

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Capacity Building Training on Nutrition, Youth Engagement and Advocacy for improved Nutrition (School Meal Summit) -Bagmati Province Nepal
WORKSHOP DATE	Tuesday, 4 August 2026 13:32 GMT +05:45
CONVENED BY	Susma Kumari Sarki Event announced on behalf of the Convenor by: Susma Kumari Sarki. Program Assistant
EVENT LANGUAGE	Nepali
GEOGRAPHIC SCOPE	District level
AFFILIATIONS	World Vision International Nepal
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/61307/



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	31
------------------------------	----

PARTICIPATION BY AGE RANGE

11	12-15	20	16-18
----	-------	----	-------

PARTICIPATION BY GENDER

18	Female	13	Male	0	Other/Prefer not to say
----	--------	----	------	---	-------------------------

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

We invited participants across diverse socio-economic status, ethnicity, religion, disability and rural /urban groups of Sindhuli district.

SECTION TWO: FRAMING

The workshop was framed around the critical nutrition, health, and environmental challenges facing Bagmati Province and the Sindhuli district. During the introduction, facilitators highlighted regional nutritional data trends, moving from national figures down to local realities, and engaged participants by asking them to categorize their community's nutritional status using performance postcards. The framing heavily emphasized the compounding threats of climate change—such as rising temperatures, droughts, floods, and irregular rainfall and how these disasters directly disrupt food availability, crop production, dietary diversity, and household economic stability. Local anxieties surrounding modern dietary shifts were also central, particularly the growing prevalence of ultra-packed, ultra-processed foods laden with hidden sugars and excessive sodium. Participants explored how aggressive marketing of unhealthy foods, combined with traditional misconceptions and myths surrounding diet and hygiene, fuels malnutrition and micronutrient deficiencies (like anemia). Furthermore, the introduction contextualized broader systemic health risks, such as water-borne diseases linked to poor water, sanitation, and hygiene (WASH) practices, and the vulnerabilities faced by women and children during early life stages. By utilizing interactive tools like the "Disaster Detective" scenario and salt/sugar boards, the framing connected high-level issues like the Multi-Sector Nutrition Plan (MSNP) directly to the daily lives, food choices, and environmental realities experienced by the children and their families in Sindhuli.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Participants identified a wide array of nutrition, health, and structural challenges affecting their communities and schools:

Proliferation of Ultra-Processed Foods: Children face heavy exposure and easy access to cheap, unhealthy packaged foods containing alarmingly high levels of hidden sodium and sugar, contributing to long-term health risks.

Inadequate Mid-Day Meal (MDM) Funding: When calculating menu costs, participants realized that the government-allocated budget of Rs. 20 per student is fundamentally insufficient to provide a nutritious, balanced weekly meal. Ground realities shared by a guest teacher highlighted severe resource and implementation gaps in school feeding programs.

Climate Change and Disasters: Climate shocks like floods, droughts, and landslides disrupt local agriculture, damage crops, contaminate water sources, and drive up food prices, directly threatening food security and dietary diversity.

WASH and Health Vulnerabilities: Poor sanitation practices and vulnerable water sources heighten risks of infectious diseases like cholera and diarrhea, which severely impact child nutrition and nutrient absorption.

Nutritional Deficiencies and Anemia: High rates of anemia among adolescents, compounded by a lack of awareness regarding proper iron and folic acid (IFA) supplementation, deworming, and menstrual health management.

Deep-Rooted Myths and Knowledge Gaps: Widespread nutritional myths, lack of understanding regarding anthropometric measurements (BMI and MUAC), and poor recognition of the critical first 1,000 days of life impede optimal maternal and childcare practices.

URGENT RECOMMENDATIONS FOR ACTION

Revision of the Mid-Day Meal Budget, Strengthening Multi-Sectoral Coordination, School and Community Peer Advocacy, Promotion of Locally Available Foods, Policy Scout Engagement.

AREAS OF DIVERGENCE

Views, opinions, and positions diverged primarily during budget calculations, multi-sector stakeholder simulations, and baseline assessments:

Initial Food Classification and Nutritional Status: Divergence occurred during interactive group activities—such as categorizing local foods into color groups and assessing community nutrition status using performance postcards. Participants initially showed confusion and conflicting opinions on food groupings and anthropometric markers (MUAC and BMI), which were resolved through facilitator guidance and corrections.

Stakeholder Roles in the Sajha Sawal Simulation: During the multi-sector role-play, differing perspectives naturally emerged between the general public (who raised grievances regarding economic conditions, agriculture, and family roles) and local government stakeholders (such as the mayor, agriculture chief, and school principal). This divergence allowed participants to experience accountability gaps firsthand and explore how different sectors prioritize resources differently, ultimately leading to a consensus on collaborative action.

OVERALL SUMMARY

To conclude, the four-day capacity-building training was conducted on 4th-7th September, 2026 at Ganapati Resort, Sindhuli, with 31 adolescent participants. Through interactive sessions, group activities, performances and IEC material development, participants gained confidence in promoting healthy school meals and nutrition messages. The summit and poshan mela at Shree Sunkoshi Madhyamik Bidhyalaya, Phikkal Rural Municipality-4, provided a practical platform to share their learning with students, teachers, parents, and local stakeholders.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Participatory and child friendly methodologies were properly used.

METHOD AND SETTING

- Practical activities helped participants understand and apply the session content better.
- Stickers used as motivation helped encourage participation and manage activities smoothly.
- The audience at the poshan mela particularly enjoyed the nutrition-themed songs and dance performances, which made the messages more engaging and easier to understand.

ADVICE FOR OTHER CONVENORS

- The involvement of teachers as guardians was helpful from a safeguarding perspective, especially since the participants were underage. Ensuring the safety and security of young participants should be a priority in future training as well.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Thank you to all the encouraging children their active participation make this event more fruitful. Thank you for the facilitation to SOCHAI, Relief Nepal team and all the representative members.