

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutrition Dialogue Phase 2 - Children Engagement
WORKSHOP DATE	Tuesday, 5 May 2026 16:57 GMT +00:00
CONVENED BY	Alberta Danso Event announced on behalf of the Convenor by: Joshua Okomongye. Local Level Advocacy Coordinator/Acting Campaigns Coordinator
EVENT LANGUAGE	Dagati, Waale and English
HOST CITY	Wechiau, Ghana
GEOGRAPHIC SCOPE	: Bulingyin is a community located at the Western part of Wa West AP in the Upper West Region of Ghana. It is close to the Ghana Ivory Coast boarder in the Northwestern part of the Country.
AFFILIATIONS	This is part of the nutrition dialogue phase 2 of World Vision
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60388/



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

1

PARTICIPATION BY AGE RANGE

0 12-15

0 16-18

PARTICIPATION BY GENDER

10 Female

10 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

On May 5, 2026, World Vision Ghana's Wa West Area Programme held Phase 2 of the Nutrition Dialogue in Bulingyin. Twenty children (10 girls, 10 boys, aged 10-17) participated in a safe, inclusive setting. The open dialogue deepened discussions on food security, dietary diversity, cultural practices, school feeding, and seasonal hunger, with children proposing locally appropriate solutions.

SECTION TWO: FRAMING

During the introduction, the workshop was framed around the local nutrition context and challenges faced by children and households in Bulungyin. Facilitators highlighted how seasonality and climate change affect food availability, especially during the lean months of June and July when household stocks are depleted and children often face reduced meals or even days without food. The discussion acknowledged poverty and economic pressures, noting that families frequently sell harvested crops immediately to meet financial needs, leaving little for household consumption later in the year. Children's anxieties about nutrition were also emphasized, particularly the unequal distribution of food within households, where adults often receive larger portions of protein while children get very little. Limited access to fruits and micronutrient-rich foods was identified as another widespread deficiency, with seasonal fruits like mangoes available only briefly. The introduction also addressed school feeding gaps, as Junior High School pupils are excluded and meals provided are often monotonous and nutritionally inadequate. By situating the dialogue within these realities—climate vulnerability, poverty, cultural practices, and systemic gaps—the workshop created a safe space for children to connect their lived experiences with broader nutrition issues. This framing helped participants feel that their voices were central to identifying solutions for food security, dietary diversity, and healthier practices.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

The children who participated in the Bulungyin Nutrition Dialogue Phase 2 highlighted several pressing nutrition challenges rooted in their daily realities. Seasonal hunger was a major concern, particularly during the lean months of June and July when household food stocks are depleted. Many reported reduced meal frequency and quantity, with some experiencing entire days without food.

Economic pressures also emerged strongly. Families often sell most of their harvest immediately to meet financial needs, leaving little food stored for later consumption. This practice contributes to shortages and insecurity later in the year. Cultural food distribution practices added another layer of challenge, as children noted that adults often receive larger portions of protein-rich foods like meat and fish, while children are left with minimal or no protein intake.

Micronutrient deficiencies were evident, with limited fruit consumption outside short seasonal periods. For most of the year, children rely heavily on leafy vegetables to meet vitamin needs. School nutrition was another challenge: the School Feeding Programme excludes Junior High School pupils, and meals provided to younger children are often monotonous and nutritionally inadequate.

Despite these challenges, children demonstrated resilience by initiating a school garden to supplement their diets. However, the dialogue revealed that poverty, seasonality, cultural practices, and systemic gaps in school feeding remain significant barriers to achieving adequate nutrition.

URGENT RECOMMENDATIONS FOR ACTION

During the Bulungyin Nutrition Dialogue Phase 2, children identified several urgent actions to address the nutrition challenges they face. A key priority was the expansion of the School Feeding Programme to include Junior High School pupils and to improve the quality and diversity of meals provided. They proposed that schools and government collaborate to ensure meals are balanced and not monotonous.

Children also emphasized the need for school gardening initiatives to be scaled up and supported with resources. They saw gardens as both a source of fresh vegetables during lean seasons and a platform for learning practical agricultural skills.

At the household level, participants recommended nutrition education for parents, focusing on equitable food distribution, crop diversification, and the importance of protein and micronutrients for children's growth. They urged parents to store more food after harvest rather than selling it all immediately, to reduce seasonal hunger.

On a broader scale, children called for alternative livelihoods and climate-resilient farming practices to help families withstand economic pressures and climate variability. They proposed that government and NGOs provide training and support to strengthen household resilience.

Overall, the children's proposals combined practical, community-driven solutions with advocacy for systemic changes, reflecting their desire to be active contributors to improving nutrition at home, in school, and across their community.

AREAS OF DIVERGENCE

During the Bulingyin Nutrition Dialogue Phase 2, children's views and opinions were largely aligned, but some divergences did emerge. Most participants agreed on the seriousness of seasonal hunger, the inadequacy of school feeding, and the unequal distribution of protein-rich foods within households. These issues were consistently highlighted as urgent challenges.

