

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Dialogue with Children on Nutrition - Phase II
WORKSHOP DATE	Thursday, 23 April 2026 14:52 GMT +00:00
CONVENED BY	Bryte Akoli, CESP Officer, Krachi Nchumuru AP, World Vision Ghana Event announced on behalf of the Convenor by: Joshua Okomongye. Local Level Advocacy and Campaigns Coordinator Feedback published on behalf of Convenor by: Joshua Okomongye. Local Level Advocacy Coordinator and acting Campaigns Coordinator
EVENT LANGUAGE	English and Twi
HOST CITY	Kyinderi, Ghana
GEOGRAPHIC SCOPE	Community Level children engagement
AFFILIATIONS	The rollout of its Phase 2 implementation is directly embedded within a wider, coordinated global initiative driven by World Vision.
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60375/



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

20

PARTICIPATION BY AGE RANGE

12 12-15

8 16-18

PARTICIPATION BY GENDER

7 Female

13 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop reflected diversity across socio-economic backgrounds, with children from households of varying food access. Ethnic and cultural diversity was present in Krachi Nchumuru, and both Twi and English were used for inclusivity. Religious diversity included Christian, Muslim, and traditional faiths. Children with different abilities participated, ensuring voices of those with disabilities were heard. As a rural community, perspectives highlighted challenges distinct from urban settings.

SECTION TWO: FRAMING

During the introduction, the workshop was framed within the realities of the Kaliako community in Krachi Nchumuru, where poverty and limited resources shape children's daily food experiences. Facilitators highlighted how seasonal changes affect food availability, with lean periods leading to reduced dietary diversity. Local anxieties about nutrition were acknowledged, including concerns over repetitive meals, poor hygiene in food preparation, and the risk of malnutrition due to deficiencies in protein and micronutrients. The discussion also touched on broader challenges such as climate change impacting crop yields, limited access to vegetables, and reliance on staple foods. Children were encouraged to share their perspectives openly, with emphasis on how these local factors influence their nourishment, growth, and wellbeing. This framing helped situate the dialogue in the wider context of household practices, community challenges, and structural barriers to achieving balanced nutrition.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Participants in the children's nutrition workshop faced several interconnected challenges that reflect both household practices and broader community realities. A recurring issue was the monotony of meals, with children reporting that repetitive diets made eating less enjoyable and limited their access to diverse nutrients. Poor hygiene during food preparation was another concern, as some mothers cooked without proper handwashing or food safety measures, increasing risks of illness. Children also highlighted instances where food was denied as punishment, directly affecting their nourishment and wellbeing.

Meal planning emerged as a significant challenge, with households often failing to balance meals or manage resources effectively, leading to both nutritional gaps and food wastage. Poverty and limited access to varied foods compounded these issues, as families relied heavily on staples with little inclusion of vegetables, fruits, or protein-rich foods. Seasonal changes further influenced food availability, with lean periods reducing dietary diversity.

Underlying these challenges were cultural perceptions, where some children associated "good nourishment" with foreign or special foods, suggesting limited awareness of the nutritional value of local staples. Collectively, these factors—poor hygiene, inadequate meal planning, food denial, monotony, poverty, and seasonal scarcity—contributed to risks of malnutrition and deficiencies, shaping the anxieties children expressed about their nutrition and growth.

URGENT RECOMMENDATIONS FOR ACTION

During the workshop, children identified several urgent actions needed to improve nutrition in their households and communities. At the household level, they emphasized the importance of parents cooking with patience, maintaining hygiene, and preparing balanced meals with a variety of ingredients. They urged caregivers to avoid denying food as punishment, to serve meals hot and well-prepared, and to involve children in weekly menu planning to reduce monotony and wastage.

Children also called for government and community support. They proposed training sessions for parents on preparing nutritious meals, as well as agricultural support to grow vegetables like cabbage and carrots. Families should be encouraged to diversify crops and rear small livestock such as poultry, goats, and sheep to increase access to protein-rich foods.

Importantly, children recognized their own role in taking these actions forward. They committed to eating the food provided at home, avoiding wastage, learning about healthy food choices, and assisting parents in food-related activities. By combining household responsibility, community support, and government intervention, the children envisioned a collaborative approach to tackling nutrition challenges and ensuring better nourishment for all.

AREAS OF DIVERGENCE

During the workshop, children's views and opinions showed both convergence and divergence. Most participants agreed that good nourishment involves eating balanced meals, maintaining hygiene, and avoiding food wastage. They shared common concerns about repetitive diets, poor cooking practices, and denial of food as punishment. However, divergence appeared in how children perceived nutritious food. Some associated nourishment with local staples like cereals, vegetables, and fish, while others linked it to "special" or foreign foods, reflecting cultural perceptions and aspirations. Differences also emerged in emphasis: some children prioritized hygiene and patience in cooking, while others focused more on meal frequency and variety. A few highlighted the role of parents in planning, while others stressed government support for farming and livestock rearing. Despite these variations, all participants recognized shared responsibilities among children, parents, and the community, showing that while perspectives differed in detail, they aligned on the urgent need for improved nutrition practices.

