

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Reduce Junk Food, Build Healthy Habits
WORKSHOP DATE	Saturday, 20 June 2026 10:30 GMT +05:45
CONVENED BY	Anusha Prajapati, NCG officer, SOSEC Nepal Event announced on behalf of the Convenor by: Anusha Prajapati. Facilitator Feedback published on behalf of Convenor by: Anusha Prajapati. NCG Officer, SOSEC Nepal
GEOGRAPHIC SCOPE	community level
AFFILIATIONS	This workshop is organized by SOSEC Nepal under the IPF-SHIELD Project, with support from World Vision International Nepal, in collaboration with Bhagawatimai Rural Municipality.
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60699/



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	18
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PARTICIPATION BY AGE RANGE

18	12-15	0	16-18
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PARTICIPATION BY GENDER

8	Female	10	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

All participants were between 12 and 15 years old, representing a balanced mix of boys and girls. They came from different schools and community groups across various wards. The dialogue was conducted with a diverse mix of ethnic groups, including Dalit and Brahmin/Chhetri, to ensure inclusive participation.

SECTION TWO: FRAMING

The workshop began with an engaging introduction designed to make participants feel comfortable and excited. Facilitators used playful methods to break the ice, encouraging interaction before moving into deeper discussions. A chart was created with names of different foods, divided into “healthy” and “junk” categories. Each child was asked to choose and reflect on their preferences, which opened a dialogue about nutrition and malnutrition. Several participants shared their views, helping to ground the discussion in real experiences. The session then progressed to group work. Children were invited to share current practices in their communities, highlighting both positive habits and challenges. They were divided into three groups, each tasked with identifying local nutrition challenges. These were written on brown paper and presented back to the larger group, ensuring that every voice was heard. A particularly powerful moment came when one participant shared a personal story: their parents, who worked in farming, sometimes struggled to produce enough food, leading the family to rely on instant noodles to satisfy hunger. This testimony illustrated the real impact of food insecurity and the way malnutrition can affect children's health and development. Following this, groups brainstormed solutions to the challenges they had identified. They wrote their ideas on brown paper and presented them, sparking constructive dialogue about how communities could improve nutrition practices. Overall, the framing combined fun introductions, personal reflection, and collaborative problem solving. It encouraged children to think critically about their food choices, recognize broader social and economic influences, and begin to see themselves as active contributors to healthier practices in their families and communities.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- Lack of awareness about nutrition and limited use of locally available nutritious food instead they give these nutritious foods to animals
- Low economic status so families could not afford nutritious foods
- Prevalence of child marriage and early pregnancy which negatively affects girls
- Parents are busy in their own work, leaving children without proper care and food security.
- Nowadays, children are giving more priority to junk food because of its attractive packaging and taste, which makes them prefer it over home cooked nutritious meals.

URGENT RECOMMENDATIONS FOR ACTION

- Conduct awareness campaigns and school programs focusing on locally available foods.
- Strictly prevent child marriage by strengthens community monitoring and enforcing laws.
- Promote kitchen garden which helps to get nutritious locally available food daily.

AREAS OF DIVERGENCE

During the dialogue, children had different views on which issues were more urgent. Some felt that poverty was the biggest problem, while others believed that child marriage and early pregnancy were more harmful, affecting both children and mothers.

OVERALL SUMMARY

This nutrition dialogue with children in Bhagwati RM brought together 18 participants aged 12-15, representing a balanced mix of boys and girls from different schools, wards, and ethnic backgrounds, including Dalit 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

This dialogue was guided by inclusive, respect and child centered participation. Equal opportunity was given to both boys and girls. Children voices were valued, and their experiences shaped the outcomes. Dialogue was conducted in a safe, supportive environment that encourage openness and trust.

METHOD AND SETTING

The nutrition dialogue was conducted at Nikesh Hotel in Bhagwati Rural Municipality and engaged 18 children aged 12-15 from different wards and community groups. We began the dialogue with a new style of 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 children of Bhagwatimai Rural Municipality for their active participation and for honestly sharing their views and experiences. Gratitude is also extended to the local schools and families who supported this nutrition dialogue.

ATTACHMENTS

- <https://nutritiondialogues.org/wp-content/uploads/2026/07/3.jpeg>