholders, including community members, health workers, and local leaders. Use interactive methods like group discussions and practical demonstrations to keep participants engaged. Prepare well by understanding local nutrition challenges and tailor the content accordingly. Foster a respectful environment where all voices are heard, and encourage openness to different opinions.



# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

We sincerely thank the dedicated Community Health Workers, caregivers, and participants whose commitment made this dialogue successful. Special appreciation goes to Caritas Byumba and World Vision Rwanda for their continuous support and partnership. We also acknowledge the facilitators and support staff for their professionalism and hard work in organizing and conducting the sessions. Finally, we are grateful to the local leaders and community members for their active engagement

## ATTACHMENTS

- **PHOTO**  
<https://nutritiondialogues.org/wp-content/uploads/2025/08/GsICYB4WoAEv6bD.jpg>
- **PHOTO**  
<https://nutritiondialogues.org/wp-content/uploads/2025/08/GsICYB5WcAAcanl-1.jpg>