However, differences arose in how children perceived certain practices. For example, while many strongly criticized parents for selling harvested crops too quickly, a few acknowledged that families often have no choice due to pressing financial needs. Similarly, while most children felt school meals were monotonous and insufficient, some younger participants expressed appreciation for at least having access to daily meals, even if limited.

There were also varying opinions on cultural food distribution. Some children accepted that adults receive larger portions as tradition, while others challenged this practice, insisting it undermines their growth and wellbeing. Divergence was also noted in proposed solutions: while many emphasized expanding school feeding and promoting school gardens, others prioritized parental education and livelihood diversification as more sustainable approaches.

Overall, while the dialogue revealed strong consensus on the core nutrition challenges, the differences in perspectives reflected the diversity of children's lived experiences. These divergences enriched the discussion, ensuring that recommendations captured both shared realities and nuanced viewpoints.

OVERALL SUMMARY

The Nutrition Dialogue Phase 2 workshop in Bulingyin, organized by World Vision Ghana through the Wa West Area Programme, was a deeply engaging and impactful event. From the outset, the atmosphere was warm, inclusive, and participatory, creating a safe space where children felt confident to share their realities. The framing of the dialogue around local challenges—seasonal hunger, poverty, cultural food practices, and gaps in school feeding—made the discussions highly relevant and grounded in lived experiences.

Twenty children, equally divided by gender and aged 10–17, participated actively. Their knowledge of nutrition was impressive; they confidently identified essential nutrients, categorized local foods, and explained their functions. This demonstrated not only awareness but also a strong connection between nutrition concepts and daily life. The dialogue revealed pressing challenges such as reduced meals during lean seasons, economic pressures forcing families to sell crops, unequal food distribution within households, limited fruit availability, and exclusion of Junior High School pupils from school feeding.

Despite these challenges, the children's resilience and creativity stood out. They proudly shared their initiative to establish a school garden, which supplements diets during lean periods and serves as a learning space for agricultural skills. Their recommendations were practical and forward-looking: expanding school feeding, promoting school gardening policies, educating parents on nutrition and equitable food distribution, diversifying crops, and adopting climate-resilient farming practices.

The event felt empowering, as children were not passive recipients but active contributors to solutions. Their voices carried urgency, honesty, and hope, reflecting both the hardships they face and their determination to overcome them. The workshop succeeded in strengthening child participation, building confidence, and fostering ownership of nutrition issues. It highlighted the importance of listening to children directly, as their perspectives enrich community-level strategies and ensure interventions are relevant and sustainable.

Overall, the workshop was not only informative but also inspiring. It demonstrated that when children are given space, respect, and support, they can articulate challenges with clarity and propose solutions with remarkable insight. The energy, openness, and commitment displayed by participants underscored the value of child-centered dialogues in advancing nutrition outcomes and building resilience in vulnerable communities.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The Bulingyin Nutrition Dialogue Phase 2 embodied the Principles of Engagement. Children's participation was prioritized, with each child speaking individually and their views documented. Inclusivity and diversity were ensured through equal gender representation and involvement of minor ethnic groups. Strong safeguarding was applied via the two-adult rule and a trusted adult chosen by the children, creating a safe space. Respect and dignity were evident as children's ideas were treated seriously, while transparency and accountability were upheld by recording recommendations and linking them to actions. Finally, the workshop fostered empowerment, enabling children to recognize their agency in shaping nutrition practices at home and school.

METHOD AND SETTING

The workshop used a participatory dialogue approach with guided discussions, experience sharing, and reflections to ensure children's voices shaped outcomes. Safeguarding standards were applied, including the two-adult rule and a trusted adult chosen by the children, ensuring safety and support. Held in an informal outdoor setting after school in Bulingyin, the relaxed environment encouraged openness and inclusivity, fostering empowerment and meaningful engagement.

ADVICE FOR OTHER CONVENORS

For convenors, it's vital to create a safe, inclusive, and child-friendly space. Use participatory dialogue rather than lectures, encouraging children to share experiences from home and school. Ensure equal gender representation and include children from minority groups to reflect diversity. Apply strict safeguarding standards, such as the two-adult rule and involving a trusted adult chosen by the children.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to acknowledge the invaluable contributions that made the Nutrition Dialogue Phase 2 possible. Special thanks go to the Wa West Area Programme team and facilitators, whose dedication ensured a safe and participatory environment for children. We are grateful to the community leaders, parents, and caregivers for their encouragement and support, which enabled meaningful child participation. Appreciation is also extended to the volunteers and support staff who assisted in diverse ways.

RELEVANT LINKS

- **photos**
https://wvi365-my.sharepoint.com/:f/g/personal/joshua_okomongye_wvi_org/lgDVvW88oyvwQJB3nKUVG8lZAVPkAXs4LJWeAEVm2FrjwNw?e=Hd18lj

ATTACHMENTS

- **Dialogue report**
<https://nutritiondialogues.org/wp-content/uploads/2026/06/Nutrition-Dialogue-Phase-2---Children-Engagement.pdf>