

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Children's participation in the school meals
WORKSHOP DATE	Thursday, 11 June 2026 10:03 GMT +02:00
CONVENED BY	Florence Nkhoma, DF- RMNCAHN- World Vision Zambia
EVENT LANGUAGE	English
HOST CITY	Isoka, Zambia
GEOGRAPHIC SCOPE	Community Level
AFFILIATIONS	World Vision ADP
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60402/



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	30
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PARTICIPATION BY AGE RANGE

24	12-15	6	16-18
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PARTICIPATION BY GENDER

15	Female	15	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Thirty (30) children took part in the nutrition dialogue session, including some from peasant farming households and others from families of civil servants, traders and small business owners. The group reflected diverse socio-economic backgrounds, with varying levels of nutrition knowledge and access to food. Religious and cultural diversity enriched the discussions and perspectives .

SECTION TWO: FRAMING

The workshop was held at a rural school in Suwila ADP, Isoka District, with 30 children from diverse socioeconomic backgrounds, including peasant farming households, civil servant families, traders, and small business owners. Facilitators began with introductions and icebreakers, encouraging children to share names, interests, and family routines. This created a relaxed atmosphere for open dialogue. Discussions quickly turned to nutrition realities. Children explained that school meals, when provided, were mainly beans and nshima, which they valued as filling but recognized as lacking variety. Facilitators promoted ideas for nutrient dense meals using local foods such as groundnuts, vegetables, and small livestock. Children highlighted poverty, climate shocks and destruction of gardens by livestock as barriers to good nutrition, while expressing concern about stunting, underweight peers, and inconsistent school feeding programs.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

1. Heavy reliance on maize and beans, with limited access to nutrient-dense foods.
2. School meals are provided inconsistently, often only twice a week, reducing attendance and concentration.
3. Parents lacked awareness of balanced diets and food preparation.
4. Domestic animals destroyed school and household gardens, limiting vegetable production.
5. Climate shocks (droughts, floods) worsened seasonal hunger and reduced harvests.

URGENT RECOMMENDATIONS FOR ACTION

1. Strengthen school feeding programs to ensure consistent provision of diverse meals.
2. Promote nutrition awareness among parents, schools, and communities.
3. Support community gardens with bylaws to protect against livestock damage.
4. Mobilize local leadership to rally contributions for school meals.
5. Encourage climate-smart farming practices to build resilience against shocks.

AREAS OF DIVERGENCE

Children strongly agreed that regular school meals are essential for improving attendance, concentration, and performance. They also emphasized parental education as critical to addressing nutrition knowledge gaps. No significant divergences were noted; consensus highlighted the importance of consistent school feeding and community awareness as key strategies to reduce malnutrition.

OVERALL SUMMARY

The Suwila ADP Children’s Workshop in Isoka District brought together 30 children from peasant farming households, civil servant families, traders, and small business owners, reflecting diverse socioeconomic realities. Facilitators opened with introductions and icebreakers, creating a safe and welcoming environment for dialogue.

Children discussed the realities of school meals, noting that beans and nshima were the most common foods provided. While these meals were appreciated for being filling, they were seen as lacking variety and nutritional balance. Through participatory drawing, children illustrated three types of children—better nourished, undernourished, and obese—and discussed the features of each state of nutrition, linking them to diet quality, poverty, climate shocks, and parental knowledge gaps.

Key challenges identified included poverty, limited parental nutrition knowledge, inconsistent school feeding programs, destruction of gardens by livestock, and climate shocks such as droughts and floods. Children strongly agreed that consistent school meals are critical for improving attendance, concentration, and performance, and emphasized the importance of parental education to address knowledge gaps.

Recommendations included strengthening school feeding programs with diverse foods, promoting nutrition awareness among parents and communities, protecting gardens through bylaws, mobilizing local leadership for contributions, and adopting climate-smart farming practices. The workshop underscored children’s anxieties about stunting, underweight peers, and food insecurity, while reaffirming their belief that community support and consistent school meals are essential to reducing malnutrition.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The Suwila ADP Children's Workshop was guided by the Nutrition Dialogues Principles of Engagement, each visibly applied during the session: Commitment to nutrition: Children's voices were central. Facilitators encouraged participants from farming, trading, and civil servant households to share personal experiences of hunger, school meals, and family food practices. Recognition of multiple determinants: Children linked malnutrition to poverty, parental knowledge gaps, climate shocks, and livestock destroying gardens, showing awareness of interconnected causes. Inclusivity and diversity: The group reflected socioeconomic diversity — peasant farmers, traders, small business owners, and civil servant families. Facilitators ensured equal opportunities for boys, girls, and children from all backgrounds to contribute. Respect and trust: Icebreakers and drawing activities-built confidence, allowing even quieter children to express themselves freely. Facilitators validated

METHOD AND SETTING

Children engaged in drawing three types of children—better nourished, undernourished, and obese—to spark dialogue on triggers and solutions. Facilitators guided discussions on the features of each nutritional state, helping participants recognize signs of wellbeing, malnutrition, and Icebreakers built rapport, while nourishment discussions centered on beans and nshima, with ideas for nutrient dense alternatives. Children identified barriers such as poverty, parental knowledge gap

ADVICE FOR OTHER CONVENORS

Ensure sessions are interactive and age appropriate, using local foods and familiar examples to make nutrition concepts relatable. Engage facilitators and record keepers to capture diverse perspectives, including quieter children. Provide a safe, inclusive environment where girls, boys, and children with disabilities can participate equally. Encourage caregiver involvement to reinforce learning at home and allow time for reflection so children's voices shape practical recommendations.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We extend our sincere appreciation to Cecilia N. Mfula – AP Manager, Enzo Mpundu – DF Livelihood, and Jacqueline Chisanga – DF ZREAD for their leadership and commitment in supporting the Nutrition Dialogues Children’s Workshop. We also acknowledge the Ministry of Education (teachers at the host school venue) and the Ministry of Health (community healthcare workers) for their collaboration and active participation. Their combined efforts ensured smooth facilitation, enriched learning, and

ATTACHMENTS

- **Attendance List**
https://nutritiondialogues.org/wp-content/uploads/2026/06/CamScanner-23-06-2026-13.25_2.pdf
- <https://nutritiondialogues.org/wp-content/uploads/2026/06/shared-image-3.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2026/06/shared-image-1.jpg>