

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Children Workshop on Nutrition
WORKSHOP DATE	Sunday, 21 June 2026 12:00 GMT +05:45
CONVENED BY	Bibek Malashi, NCG Officer, SDF Banke Event announced on behalf of the Convenor by: Bibek Malashi. Technical Support, Translation Feedback published on behalf of Convenor by: Bibek Malashi. NCG Officer
EVENT LANGUAGE	Nepali
GEOGRAPHIC SCOPE	Community Level
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60561/



SDF
Banke



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

1	12-15	13	16-18
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PARTICIPATION BY GENDER

8	Female	6	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

All the participants were from our working community of Janaki Rural Municipality of Banke district, Lumbini Province, Nepal. The participants were from age group of 12-18 years old boys and girls children's.

SECTION TWO: FRAMING

The framing and discussion following topic were discussed: • What is Nutrition and Malnutrition? • What is the current situation of Nutrition status of our local community? • What is your understanding of good nourishment? • ideas to improve nourishment? o What are the problems and ways to solve problems?

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- In the community setting of Madhesi, there are more people below the poverty line. Due to poverty many children were suffering from malnutrition condition like MAM and SAM. The government started the child nutrition benefits per month for children but parents were misuse that benefits in personal use in house hold uses.
- Poor feeding practices like use of junk foods and non-notorious foods.
- Poor sanitation hygiene.
- Low counselling rate of Growth monitoring promotion sessions.

URGENT RECOMMENDATIONS FOR ACTION

- Consults to palika for the monitoring of use or misuse of child benefits given by government.
- Organized orientation about good feeding practices to children.
- Provide the counselling to under 5 mothers and caretaker for good care take and regular follow-up for GMP sessions and completed all vaccination.

AREAS OF DIVERGENCE

- Orientation about food diversity to mother and caretaker of under 5 children.
- Organized nutrition exhibition about the junk and healthy food.

OVERALL SUMMARY

This nutrition dialogue with children in Janaki RM brought together 14 participants aged 12-15, representing a balanced mix of boys and girls from Palika level Child club, wards, and ethnic backgrounds, including Dalit, Muslim, Madeshi and Brahmin/Chhetri communities. The dialogue provided a safe and inclusive space for children to share their experiences, reflect on challenges, and propose solutions related to nutrition, health, and well being.

Children identified several challenges. There is a lack of awareness about nutritious food and limited use of locally available options. Many families, due to low economic status, struggle to provide regular balanced meals. Children also shared that the attractive packaging and taste of junk food make them prefer it over home cooked meals, and because parents are often busy, packaged food is chosen instead of nutritious home food. Social issues such as child marriage and early pregnancy were emphasized as critical barriers, with young mothers often lacking both knowledge and financial resources to feed themselves and their children. Also, children often eat junk food during school lunch breaks.

Children also proposed urgent recommendations for action. They called for nutrition awareness campaigns in schools and communities, highlighting the importance of locally available foods. They suggested conducting awareness programs, strictly preventing child marriage through stronger community monitoring and law enforcement, and promoting kitchen gardens to ensure daily access to nutritious local food.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The Nutrition Dialogue is based on the Nutrition status and current problems of palika retated to nutrition and who to shot out the problems lists outed in dialogue. Children voices were valued, and their experiences shaped the outcomes.

METHOD AND SETTING

The nutrition dialogue was conducted at Hotel Pauwa in Janaki Rural Municipality and engaged 18 children aged 12-15 from different wards and the palika-level child club network. We began the dialogue introduction so that participants could feel comfortable and speak openly. After that, we provided a short explanation about the purpose of the dialogue.

ADVICE FOR OTHER CONVENORS

Ensure diverse representation across gender, age, and ethnicity. Use participatory methods that encourage children to share their personal experiences. Create a safe environment where children feel respected and heard.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We thank the child club network of Janaki Rural Municipality for their active participation and for honestly sharing their views and experiences.