

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Children participating in Nutrition
WORKSHOP DATE	Sunday, 28 June 2026 10:15 GMT +02:00
CONVENED BY	World Vision Feedback published on behalf of Convenor by: Chrispine Mwala. Organizing and Facilitating the dialogue workshop
EVENT LANGUAGE	English
HOST CITY	Chama, Zambia
GEOGRAPHIC SCOPE	Community Level
AFFILIATIONS	World vision
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60421/

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
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PARTICIPATION BY AGE RANGE

12	12-15	22	16-18
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PARTICIPATION BY GENDER

18	Female	16	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The children who participated where coming from the furthest remote areas of the area development programme inclusive of peasant farmers, children with disability, government workers and other members of the community most of whom are people who have less or no information on nutritional issues in their homes.

SECTION TWO: FRAMING

The workshop was conducted at one of the schools within the area of operation in Chama District, Eastern Province. To encourage active participation and help the children feel comfortable, the facilitator began the session with interactive games, after which the children introduced themselves in a fun and engaging manner. The discussion then focused on the children's understanding of nutrition and the causes of malnutrition in their community. The children confirmed that malnutrition is a challenge in the area and identified several contributing factors, including low food production, limited crop diversity, inadequate nutrition knowledge, parents selling most of their produce and retaining little for household consumption, climate change, and crop destruction by wild animals. They also noted that limited water sources affect the production of vegetables and fruits, while many families struggle to provide three meals a day. As a result, some children suffer from nutrition-related illnesses. The children further observed that school attendance is usually higher on school feeding days than on other days, indicating the extent of food insecurity in the community. This situation has negatively affected the attendance of both boys and girls, as some children stay at home to engage in activities that may help them find food for themselves and other family members.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

1. Climate change has led to poor crop yields and crop failures, reducing food availability at the household level. As a result, families have less access to nutritious foods, increasing the risk of malnutrition among children and other vulnerable groups.
- 2.Children indicated that many families in the community experience crop losses due to wild animals such as elephants, monkeys, and other wildlife that invade fields and destroy crops before harvest. This reduces the amount of food available for household consumption and income generation, leading to food insecurity and an increased risk of malnutrition within the community.
3. children have observed that,Most households in the community depend on a few staple crops, particularly maize, with limited cultivation of other nutritious crops such as legumes, vegetables, and fruits. This lack of crop diversity reduces dietary diversity, meaning that families, especially children, do not receive all the essential nutrients required for healthy growth and development
4. The children feel that community leaders, including parents, are not fully supporting the school feeding programme, particularly in supplementing the food provided at schools

URGENT RECOMMENDATIONS FOR ACTION

1. Children recommended that households should be encouraged to grow a variety of crops, including legumes, vegetables, fruits, and small grains, in addition to maize. This will improve household food security and provide a wider range of nutrients necessary for children's growth and development.
2. Children want regular food preparation demonstrations to be conducted in the community to equip parents and caregivers with practical knowledge on how to prepare balanced and nutritious meals
3. Children feel continuous community sensitization activities through stakeholder support should be carried out to raise awareness about the importance of proper nutrition for children.
4. children feel there is a need to engage more stakeholders to support the school feeding programme in schools so that nutritional and school attendance improves in the community.

AREAS OF DIVERGENCE

There was no disagreement among the children. They all agreed that the community faces many nutrition related challenges and acknowledged that increased stakeholder engagement and support can help reduce malnutrition in the community and the in schools.

OVERALL SUMMARY

The sessions were interesting and enjoyable for the children, with full participation throughout. The children felt free to discuss issues related to nutrition and demonstrated an understanding that the community faces many challenges in the area of nutrition. To better explain the causes of malnutrition, the children expressed themselves through drawings, illustrating what they would like to see in the community to improve the nutrition situation. Through these discussions and drawings, the children identified several causes of malnutrition, which included the following; Climate change- the children believe that climate change has led to poor crop yields and crop failures, reducing food availability at the household level. They also indicated that many families in the community experience crop losses due to wild animals that invade fields and destroy crops before harvest which is a big set back and feel, Most households in the community depend on a few staple crops, particularly maize, with limited cultivation of other nutritious crops such as legumes, vegetables, and fruits which reduces dietary diversity, they further feel that community leaders, including parents, are not fully supporting the school feeding programme, particularly in supplementing the food provided at schools.