OVERALL SUMMARY

The overall summary of the workshop in Kaliako community, Krachi Nchumuru, reflects both the richness of children's perspectives and the atmosphere in which the dialogue was held. The session brought together 20 children, aged 12-17, in a safe, informal space where they felt comfortable expressing their views. The introduction framed the discussion around local realities of poverty, seasonal food scarcity, and limited dietary diversity, situating children's experiences within broader challenges of malnutrition and food insecurity.

Children demonstrated a clear, practical understanding of nourishment, linking it to well-cooked food, balanced diets, hygiene, and meal frequency. Their voices revealed both knowledge and cultural perceptions, with some associating nutritious food with local staples, while others viewed "special" or foreign foods as healthier. This divergence highlighted the influence of social and cultural factors on how nutrition is understood.

Experiences shared were candid and sometimes sobering. Children spoke of repetitive meals, poor hygiene in cooking, food denial as punishment, and wastage due to lack of planning. These reflections underscored the everyday anxieties they face around nourishment and the risks of malnutrition. Yet, their recommendations were constructive and solution-oriented. They urged parents to cook with patience, maintain hygiene, plan balanced meals, and involve children in menu decisions. They also called for government and community support through training, crop diversification, and small livestock rearing to improve access to protein and vegetables.

Importantly, children recognized their own role—committing to avoid food wastage, learn about healthy choices, and support parents in food-related activities. This sense of shared responsibility created a collaborative spirit throughout the dialogue.

From a facilitator's perspective, the event felt vibrant, honest, and deeply engaging. Children spoke with confidence and seriousness, but also with hope and creativity. The atmosphere was inclusive, with diverse voices across gender, socio-economic backgrounds, and abilities contributing meaningfully. The dialogue not only captured children's nutritional realities but also their aspirations for healthier households and communities.

Overall, the workshop was a powerful reminder that children are not passive recipients of nutrition interventions but active contributors with valuable insights. Their recommendations provide a strong foundation for shaping child-centered nutrition programming and highlight the importance of listening to young voices in efforts to address malnutrition.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop strongly reflected several Principles of Engagement. It prioritized child participation, ensuring children's voices guided the dialogue in a safe, familiar environment. Safeguarding was upheld through the two-adult rule and the presence of a trusted adult chosen by the children. Inclusivity was evident, with diverse participants across gender, socio-economic backgrounds, and abilities, and discussions conducted in both Twi and English to ensure accessibility. Respect and dignity were emphasized, as children's opinions were valued and documented without judgment. The workshop also embodied transparency and accountability, with children encouraged to propose solutions for parents, government, and themselves, reinforcing shared responsibility. Finally, the process promoted empowerment, enabling children to recognize their role in improving nutrition and contributing meaningfully to community wellbeing.

METHOD AND SETTING

The workshop used participatory dialogue in a safe, informal outdoor community space. Children engaged in guided discussions on nourishment, daily food experiences, and solutions. Safeguarding standards were applied, including the two-adult rule and presence of a trusted adult chosen by the children. Twi and English were used for inclusivity. The informal setting reduced power imbalances, encouraged openness, and ensured children felt respected, safe, and free to share their views.

ADVICE FOR OTHER CONVENORS

Convenors should ensure workshops are safe, inclusive, and. Use participatory dialogue methods that encourage children to share openly, while applying safeguarding standards such as the two-adult rule and including a trusted adult chosen by the children. Incorporate local languages to make discussions accessible and frame conversations around community realities like poverty, seasonality, and food insecurity. Practical activities such as menu planning help children engage meaningfully.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to acknowledge the invaluable support of our facilitation team, whose dedication ensured a safe and inclusive environment for children to share their voices. Special appreciation goes to the community leaders and parents who encouraged participation and safeguarded the process. We are grateful to the Kids' Club members for their openness and creativity, and to the adult selected by the children for providing trusted support. Finally, we extend thanks to our funding partners.

RELEVANT LINKS

- **Photos**
https://wvi365-my.sharepoint.com/:f/g/personal/joshua_okomongye_wvi_org/lgBY1VypcqOYSpbyS2m_75sKAcu7gZOwYoRidiqLZ1hkliU?e=JWjeW1

ATTACHMENTS

- **Nutrition dialogue report**
<https://nutritiondialogues.org/wp-content/uploads/2026/06/NUTRITION-DIALOGUE-PHASE-2-KRACHI-NCHUMURU-AP.pdf>