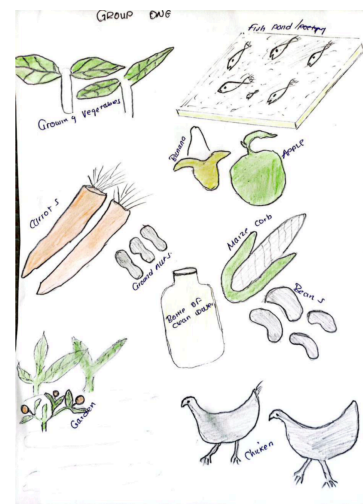


OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Importance of Locally Grown Foods in Nutrition
WORKSHOP DATE	Thursday, 4 June 2026 11:25 GMT +02:00
CONVENED BY	Milika Masenga – Kasama DHO Nutritionist Event announced on behalf of the Convenor by: Samuel Chanda. Administrative Support Feedback published on behalf of Convenor by: Samuel Chanda. Administrative support
EVENT LANGUAGE	English/Bemba
HOST CITY	Kasama, Zambia
GEOGRAPHIC SCOPE	Misamfu Village
AFFILIATIONS	World Vision Zambia
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60394/



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

3 12-15

17 16-18

PARTICIPATION BY GENDER

14 Female

6 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

There was overwhelming participation of children from Misamfu Community. They come from different social background, religious and different tribes. Participants comprised of 14 girls and 6 boys. Discussions were facilitated in Bemba and English for linguistic inclusion and equal participation.

SECTION TWO: FRAMING

The meeting started with Opening prayer from one of the participants, followed by the self-introduction as well as meeting objectives were presented. This was followed by the ice breaker (song). A brief introduction of the Key concepts on nutrition and malnutrition was done as well as the malnutrition situation of Country, Province and District was Presented. The participants were school going children ranging from grade 12 to 18 years of age. They came from a rural setup with their parents/caregiver's employment ranging from formal to informal. Their families' income could generally be described as low. Misamfu community relies on hand to mouth small businesses and subsistence farming which is rain fed and consists mainly of staples such as maize and cassava. This situation leads to seasonal food availability and narrows dietary diversity. The dietary habits of the participants were such that they only ate once a day. This was influenced by food availability and the economic situation at home. The dietary habits of the participants were such that they only ate once a day. This was influenced by food availability and the economic situation at home. This background shows that the nutrition status of children aged 12-18 years is also highly affected by a complex of situations and should be of concern

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

During the discussions the children in Misamfu community highlighted several challenges affecting their Nutrition status/situation. These included food shortages caused by floods and storms which destroy crops and lead to poor harvest which further reduces food availability in their homes leading to food insecurity. The children and their families also affected by inadequate nutritional knowledge. The children highlighted the lack of timely input support to farmers and inadequate education to local farmers. As well as inadequate water supply to support irrigation of gardens beyond the rain season. The children further highlighted poor feeding habits as they only take one meal per day which is dinner. This is caused by inadequate food in their homes. And this affects their energy during the day further affecting comprehension of their daily lessons. Lack of school feeding programs was also highlighted as a major challenge for secondary school.

For children with pocket money the major challenge was lack of nutritious foods as the school markets only sell junk foods. Further the children highlighted the habit of eating the same food in their homes which is as a result of poor crop diversity and inadequate purchasing power.

URGENT RECOMMENDATIONS FOR ACTION

The children highlighted several areas of improvement, and these are explained below, the promotion of health eating habits, parents should provide balanced meals which includes fruits, vegetable, proteins and grains, establish school feeding programmes, Create of school and community gardens for fruits and vegetables, provide IEC on Nutrition to children, parents and care givers, support breastfeeding and proper infant feeding practices conduct regular health and nutrition checkups to identify and treat malnutrition early, Encourage proper food hygiene and sanitation to prevent illness, communities should support food production project (fish and poultry farming) and nutrition awareness activities. Banning the sale of junk foods in the school premises. (Market). The above stated recommendations include improvements at both household, community and school level indicating the identification of shared responsibility to improve nutrition.

AREAS OF DIVERGENCE

In Misamfu the most common views the children agreed was establishment and support to school feeding programmes, parents and care givers to provide balanced meals which includes proteins, grains fruits and vegetables. Also, the children emphasised the need to improve feeding habits regarding the number of times school going children eat per day. Children also diverged in their views of issues that may affect nutrition negatively these includes the selling junk foods in the school premises illness and diseases as a major cause of malnutrition and the luck of support to farmers. Despite varying views on the causes of malnutrition and their solutions, the children ultimately agreed that nourishment is affected by various aspects from the home and school level.

OVERALL SUMMARY

The Nutrition Dialogue with children in Misamfu community was held on 4th June, 2026 at a school in the presence of the trusted adults to ensure protection. It was highly engaging and insightful. It brought out challenges, recommendations, and ideas to improve nourishment with respect to Misamfu community. Children ranging from 13 to 18 years were brought together in a classroom setting representing a familiar environment where they could express themselves freely. The engagement was participatory with discussions basing on the children's experiences in the home, at the school, and the community at large regarding nutrition. They brought out issues concerning their dietary experiences. The discussion was highly engaging and highlighted both the challenges and what the children would want to see in the near future for their school and their communities.

The challenges included food shortages caused by floods and storms, food insecurity, inadequate nutritional knowledge, lack of timely input and support to farmers, inadequate education to local farmers, inadequate water supply, poor feeding habits, lack of school feeding programs, and selling junk foods.

The discussion was not only on challenges, but also on solutions. Children proposed practical actions: The children highlighted several areas of improvement that include promotion of healthy eating habits, parents providing balanced meals which includes fruits, vegetables, proteins, and grains, establish school feeding programmes, create school and community gardens for fruits and vegetables, provide IEC on Nutrition to children, parents, and care givers to support breastfeeding and proper infant feeding practices, conduct regular health and nutrition check-ups, identification and treatment of malnutrition early, encourage proper food hygiene and sanitation to prevent illness, communities should support food production projects (fish and poultry farming) and nutrition awareness activities. Banning the sale of junk foods in the school premises (Market).

The above-stated recommendations include improvements at both household, community, and school levels, indicating the identification of shared responsibility to improve nutrition.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop embodied the principles of engagement. Child participated fully and shared their individuals' views. Each contribution was respected and documented as valuable contribution. The engagement was highly inclusive, and diversity was also prioritized through representation of both genders and children from all walks of life. Safeguarding. A trusted adult was chosen and present throughout the engagement to ensure the children were safeguarded and to create a safe environment for dialogue.

METHOD AND SETTING

The children were engaged using child centered approach. The participants were selected based on gender equality and social economic status for diversity purposes. A formal classroom setting was used to carry out the session. The sessions were done in a child friendly environment making it very effective.

ADVICE FOR OTHER CONVENORS

The convenors need to ensure that they take note of all proceeding to ensure timely and report writing

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to acknowledge the invaluable support that made the Nutrition dialogue with children possible. Special appreciation goes to District Nutritionist for Kasama DAHS and Misamfu Menstrual Hygiene Club facilitator whose commitment insured the successful running of the workshop and upheld Child safeguarding standards. We are grateful to the parents for providing consent and encouraged their children participation.