Because of these challenges, the children felt that action should be taken to address the malnutrition issues in the community. During the discussions, they suggested the following solutions to help improve nutrition and food security within the community-

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4. children feel there is a need to engage more stakeholders to support the school feeding programme in schools so that nutritional and school attendance improves in the community.

The children's dialogue session will help partners understand the situation in the community and collaboratively develop solutions to improve the well-being of children. It will also help facilitate children's participation and engagement in issues affecting their lives.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Below were the guiding principles adhered to during the session - Be committed to improve nutrition for all, especially for women and children, - Welcome multi stakeholder diversity and inclusivity , including young people - Respect different perspectives while nurturing trust among stakeholders - Recognize that everyone's nutritional status has multiple determinants - act with urgency - Act with integrity and in an ethical manner - be open to share and learn from others

METHOD AND SETTING

The Meeting was held at a school in a safe and child friendly environment that encouraged active participation. A participatory approach was used, allowing children to freely share their experiences, discuss nutrition related challenges, and suggest locally appropriate solutions through group discussions and drawings. Child safeguarding standards were observed, with facilitators ensuring appropriate measures were in place to protect the safety, dignity, and well-being of all children.

ADVICE FOR OTHER CONVENORS

Should ensure that children's nutrition dialogue meetings are safe, inclusive, participatory, and child-friendly, allowing children to freely share their experiences and ideas while maintaining strong child safeguarding standards throughout the process. Other activities, such as drawings, should be completed prior to the meeting to ensure session runs smoothly and that time is used effectively.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

- Area Development Programme Manager- Sunny Sendoi - Development Facilitator- Community Engagement/ Child Protection - Development Facilitator - iWASH - Ministry of Education and Heath- Chama District

ATTACHMENTS

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CORRECTIONS, ADJUSTMENTS, OR CHANGES - 1/2

Title	Children participating in nutrition
Date	03/09/2026

Children participated in the nutritional dialogue workshop and in attendance were 18 females and 16 males. The discussion focused on the children's understanding of nutrition and the causes of malnutrition in their community also suggesting solutions to the problem.

ATTACHMENTS

- <https://nutritiondialogues.org/wp-content/uploads/2026/08/IMG-20260807-WA0026.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2026/08/IMG-20260807-WA0019.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2026/08/IMG-20260807-WA0002.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2026/08/Children-Drawing-2.pdf>
- <https://nutritiondialogues.org/wp-content/uploads/2026/08/Children-Drawing-1.pdf>
- <https://nutritiondialogues.org/wp-content/uploads/2026/08/Attendance-list-.pdf>
- https://nutritiondialogues.org/wp-content/uploads/2026/08/20260722_122134-scaled.jpg

CORRECTIONS, ADJUSTMENTS, OR CHANGES - 2/2

Title	Importance of Nutrition in Children
Date	03/09/2026

The children participated in the nutritional dialogue meeting in attendance were female 18 and 16 male. The discussion then focused on the children understanding of nutrition and the causes of malnutrition in their community.

ATTACHMENTS

- **Nutritional sessions in progress**
<https://nutritiondialogues.org/wp-content/uploads/2026/08/IMG-20260807-WA0026.jpg>
- **Children Participating**
<https://nutritiondialogues.org/wp-content/uploads/2026/08/IMG-20260807-WA0019.jpg>
- **Children participating**
<https://nutritiondialogues.org/wp-content/uploads/2026/08/IMG-20260807-WA0002.jpg>
- **Children's drawings**
<https://nutritiondialogues.org/wp-content/uploads/2026/08/Children-Drawing-2.pdf>
- **Children's drawings**
<https://nutritiondialogues.org/wp-content/uploads/2026/08/Children-Drawing-1.pdf>

- **Attendance List**
<https://nutritiondialogues.org/wp-content/uploads/2026/08/Attendance-list-.pdf>
- **Children participating**
https://nutritiondialogues.org/wp-content/uploads/2026/08/20260722_122134-scaled.jpg

RELEVANT LINKS

- **Nutritional sessions in progress**
<https://nutritiondialogues.org/dialogue>
- **Children participating**
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<https://nutritiondialogues.org/dialogue>
- **Children's Drawings**
<https://nutritiondialogues.org/dialogue>
- **Children's drawings**
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- **Attendance list**
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