

RETURN FORM OFFICIAL

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| DIALOGUE TITLE | Eating habits in the family |
| DATE OF DIALOGUE | Tuesday, December 10, 2024 10:00 GMT +01:00 |
| SUMMONED BY | World Vision Gbadolite Event announced on behalf of the organizer by: {advertiser_name}. {explanation} Feedback published on behalf of the organizer by: Happy NGONGO. MEAL coordinator/ technical support for holding the dialogue |
| LANGUAGE OF THE EVENT | December 10, 2024 |
| HOST PLACE | Gbadolite, Democratic Republic of Congo |
| GEOGRAPHICAL SCOPE | Gbadolite Tobacco and Foundation District |
| AFFILIATIONS | From the World Vision organization Gbadolite office |
| EVENT PAGE OF DIALOGUE | https://nutritiondialogues.org/fr/dialogue/56123/ |



SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS

1

PARTICIPATION BY AGE GROUP

0 0-11

0 12-18

8 19-29

29 30-49

13 50-74

2 75+

PARTICIPATION BY GENDER

23 Female

29 Male

0 Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0 Children, youth groups and students

0 Educators and Teachers

0 Financial institutions and technical partners

1 Health professionals

0 Information and Technology Providers

0 Marketing and Advertising Experts

0 News and Media (e.g. journalists)

0 Science and Universities

10 Government officials and representatives
local/sous-national

24 Women's Groups

0 Civil society organizations (including
consumer groups and organizations
environmental)

5 Religious leaders/Religious communities

0 Food producers (including farmers)

0 Indigenous peoples

0 Large food companies and retailers

0 Government officials and representatives
national/federal

20 Parents and Caregivers

0 Small/Medium Enterprises

0 United Nations

0 Other (please specify)

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAILS ON PARTICIPANT DIVERSITY

In this nutritional dialogue, there is the diversity of the tribes of the environment, the NGOMBES, GBAKA, NGBANDI, MBUNZA, MBAZA who had to give their opinions on eating habits, the majority of parents are farmers and some live small businesses and others live off daily opportunities. Most community leaders are state officials even those who are shepherds of one of the churches in the place.

SECTION TWO: FRAMEWORK AND DISCUSSION

MANAGEMENT

With the facilitation of some religious leaders, local authorities including the District Chief, cell chief who have made available secure spaces to hold these different nutritional dialogues in the 2 districts targeted for this activity the most peripheral of the commune of Gbadolite to accommodate realities in the daily life of the communities in this cultural diversity, / These are the places with high density practically the Tobacco district NKIKOLE cell and Foundation district KONZAPA cell. The collection of information from community leaders was done by individual contact practically in the workplace of each leader. Currently the conditions are acceptable, and the province is going through a dry season with the frequency of respiratory diseases because of dust pollution especially along the roads.

DISCUSSION

Our discussions were around the theme: EATING HABITS IN THE FAMILY, the majority of our questions were open questions to allow each participant to express themselves freely around the subject. Attached are the groups of questions used: Group A: Eating habits: 1. Do you know what we call eating well? 2. Do you know the number of meals that you and your family will have to eat throughout the day from morning to evening, if yes, can you name them? 3. In your family, do you usually eat how many meals in 24 hours? 4. At what time is breakfast often served in the family? 5. Do your children eat breakfast before going to school? 6. And this breakfast is often composed of What? (If the participants can name them) 7. At what time is lunch (the meal) often served in the family? 8. What type of foods are most consumed in the family and especially among children? 9. In the family, do you usually eat dinner (evening meal)? If yes, this dinner is often composed of what foods. 10. During the day, are your different meals associated with fruits? 11. Do you have a family habit of having a snack during the day? If yes, it often happens at what time? 12. Are you satisfied with the quality and composition of the different meals you and the family offer you? 13. Over the past month, has it ever happened in the family that you had nothing to eat? If yes, why, did you inform the family that today we have nothing to eat? 14. Do you ever ask the family for their opinion in choosing the meal to prepare during the day? 15. If today you are asked to choose what the family prefers to eat, what types of food would you accept that they eat regularly? 16.

Do you have time for entertainment?

SECTION THREE: RESULTS OF THE DIALOGUE

CHALLENGES

1. Low income, the majority of parents interviewed admitted to having limited access to quality food to offer to the family, the important thing is that we find something to eat, quality has no place.
2. The choice of meals depends on the means available as long as a good number of parents know the quality of meals to be offered to the family, what is presented, the quantity, quality and types of meals is a function of what the parent has available during the day.
3. Many parents do not know what a meal in a day can be, the number of meals, and the time to make the meal available. Often the preferred time to offer a meal and only one is from 17 and beyond.
4. Due to the limited quantity of the meal, some parents sometimes are deprived of food to meet the needs of the family.
5. Certain foods are forbidden to mothers, due to cultural and religious constraints, for example turtle, stewed meats, leopard, snail, snake, monkey among Kimbanguists.
6. Many parents feel irresponsible when the family lacks food, because there are those who have stated that the family has had to spend more than 7 times without anything to eat during the last 3 months in their daily life, there are those who even have 2 days a week without anything to eat with many psychological and moral consequences.
7. .The majority of parents stated that their children participate and contribute in the work to provide for the family's needs for food and confessed that their children are sometimes exposed to various protection incidents, among others rape, theft, road accidents, inhuman and degrading treatment, loss of property and others.
8. The staple food in different environments is cassava leaves accompanied by cassava flour.
9. Weak communication in nutritional promotion

