

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutrition during Emergencies
WORKSHOP DATE	Thursday, 23 July 2026 15:57 GMT +03:00
CONVENED BY	Mohamad Wehbi - Project Officer - World Vision International Lebanon Event announced on behalf of the Convenor by: Mohamad Wehbi. Direct Manager Feedback published on behalf of Convenor by: Mohamad Wehbi . Project Officer
HOST CITY	Deir El Mkhalles, Lebanon
GEOGRAPHIC SCOPE	Lebanon - Chouf - Joun
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60869/

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	15
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PARTICIPATION BY AGE RANGE

15	12-15	0	16-18
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PARTICIPATION BY GENDER

08	Female	7	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop was delivered in collective shelters during the 2026 conflict, bringing together displaced people from diverse backgrounds who were affected by the war. Participants represented different socio-economic conditions, religious communities, and both urban and rural areas. The workshop was designed to be inclusive and accessible, ensuring everyone could participate regardless of their background. Activities encouraged respectful dialogue, equal participation, and mutual support while ad

SECTION TWO: FRAMING

The workshop was introduced by acknowledging the impact of the 2026 conflict on children's daily lives. Many of the participants were living in collective shelters after being displaced from their homes, where access to nutritious food, safe play spaces, and regular routines had been disrupted. We explained that the session was a child-friendly Nutrition Dialogue designed to listen to children's experiences, understand their views on food and nutrition, and ensure their voices were included in future nutrition programming. Using age-appropriate and interactive activities, children were encouraged to talk about the foods they eat, what helps them stay healthy, and the challenges they face in accessing nutritious meals while living in shelters. Discussions explored topics such as limited food variety, changes in eating habits, access to fruits and vegetables, drinking safe water, and the importance of healthy eating for growth, learning, and play. The introduction emphasized that there were no right or wrong answers and that every child's opinion was important. Facilitators created a safe, respectful, and inclusive environment where children felt comfortable sharing their thoughts and experiences. The workshop aimed to better understand the nutrition challenges faced by conflict-affected children and to ensure that future nutrition interventions are informed by their perspectives and needs.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Children described several nutrition challenges linked to living in collective shelters after being displaced by the conflict. They reported having limited access to nutritious and diverse foods, with meals often lacking fresh fruits, vegetables, dairy products, and protein-rich foods. Many children explained that they ate the same foods repeatedly because of limited availability and resources. The shelter environment also affected regular meal routines and access to healthy snacks and safe drinking water. These challenges made it more difficult for children to maintain a balanced diet that supports healthy growth, learning, and overall well-being.

URGENT RECOMMENDATIONS FOR ACTION

Children identified the need for regular access to nutritious and balanced meals while living in shelters. They emphasized the importance of receiving more fresh fruits, vegetables, dairy products, and protein-rich foods instead of relying on repetitive meals. They also highlighted the need for safe drinking water and healthy snacks. Participants suggested that humanitarian organizations continue providing nutritious food assistance and involve children in discussions about their food needs and preferences so that support better reflects their daily experiences.

AREAS OF DIVERGENCE

Most participants shared similar experiences and concerns about nutrition while living in shelters. There was broad agreement that access to nutritious and varied food was limited and that this affected their health and well-being. Some differences emerged in the types of foods children preferred or missed most, depending on their age, family circumstances, and previous living conditions. Overall, there was strong consensus on the need for better access to healthy, balanced meals and safe drinking water.

OVERALL SUMMARY

The Children's Nutrition Dialogue Workshop was organized by World Vision in the Joun area of Chouf, Lebanon, and brought together 15 children living in collective shelters after being displaced by the 2026 conflict. The workshop provided a safe, child-friendly space where children could openly share their experiences, concerns, and ideas about nutrition while living in displacement.

Throughout the session, children described the challenges of accessing nutritious and diverse foods, explaining that meals in the shelters were often repetitive and lacked fresh fruits, vegetables, dairy products, and protein-rich foods. They emphasized the importance of healthy food for their growth, energy, learning, and overall well-being. Children also highlighted the need for safe drinking water and more nutritious snacks.

From the facilitator's perspective, the workshop was highly engaging and meaningful. The children actively participated in discussions and interactive activities, demonstrating a strong willingness to express their views when provided with a safe and supportive environment. Despite the difficult circumstances they were experiencing, the session fostered trust, participation, and hope. The workshop reinforced the importance of listening directly to children's voices and ensuring that humanitarian nutrition interventions are informed by their experiences, priorities, and recommendations.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

METHOD AND SETTING

The workshop was held in a collective shelter in Joun, Chouf, using a child-friendly and participatory approach. Interactive methods, including flip charts, drawings, colors, games, and group discussions, encouraged children to express their ideas and experiences. Child safeguarding standards were followed throughout by creating a safe, respectful, and inclusive environment, ensuring voluntary participation, confidentiality, and age-appropriate activities. Facilitators encouraged every child to

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to thank team World Vision for organizing and supporting this Children's Nutrition Dialogue Workshop, as well as the facilitators and volunteers who created a safe, engaging, and child-friendly environment. We are especially grateful to the children who shared their experiences and perspectives with honesty and courage. Their voices and recommendations are essential for shaping more responsive and inclusive nutrition programs for conflict-affected children living in displacement.

RELEVANT LINKS

- **World Vision**
<https://www.wvi.org/>