

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE TITLE</b>	Nutritional Dialogue Phase 2- Stakeholder dialogue-Neluwa -Sri Lanka
<b>DIALOGUE DATE</b>	Tuesday, 12 May 2026 10:00 GMT +05:30
<b>CONVENED BY</b>	Lavanya Suriyakumar (National Campaign Manager),Johanne Rebeira (Campaign coordinator)
<b>EVENT LANGUAGE</b>	Sinhala
<b>HOST LOCATION</b>	Neluwa, Sri Lanka
<b>GEOGRAPHIC SCOPE</b>	Community level
<b>AFFILIATIONS</b>	World Vision Lanka
<b>DIALOGUE EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/60269/">https://nutritiondialogues.org/dialogue/60269/</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.

# SECTION ONE: PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

8

## PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	1	19-29
7	30-49	1	50-74	0	75+

## PARTICIPATION BY GENDER

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

0	Children, Youth Groups and Students	0	Civil Society Organisations (including consumer groups and environmental organisations)
0	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	2	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)	2	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
5	Women's Groups	1	Other (please state)

## OTHER STAKEHOLDER GROUPS

NA

## ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

A total of 9 participants represented the Neluha community in the discussion. They included caregivers, some of whom were affected by the 'Ditwa' cyclone, as well as representatives from the core group of the Womens groups.

# SECTION TWO: FRAMING AND DISCUSSION

## FRAMING

Neluwa is a rural area located in the Galle District of Sri Lanka's Southern Province, close to the border of the Sabaragamuwa Province. It is known for its lush greenery, hilly terrain, and proximity to the Sinharaja Forest Reserve, a UNESCO World Heritage site. The community is largely made up of small-scale farmers and plantation workers, with tea cultivation, rubber, cinnamon, and other agricultural activities forming the backbone of the local economy. Many residents rely on subsistence farming and daily wage labor, which can result in limited and unstable income. As a result, access to resources such as nutritious food, healthcare, and education can sometimes be challenging, particularly for low-income families. The framing was done discussing and reflecting on the last year nutritional dialogues and the ENOUGH campaign. All of the participants were introduced themselves and their role in the family and the community.

## NUTRITION SITUATION PRESENTATION

[https://nutritiondialogues.org/wp-content/uploads/2026/06/Nutritional-Dialogues-Phase-2-Slide-deck\\_compressed.pdf](https://nutritiondialogues.org/wp-content/uploads/2026/06/Nutritional-Dialogues-Phase-2-Slide-deck_compressed.pdf)

## DISCUSSION

The session began with a welcome address delivered by the Area Programme World Vision staff. The facilitator then provided a brief overview of the purpose of the discussion and refreshed participants' understanding of nutrition, including an update on the current nutritional situation using recent data. Following this, participants introduced themselves, and the discussion moved into an interactive and engaging session guided by open-ended questions. Participants actively shared their experiences, insights, and perspectives on the prevailing nutrition situation in the area, identifying key challenges and offering practical suggestions. The conversation focused particularly on agriculture services, home gardening, school meal programs, the quality and availability of food in school canteens, and the provision of meals at preschools. Participants also discussed the impact of the 'Ditwa' cyclone, emphasizing how it has disrupted food security and negatively affected nutrition within the community.

# SECTION THREE: DIALOGUE OUTCOMES

## CHALLENGES

- **Poverty and Economic Hardship**

Poverty remains a primary factor limiting access to nutritious food. Rising prices of basic food items, increased fuel costs, and higher transportation expenses have further reduced household purchasing power.

- **Impact of External and Environmental Factors**

The ongoing global crisis (including war situations) and the Ditwa cyclone have significantly increased food prices and disrupted food security, making it difficult for families to maintain regular, healthy diets.

- **Shift Towards Convenience Foods**

Due to busy lifestyles, time constraints, and changing habits, many people prefer instant and ready-made meals instead of preparing nutritious home-cooked food.

