

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutrition Dialogue with Children at Rautahat
WORKSHOP DATE	Tuesday, 18 August 2026 17:49 GMT +05:45
CONVENED BY	Rita Lama Event announced on behalf of the Convenor by: Rita Lama . Campaign Coordinator
EVENT LANGUAGE	English and Nepali
HOST CITY	Rautahat, Nepal
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	Yes
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/61082/



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	20
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PARTICIPATION BY AGE RANGE

9	12-15	11	16-18
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PARTICIPATION BY GENDER

7	Female	13	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Children workshop was done among the active members of child club, child congress and Rupantaran classes. The workshop was done in Madhesh where there is mix ethnicity.

SECTION TWO: FRAMING

The workshop introduction was around the nutrition situation of children in Nepal and explained how climate change is affecting children's access to nutritious food. How climate change is affecting in food. Also this workshop was conducted in the 2nd day of School Meal Summit where the children were more focused on government policy regarding nutrition and the school mid-day meal program. The children highlighted challenges around food security. They described experiencing severe heat and drought last year, which led to shortages of clean and safe drinking water and poor crop yields. Unexpected heavy rainfall further destroyed crops. They also shared that they have seen malnourished children in their communities, with families unable to provide enough nutritious food. Instead, children are often given more junk food than healthy meals, worsening the nutrition crisis.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- Landless families are unable to grow their own crops, worsening food insecurity.
- Schools and local levels are not prioritizing nutritious food for children.
- Lack of nutritious food leads to anemia, poor sleep, reduced thinking capacity, and low energy for study.
- Low economic conditions prevent families from affording fresh fruits and vegetables.
- Climate change disrupts rainfall, causing crops to fail or be destroyed.
- School mid-day meal program suffers from low budgets, leaving children without nutritious food.
- Children dependent on parents often miss meals when parents are busy with work or farming.
- Packaged unhealthy food is served instead of nutritious meals in schools.
- Malnutrition and disease affect children, with some born with disabilities due to poor nutrition.
- Parents lacking knowledge about cooking nutritious meals and food variety.
- Heavy use of fertilizers and chemicals reduces nutrition in crops and vegetables.
- Unsafe drinking water at home and schools worsens health risks.
- Few quality health providers limit access to proper treatment and care.

URGENT RECOMMENDATIONS FOR ACTION

- Local authorities monitoring should ensure schools provide nutritious meals to children.
- Community awareness through street drama, training, and home-to-home programs must be strengthened.
- Government budget increase is needed to improve the school mid-day meal program.
- Support for farmers to grow healthy crops and strengthen food security.
- Children prioritized in feeding over elders to ensure proper nutrition.
- Control child marriage to safeguard children's health and access to nutritious food.
- Community nutrition programs should be implemented regularly.
- Pregnant women care must include health check-ups and access to nutritious food.
- Nutritious school meals should replace packaged unhealthy food.
- Encourage traditional foods that are healthier and culturally relevant.
- Families growing food should be encouraged to cultivate vegetables, fruits, and crops.
- Parental responsibility to manage children's food schedules and ensure balanced meals.
- Children's awareness programs to educate them about nutrition and health.

AREAS OF DIVERGENCE

The divergence was more about focus and prioritization rather than disagreement on the core issue. Everyone recognized that climate change and poverty are undermining children's nutrition, but they differed in where responsibility lies (government, community, family) and which solutions should come first.

OVERALL SUMMARY

The workshop took place during the School Meal Summit and centered on the intersection of nutrition policy, the school mid-day meal program, and the growing challenges posed by climate change.

From my perspective, the event felt both urgent and hopeful. There was a strong sense of solidarity among participants, especially children, who spoke openly about their lived experiences. Their voices brought authenticity and emotional weight to the discussions, reminding everyone that nutrition is not just a policy issue but a daily struggle for families. Children shared how food security is worsening due to severe heat, drought, and unexpected heavy rainfall destroying crops.

They described seeing malnourished children in their communities, with families unable to provide nutritious meals. Junk food was identified as a growing problem, often replacing healthy, traditional foods.

Key issues raised:

- Landless families unable to grow crops.
- Schools not prioritizing nutrition due to low budgets and reliance on packaged food.
- Climate change impacts disrupting rainfall and crop yields.
- Unsafe drinking water at home and in schools.
- Parents lacking knowledge about cooking nutritious meals.
- Limited health providers reducing access to care.

Recommendations Highlighted:

- Stronger government monitoring of school meals.
- Increased budget for mid-day meals to ensure nutritious food.
- Community awareness programs through street drama, training, and home visits.
- Support for farmers to grow healthy crops.
- Nutrition programs at the community level, including for pregnant women.
- Encouragement of traditional foods and family-level vegetable cultivation.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop consistently emphasized the urgent need to improve nutrition for all, with a strong focus on women, children, and vulnerable families. Discussions highlighted how nutrition is shaped not only by food availability but also by climate change, poverty, water access, farming practices, and parental knowledge. The event brought together children, community members, and stakeholders, ensuring young people's voices were heard and valued. Participants listened to each other's experiences — from children describing malnutrition in their communities to adults discussing policy gaps — fostering trust and mutual respect.. The atmosphere carried a sense of urgency, with participants stressing immediate action on safe drinking water, nutritious school meals, and climate resilience..

METHOD AND SETTING

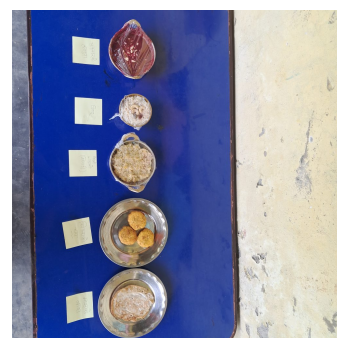
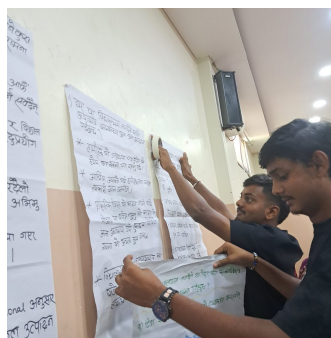
The workshop was conducted in both a hotel hall and a school setting, ensuring a balance between formal dialogue and community engagement. Prior to the sessions, children were briefed on safeguarding protocols, with consent obtained from them and their parents, creating a safe and ethical environment. Mixed groups of participants, they brainstormed and presented by writing in flipchart among the participants. Children shared experiences of food insecurity, malnutrition, and reliance on junk food

ADVICE FOR OTHER CONVENORS

Yes, during this workshop we will also explore more deeply the issues of food security and the impact of climate change on children's access to nutritious food. This will allow us to connect the discussions on nutrition with broader environmental and social challenges, ensuring that children's voices and experiences are central to shaping solutions.

FEEDBACK FORM: ADDITIONAL INFORMATION

COLLAGE PHOTOS



ACKNOWLEDGEMENTS

Thank you to the participants and NGO partners who supported to bring the children from different groups.