

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Nutritional Dialogue Phase 2- Stakeholder dialogue-GIK-Sri Lanka
DIALOGUE DATE	Thursday, 7 May 2026 12:30 GMT +05:30
CONVENED BY	Johanne Rebeira (Campaign coordinator)
EVENT LANGUAGE	Sinhala
GEOGRAPHIC SCOPE	Ganga Ihala Korale- Community level
AFFILIATIONS	World Vision Lanka- Ganga Ihala Korale Area Development Programme
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/60260/



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.

SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS	16
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PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	0	19-29
14	30-49	2	50-74	0	75+

PARTICIPATION BY GENDER

14	Female	2	Male	0	Other/Prefer not to say
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NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0	Children, Youth Groups and Students	2	Civil Society Organisations (including consumer groups and environmental organisations)
1	Educators and Teachers	1	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	3	Food Producers (including farmers)
0	Healthcare Professionals	0	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
0	News and Media (e.g. Journalists)	4	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
3	Sub-National/Local Government Officials and Representatives	0	United Nations
2	Women's Groups	1	Other (please state)

OTHER STAKEHOLDER GROUPS

NA

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

All participants represented the Ganga Ihala Korale area and primarily came from agricultural and daily wage-earning households. Their experiences reflected the realities of rural communities where farming and casual labor serve as the main sources of livelihood. Few of the local government officers also participated in the dialogue.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The discussion then explored the current nutritional situation in their community, considering local dietary practices, food availability, and socio-cultural influences. Particular attention was given to how the 'Ditwa' cyclone (disaster) affected nutrition and food security, including disruptions to household food access and livelihoods. The conversation also covered the availability of nutritious food in safety centers during emergencies, the quality of school meals, and the availability and standards of food provided by school canteens.

DISCUSSION

Participants shared their experiences and perspectives on the current nutrition situation within their community, highlighting key challenges and practical recommendations for improvement. Particular attention was given to school meals, school canteen services, and the provision of meals in preschools, with participants discussing both existing gaps and opportunities to enhance the nutritional quality of these services. The discussion also explored the impact of the Ditwa cyclone on household food security, livelihoods, and access to nutritious foods. Participants described how the disaster affected food availability and increased the vulnerability of families already facing economic hardships. In addition, participants proposed a range of recommendations to address systemic gaps and strengthen nutrition-related services. Their suggestions focused on improving the quality, accessibility, and sustainability of nutrition interventions while ensuring that children and vulnerable groups have better access to safe and nutritious food.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

The community has limited awareness of proper nutrition, partly due to economic competition and challenges among households.

Most families are experiencing significant economic pressure, which affects their ability to access nutritious food.

Busy lifestyles and changing social trends negatively influence healthy eating practices.

Many children tend to follow trendy eating and drinking habits, often choosing unhealthy options.

Media influence strongly promotes fast foods and processed foods, encouraging unhealthy dietary behaviors.

There is inadequate government regulation and monitoring of food labeling and advertising.

Greater attention needs to be given to mental health alongside nutrition.

Due to migration to urban areas or abroad for employment, many children are left without proper parental care, which impacts their nutrition and well-being.

Some children do not attend school regularly because they engage in odd jobs due to food insecurity. Additionally, some secondary school students do not bring lunch to school.

Global and economic crises have led to an increase in food prices, reducing access to nutritious food.

Practical and technical skills, such as home gardening, are not effectively taught or utilized in schools.

Healthy food options are limited in school canteens, and monitoring by school authorities is often weak.

Academic pressure and mental stress discourage children from engaging in activities like home gardening.

A high availability of fast food in school canteens contributes to unhealthy eating habits.

Practical lessons, such as food preparation, serving, and hygiene practices, are not adequately included in the school curriculum.

Many school canteens are not clean or child-friendly.

There is insufficient government awareness and education provided to children regarding disaster preparedness and its impact on nutrition.

People affected by disasters require additional psychosocial support

URGENT ACTIONS

1. Awareness sessions are needed to promote positive changes in attitudes and behaviors related to nutrition and health.
2. School home gardening programs should be introduced to enhance children's practical skills and promote access to healthy food.
3. Schools need to actively promote nutritious foods and good health practices among students.
4. Regulations should be strengthened to control the marketing and advertising of junk food.
5. The government should conduct community consultations when making decisions to ensure inclusiveness and relevance.
6. School canteens should promote healthy food, maintain a child-friendly environment, and be properly monitored and regulated.
7. Community kitchen concepts have proven to work well in schools and should be further promoted.
8. A well-structured system should be established to provide proper psychosocial support within the community.

AREAS OF DIVERGENCE

NA

OVERALL SUMMARY

The discussion highlighted several challenges affecting nutrition and well-being in the community. Economic pressures and rising food prices limit access to nutritious food, while busy lifestyles and strong media influence promote unhealthy eating habits, particularly among children. There is limited awareness of proper nutrition, weak regulation of food advertising, and poor monitoring of school canteens, leading to the widespread availability of unhealthy food. Social issues such as parental migration, lack of caregiver support, irregular school attendance, and food insecurity further affect children's nutrition. In addition, schools provide limited practical learning opportunities related to nutrition, hygiene, and home gardening, while psychosocial support and disaster awareness remain inadequate.

To address these issues, participants emphasized the need for increased awareness programs to promote positive behavioral change. They recommended that schools introduce home gardening initiatives, promote nutritious food, and integrate practical life skills such as food preparation and hygiene into the curriculum. Strengthening regulations on junk food advertising and improving monitoring of school canteens were also identified as priorities to ensure safer and healthier food environments.

Participants further suggested promoting community-based approaches such as community kitchens and creating child-friendly environments in schools. They highlighted the importance of involving communities in government decision-making processes to ensure that interventions are relevant and effective. Additionally, they stressed the need to establish a structured psychosocial support system and improve disaster awareness, particularly for children and families affected by economic hardship and emergencies.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

All participants were provided with an opportunity to share their perspectives on challenges, issues, and potential solutions within an open and inclusive discussion. The session also utilized a problem tree as a participatory tool to facilitate deeper analysis and understanding

METHOD AND SETTING

Seating was arranged in a half-circle to encourage interaction, and the National Campaign Coordinator facilitated the discussion by guiding participants through questions on challenges, issues, and suggested solutions. The session was conducted in a semi-informal manner, with participation from individuals representing diverse ethnic backgrounds.

ADVICE FOR OTHER CONVENORS

NA

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to express our sincere gratitude to the World Vision Lanka Area Development Programme, its staff members, and community volunteers for successfully organizing this workshop. We also extend our appreciation to Technical Advisor – Integrated Nutrition and Technical Specialist – Disaster Risk Reduction for their valuable support and guidance.

ATTACHMENTS

- **During the discussion**
- **The poster**
- **One of the women sharing**