



WORKSHOP RECORD

Name of Facilitator

Name of Record Keeper

Number of Participants

Understanding of good nourishment

Ideas to improve nourishment

Areas of convergence and divergence

Overall Findings

Additional notes from the Facilitator



CHILDRENS WORKSHOPS FEEDBACK FORM COVER PAGE

Learner's voices in transforming school food environments

WORKSHOP TITLE:	<i>Amplifying out of school youth voices on transforming school food environment in Zimbabwe</i>
WORKSHOP DATE:	<i>3 October 2024</i>
CONVENED BY:	<i>Event announced on behalf of the Zimbabwe Civil Society Network Scaling Up Nutrition Alliance by Kudakwashe Zombe</i>
EVENT LANGUAGE:	<i>Shona and English</i>
HOST CITY:	<i>Bindura</i>
GEOGRAPHIC SCOPE:	<i>Sub-national(Provincial)</i>
AFFILIATIONS:	<i>Scaling Up Nutrition Civil Society Network</i>
WORKSHOP EVENT PAGE:	

<i>[Workshop Event Image if available]</i>	<i>[Selected collage image if available]</i>
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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.

*If relevant



27

TOTAL NUMBER OF PARTICIPANTS

Please ensure the totals for each section below add up to this total Participant count.

TOTAL NUMBER OF PARTICIPANTS BY AGE RANGE

12-15

0

16-18

27

TOTAL NUMBER OF PARTICIPANTS BY GENDER

Female

13

Male

14

Prefer
not to say

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

Please describe how your Workshop was diverse across other factors for example, socio-economic status, ethnicity, religion, disability, and rural/urban groups.

Character limit 500 with spaces (approx. 70-120 words)

This workshop invited out of school nutrition youth advocates from urban Bindura, to hear their perspectives on how the government and other stakeholders as well as partners can transform the current school food environments with the intention of ensuring that learners have access to nutritious diets. The dialogue wanted to hear out of school youth experiences from participants who had just completed school. Most of the participants were Christians and Shona speaking natives although they could also speak fluent English. All of them were from high and low density suburbs in Bindura urban. They however varied in their economic statuses as some were coming from upper, middle and lower classes.



FRAMING

Please describe how your Workshop was framed during the introduction, this could include information about the local context (e.g. climate change, conflict, poverty) and nutrition situation. It may also include local anxieties about nutrition felt in the community, for example the prevalence of certain risk factors for malnutrition like pollution and seasonality as well as widespread nutrition deficiencies.

Character limit 2000 with spaces (approx. 280-480 words)

Since participants had some basic knowledge about nutrition, how it affects human growth and development and economies of nations and had previously implemented initiatives that were aimed at ensuring learners had access to nutritious diets when at school during their time when they were at school. The workshop started by randomly grouping the participants into group three groups of 9, the groups were tasked to envision school food environments they would want to see in future. They were allocated adequate time to discuss and capture notes, before presenting their findings in plenary. Other participants were awarded opportunities to ask questions and add what they thought school food environments should be shaped like. The other segment of the workshop was led by a well-qualified facilitator who asked participants on what foods they consumed during the time they were at school, their preferences, exercising habits and others.

**CHALLENGES**

Which nutrition challenges are faced by the Participants of your Children's Workshop? Character limit 2000 with spaces (approx. 280-480 words)

General observation from all the presentations is the current school food environment is not supportive for learners to consume nutritious diets. Participants' experiences revealed that they consumed more of ultra-processed foods and sweetened beverages. Participants envisioned school environments that would provide students with at least one proper meal a day. They would want to see learners consume fruit juices or smoothies, milk, fruits and vegetables and unrefined whole grain carbohydrates. They however indicated that sustainability of such an environment is difficult as students can easily access non nutritious foods they prefer from tuck-shops and vendors within school vicinities. One group highlighted the need to engage parents or guardians in lobbying them to provide nutritious lunches to learners. All groups also envisioned an environment that would provide learners with opportunities to exercise, they indicated that most of the learners in secondary schools no long enjoy playing physical games as they now prefer to play games on phones.