- **Underutilization of Local Food Resources**

Although nutritious food items are available within villages and home gardens, there is a declining interest in using these local resources for meal preparation.

- **Lack of Knowledge and Awareness**

Limited understanding of balanced diets and proper nutrition contributes to poor food choices and unhealthy eating habits.

- **Changing Food Practices and Attitudes**

Lifestyle changes, combined with reduced motivation and time, have led to a decline in efforts to prepare nutritious meals even among those who have the ability to do so.

- **Dependency and Reduced Work Participation**

Some individuals receiving financial assistance (e.g., Aswesuma) are perceived to be less motivated to engage in work.

- **Negative Impact on Children**

Children are disproportionately affected, with poor nutrition impacting their overall growth and especially their cognitive development.

- **Childcare and Feeding Practices**

Many children are cared for by grandparents due to parental absence, leading to inconsistent or inadequate feeding practices.

- **Limited Access to Welfare Support**

Only a small number of households benefit from government welfare programs. Additionally, concerns were raised regarding bias in selecting beneficiaries for welfare and disaster relief support.

## URGENT ACTIONS

### 1. Governance and Welfare Support

Ensure strong commitment and accountability from government officers in service delivery.  
Introduce transparent beneficiary selection processes, including involvement of external assessors to reduce bias and favoritism.  
Engage Samurdhi officers together with the community in selecting beneficiaries to improve fairness.  
Avoid misuse of funds by ensuring resources are allocated only for intended welfare purposes.  
Provide essential rations instead of cash or vouchers to ensure families receive necessary food and basic items, including sanitary products.  
Address alcohol-related issues through community awareness and control measures.  
Recognize and strengthen the role of women as key financial decision-makers within households.

### 2. Community and Livelihood Practices

Encourage communities to utilize available local food resources and promote income-generating activities instead of relying solely on sharing existing food.  
Strengthen community resilience and self-sufficiency, especially during crisis situations.

### 3. School Food Environment

Improve the taste and attractiveness of school meals while maintaining their nutritional quality.  
Introduce variety and colorful presentation of meals to increase children's interest in healthy food.  
Regulate school canteens to ensure availability of nutritious options instead of mainly instant and fried foods.  
Promote the preparation of meals within schools where possible to ensure fresh and hygienic food.  
Encourage making nutritious food easily available, so children gradually develop healthier eating habits.

### 4. Student Food Habits and Behavior

Motivate students, especially older children, to bring home-cooked meals instead of relying on money to buy food.  
Address peer comparison of lunch boxes, which influences unhealthy choices.  
Educate children on the benefits of traditional eating practices, such as eating with hands in primary school years.  
Develop a meal timetable or structured plan for schools.

## AREAS OF DIVERGENCE

NA

## OVERALL SUMMARY

There are concerns about unfair selection of welfare beneficiaries, misuse of resources, and the need for more transparent and accountable processes. Providing essential food items instead of cash and involving the community in decision-making are suggested as solutions. At the same time, issues like alcohol use and the importance of women managing household finances were also noted.

In schools, although meal programs exist, there is a need to improve the taste, variety, and attractiveness of food to encourage children to choose healthy options instead of instant or fried foods. Children's eating habits are also influenced by convenience, peer pressure, and preference for tasty foods, so awareness and behavior change are important.

Overall, the focus is on strengthening governance, promoting better nutrition in schools, and encouraging healthier lifestyles within families and communities.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## 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 an indoor room 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

The dialogues can be contextualized based on the literacy level of the participants. The convener has to read the group of participants to choose right methodology.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

We would like to express our sincere gratitude to the World Vision Lanka Neluwa Area Programme, its staff members, and community volunteers for successfully organizing this workshop. We also extend our appreciation 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

- **The group work activity**  
<https://nutritiondialogues.org/wp-content/uploads/2026/06/4-scaled.jpg>
- **Few of the participants**  
<https://nutritiondialogues.org/wp-content/uploads/2026/06/5-scaled.jpg>