

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutritional Dialogue Phase 2-CHILDREN-KALPITIYA-SRI LANKA
WORKSHOP DATE	Monday, 4 May 2026 15:00 GMT +05:30
CONVENED BY	Johanne Rebeira (Campaign Coordinator) & Dinushi Tennekoon (Campaign MEAL coordinator)
EVENT LANGUAGE	Sinhala
HOST CITY	Kalpitiya, Sri Lanka
GEOGRAPHIC SCOPE	Kalpitiya Area Programme- Field level
AFFILIATIONS	World Vision Lanka- Kalpitiya Area Development Programme
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60225/



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	26
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PARTICIPATION BY AGE RANGE

15	12-15	11	16-18
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PARTICIPATION BY GENDER

22	Female	4	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Representatives from children's societies and Impact Plus clubs, including Sinhala and Muslim girls and boys, participated, reflecting the diversity of the community.

SECTION TWO: FRAMING

Kalpitiya is a coastal area in Sri Lanka, where most people are engaged in farming, fishing, and daily wage labor. The discussion began with an icebreaker activity with the children, followed by asking them to define nutrition in order to assess their existing knowledge. Most of the children were able to clearly explain what nutrition is and why it is important to consume nutritious foods. The discussion then covered the current nutritional situation in their area and how the 'Ditwa' cyclone (disaster) affected nutrition and food security. It also explored the availability of nutritious food in safety centers, the quality of school meals, and the availability and quality of food provided by school canteens. The session concluded with children sharing their suggestions and their vision for the future nutritional situation. Additionally, child-friendly tools such as story-based photographs and poster-making activities were used to make the session more engaging.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

1. Malnutrition and inadequate access to nutritious food are the primary issues affecting the Kalpitiya area.
2. As a result, common health problems among children include poor eyesight, dental issues, and incidents of fainting at school.
3. Some infants may develop disabilities due to prolonged nutritional deficiencies.
4. Root causes of poor nutrition include limited access to safe drinking water, poor air quality, and the excessive use of chemicals in farming practices.
5. Access to nutritious food in school canteens is limited, and the food available is often of poor quality. Additionally, many school canteens lack adequate infrastructure.
6. Due to the high cost of fuel, household income is increasingly allocated towards fuel expenses. At the same time, the continuous rise in food prices makes it difficult for families to provide nutritious meals.
7. The disaster situation has further worsened food insecurity, resulting in many children not receiving adequate nutrition. This may lead to an increase in long-term health issues and diseases in the future.
8. A significant proportion of the population lives below the poverty line, further limiting access to adequate nutrition
9. More industrial factories affect on their heathy life

URGENT RECOMMENDATIONS FOR ACTION

1. Parental care and affection are essential for children's well-being, happiness, and access to nutritious food.
2. Industrialization should be carried out sustainably, ensuring that natural resources are not harmed and that children's well-being and nutritional status are protected.
3. There should be strong regulations on fast food consumption, particularly within school canteens, to promote healthier eating habits.
4. Home gardening should be encouraged as it can support families in accessing and supplying their own nutritious food

AREAS OF DIVERGENCE

NA

OVERALL SUMMARY

The discussion in Kalpitiya highlighted malnutrition and limited access to nutritious food as key issues, driven by poverty, rising food prices, environmental factors, and the impact of the “Ditwa” cyclone. Due to the cyclone, children faced reduced access to food, disruption of livelihoods) displacement to safety centers with limited nutritious food, and increased food insecurity, which further affected their health.

Children identified related health problems such as poor eyesight, dental issues, and fainting, along with challenges in accessing quality food in school canteens.

Participants suggested promoting parental support, home gardening, stronger regulation of fast foods in schools, and sustainable practices to improve nutrition.

The programme had a positive impact by increasing children’s awareness, confidence, and participation, enabling them to share their views and propose practical solutions through child-friendly activities

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

All children actively participated in the discussion and enjoyed the activities they were engaged in, while openly sharing their honest experiences and ideas

METHOD AND SETTING

All children were sitting on half circle and they have actively engaged with activities and prepared posters with their expressions and ideas. Session was conducted for around two hours

ADVICE FOR OTHER CONVENORS

An enabling, child-friendly environment was created where children felt safe to share their ideas and express themselves at their own level

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

World Vision Lanka Kalpitiya Area Programme, its staff members, and community volunteers for successfully organizing this workshop. Also to Dinuka Bandara (Technical Advisor - Integrated Nutrition) and Chandrika Kularathna (Technical Specialist - Disaster Risk Reduction) for their valuable support and guidance in designing the guiding questions used to facilitate the dialogue.

ATTACHMENTS

- **Group photo**
https://nutritiondialogues.org/wp-content/uploads/2026/07/IMG_7859-scaled.jpg
- **Children are making the collage**
https://nutritiondialogues.org/wp-content/uploads/2026/07/IMG_7846-scaled.jpg
- **Children engaging in dialogue**
https://nutritiondialogues.org/wp-content/uploads/2026/07/IMG_7841-scaled.jpg