Participants also indicated that during their time in school they did not receive any proper meals from the government or donors. Participants specified that most learners eat on average one or two proper meals a day from home, at school they heavily rely on snacking corn products, biscuits and sweetened freezits/drinks. To change this there is need to conduct education campaigns with the aim of educating learners on the need to watch what they eat

URGENT RECOMMENDATIONS FOR ACTION

What actions were identified by Participants as urgently needed and how did they propose that these be taken forward?

Character limit 2000 with spaces (approx. 280-480 words)

Participants identified the following actions as key in transforming school food environments for better nutrition for learners

- 1) The government needs to make it mandatory for schools to provide at least one meal a day. The meals need to meet preferences of learners and should be prepared in clean environments*
- 2) There is an urgent need to restrict selling of non-nutritious food within school vicinities and promote selling of nutritious foods such as fruits, milk and eggs.*
- 3) School feeding programme has to be adopted as part of the day to day running of schools. It should not only wait for emergencies.*
- 4) Parents need to be educated about nutrition so they can also complement government efforts in ensuring learners have access to nutritious diets when at school*

AREAS OF DIVERGENCE

To what extent did views, opinions and positions diverge?

Character limit 2000 with spaces (approx. 280-480 words)

Participants generally agreed on their views, opinions and positions on transforming school food environments.



Please detail here the overall summary of your Workshop. This will be the primary source for messages as part of the synthesis report to be developed ahead of Nutrition for Growth in March 2025. Please take this opportunity to expand beyond the content of what was discussed, by describing also how the event felt overall from your perspective.

Character limit 4600 with spaces (approx. 500 – 800 words)

The workshop identified a significant association between school food environment interventions and promotion of healthy eating and lifestyles among learners. It also noted that schools can improve the healthfulness of food environments without major economic losses. Schools offer a good starting point in promoting good nutrition among learners, however there is a need to engage the learners in the selection of foods to be served. School feeding programme need to be implemented every term if it is meant to promote good nutrition and health of learners instead of waiting for the lean season only. Measures need to be put in place as a means of restricting sell and marketing of unhealthy food in school environments.

PRINCIPLES OF ENGAGEMENT

Please describe how your Workshop reflected specific aspects of the Principles of Engagement? Refer to the Reference Manual on the Portal for a list of the Principles.

Character limit 1000 (approx. 140-240 words)

The workshop invited nutrition youth advocates of both sexes, varying economic statuses and of the same age group. All selected participants had basic knowledge about nutrition and had previously implemented campaigns to transform school food environments. They were better position to inform the government on how best to transform school food environments.

METHOD AND SETTING

Please describe the methodology used to convene your Workshop, including which aspects of the recommended methodology were used. Please also include a description of how you incorporated child safeguarding standards, and a brief overview of the setting (e.g. formal, informal, outdoor, within a classroom, in a restaurant).

Character limit 500 with spaces (approx. 70-120 words)

The meeting employed group work, plenary discussions and question and answer as its methodology in convening this dialogue.

ADVICE FOR OTHER CONVENORS

Do you have advice for other Convenors about holding a Nutrition Dialogues Children's Workshop?

Character limit 500 with spaces (approx. 70-120 words)

Identify what methodologies young people in your community prefer in dialoging prior to your meeting and ensure you incorporate such methodologies in your dialogue.



ACKNOWLEDGEMENTS

Please add any acknowledgements you would like to make here for example, appreciation of your support team, funders and service providers.

Character limit 500 with spaces (approx. 70-120 words)

We would like to thank nutrition youth advocates who attended the meeting for freely sharing their experiences and insights.



LINKS

Please add any relevant links to websites or existing documentation online. Maximum 10 links.



COLLAGE PHOTOS

Please upload up to ten photos of the collages fevent and remove any identifiers to respect the privacy of the children and young people involved. Please ensure that the photos are clear and zoomed in onto the collage. They may be used as part of general programme communications and for the Nutrition for Growth Summit. Max 5MB each. Please identify which one you would like to feature on the cover page of this Feedback Form.



ATTACHMENTS

Please upload any corresponding files that you wish to share in relation to your Dialogue event e.g. complementary report. These will appear as hyperlinks on your final Feedback Form PDF. Please ensure you have consent from all people in all photos and please do not share photos of anyone under the age of 18. Maximum 10 attachments, maximum 5MB each. Note: Please do not upload photos of participating children to ensure confidentiality and anonymity. Please remove all identifiers including last names, precise venue location, name of school, etc.