URGENT ACTIONS

1. To regularly carry out nutritional dialogues in communities and the promotion of good nutritional practices.
2. Need for more support in income-generating activities and also food given a high unemployment rate.
3. Granting Arab land to expand their food cultivation 4. Bringing parents together in associations to promote sustainable development initiatives.
5. Support of health facilities for therapeutic foods for cases of malnutrition 6. Low reporting of cases of malnutrition due to low awareness and lack of community surveillance mechanism for cases of malnutrition 7. Promote community awareness on good nutritional practices by capitalizing especially on churches as a main channel, churches should be involved in behavioral changes, they have a transformative power of beneficiaries.

AREAS OF DIVERGENCE

1. Low parental support for certain development initiatives, some prefer individual support and others support from associations.
2. A group of stakeholders had to point out that there is no concept of breakfast in the community and the others spoke of a low percentage who have access to breakfast. Breakfast is transformed in children before going to school by the granting of a note (i.e. 100 Congolese francs, 200 Congolese francs) which represent absolutely nothing to buy.
3. There are some stakeholders who know the rules of food hygiene but do not practice them, on the other hand there are those who are ignorant of the different rules of food hygiene.

GENERAL SUMMARY

This Nutritional Dialogue, the first of which was organized as part of our grant, which allowed us to gauge the eating habits in the community, was also a good time to receive important information.

Two more peripheral and much more remote neighborhoods with high population density were targeted to draw on the realities and standard of living of the communities in relation to eating habits in the family.

The dialogue noted that many parents do not have the means to provide their family with what we call quality food, the only concept parents have is that they can have the opportunity to make available daily something to eat for the family, the concept of type and quality of the meal is not the subject. Children do not benefit from quality food, eating simply means having something to satisfy hunger and the rest is not important, some parents are capable of depriving themselves of food so that the quantity is sufficient to satisfy the family.

Some parents feel irresponsible for not being able to provide their family with a quality meal with moral and psychological consequences, many hit by unemployment with their plea that support be granted to them.

The majority of parents live from agriculture, a large part of production is intended for sale with a small quantity reserved for family consumption.

Parents stated that children contribute a lot to the survival of the family, including being exploited in sales (small businesses), accompanying parents in agriculture and others, these are the efforts that children make to contribute and that the family has something to eat, and they are subject to various incidents of abuse of protection (rape, theft, mistreatment, traffic accidents, injuries and others).

Low percentage of children also have access to entertainment because they should also work and contribute to household chores, parents. This dialogue has given us the clear guidelines and ideas to see to what extent to conduct awareness sessions in the communities.

The dialogue took place in a safe environment and it allowed us to identify some protection incidents faced by certain groups of children in the family influenced by the precarious socio-economic conditions in the communities. Many needs for support for parents to ensure the proper feeding of their children. Finally, this nutritional dialogue, a good framework for communications, the various recommendations resulting from this framework will help guide our interventions and also increase advocacy for our communities.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT AND METHOD

PRINCIPLES OF COMMITMENT

The different parents were involved and freely gave their opinions in relation to their situation and daily experiences in the family. During the discussions in the Focus Group, a number was assigned to each parent to be able to interact with each participant in order to receive information.

METHOD AND FRAMEWORK

Interactive method with question and answer games on the facilitation guidelines to ensure the effectiveness of the dialogue. The various dialogues were held in secure open spaces, made available by the neighborhood leaders for the mothers, on the other hand for the fathers, the religious leaders gave us a room in one of the churches for the participation of the targeted fathers in the neighborhoods.

TIPS FOR OTHER CONVENERS

We recommend that this nutritional dialogue can be held regularly with a very specific rhythm and that the opinions of the beneficiaries can be taken into account. Also to organize community feedback sessions of our actions in relation to the different recommendations formulated by the members of the communities.

RETURN FORM: INFORMATION ADDITIONAL

THANKS

Our thanks go to the members of the local protection committees in facilitating these nutritional dialogues and also to the involvement of religious leaders and cell leaders, neighborhood leaders for agreeing to support us for success and the achievement of results.

ATTACHMENTS

- Guide to questionnaires with stakeholders https://nutritiondialogues.org/wp-content/uploads/2024/12/Guide_EG-avec-les-Parents-et-personnels-Cles-1.docx
- Photo1 <https://nutritiondialogues.org/wp-content/uploads/2024/12/IMG-20241214-WA0006.jpg>
- Photo2 <https://nutritiondialogues.org/wp-content/uploads/2024/12/IMG-20241214-WA0007.jpg>
- Photo3 <https://nutritiondialogues.org/wp-content/uploads/2024/12/IMG-20241214-WA0009.jpg>