

RETURN FORM OFFICIAL

WORKSHOP TITLE	Eating habits in the family
DATE OF THE WORKSHOP	Tuesday, December 10, 2024 10:05 GMT +01:00
SUMMONED BY	World Vision Event announced on behalf of the organizer by: {advertiser_name}. {explanation} Feedback published on behalf of the organizer by: Happy NGONGO. Technical support for the organization of this nutritional dialogue
LANGUAGE OF THE EVENT	Lingala
HOST CITY	Gbadolite, Democratic Republic of Congo
GEOGRAPHICAL SCOPE	Gbadolite / foundation
AFFILIATIONS	World Vision
EVENT PAGE FROM THE WORKSHOP	https://nutritiondialogues.org/fr/dialogue/56239/



The outcomes of the children's workshops will help develop and identify the most urgent and powerful ways to improve nutrition for all, with a particular focus on children and youth. Each workshop contributes in four distinct ways:

- Published as publicly available PDFs on the Nutrition Dialogues portal Available as public data on the “Explore
- Feedback” page of the Nutrition Dialogues portal Publicly available in an .xls file with all data from the feedback form for advanced analysis Synthesized into reports
- that cover the nutrition challenges faced, the urgent actions that need to be taken, and how to move them forward – in particular, ahead of the Nutrition for Growth
- Summit in Paris in March 2025.

SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS

1

PARTICIPATION BY AGE GROUP

12 12-15

12 16-18

PARTICIPATION BY GENDER

15 Female

9 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON DIVERSITY OF PARTICIPATION

The selected children are those who live on the outskirts of the Gbadolite neighborhoods, where parents live from working in the fields and selling agricultural products in the markets. A child with a disability (an albino), there were 3 children who live under guardianship and 21 others live with their own parents, and also the 21 children in school and 3 others not in school due to precarious socio-economic conditions. The majority of children are orphans of one of the parents.

SECTION TWO: FRAMEWORK

The dialogue took place in a more peripheral district of the commune of Gbadolite, practically in the Tabac district of the NKIKOLE cell and the KONZAPA cell foundation district with the facilitation of the 2 district leaders who allowed us to have a secure dialogue space within the community to allow each child to participate actively and express themselves in complete safety. 2 Focus groups were organized composed of each of the 12 children, separately in the 2 districts as mentioned above under the facilitation of the 2 facilitators, one of whom played the role of facilitator and the other the secretary. Currently the environmental conditions are acceptable, and the province is going through a dry season with the frequency of respiratory diseases due to environmental pollution of dust especially along the roads. The dialogues were organized at favorable times which did not at all disrupt the children's school program. The facilitators had to ensure an environment of trust between the children for free expression. The majority of the questions were open-ended, giving each child the opportunity to express their daily experiences based on the theme explored. We applied the principles of fairness and equality to ensure a peaceful environment, which allowed us to achieve the result

SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

CHALLENGES

- 1) Limited access to sufficient and quality food: the dialogue notes that the majority of children interviewed do not have the real nomenclature of what is called food, they do not know what is called breakfast, lunch and dinner, the importance and that something to eat goes into the mouth to soothe the end.
- 2) The majority of children live in families with a low daily income 3) There are children who are exploited and contribute to work to meet the family's food needs (Sale of small businesses, sale of agricultural products, support to help parents in the fields)
- 4) The meals consumed more are cassava leaves and flour Soya, cassava flour and often products from the family fields or a part is reserved for sale hence low quality of meals. The taking of fruits is related to seasons of various fruits, they are not associated with the meal 5) Children living under guardianship are often subject to various abuses of protection influencing their food condition (a child during the interview admitted one day refusing to go to sell at the market and was subject to deprivation of food and other secondary needs)
- 6) Children have little access to entertainment, and often after completing some family chores assigned by the parents the children can be released for some entertainment in the evening.
- 7) The majority of those interviewed admitted to having spent 5 to 7 hungry days in the last 3 months without eating anything.
- 8) Some meals are forbidden to children due to cultural and religious constraints: snake, turtle, snail, dog and cat which adults consume in the environment, so children are deprived of them 9) Poor accessibility to drinking water (lack of Wash infrastructure in the environment exposing children to waterborne diseases)

URGENT RECOMMENDATIONS FOR ACTION

Many children had to mention some of the following recommendations or actions: - Support their parents' agricultural work with ploughing tools to increase their cultivable surface area and their agricultural production.

- Support parents in income-generating activities, small businesses - Increase public development works by integrating their parents, which is what the government project commonly called "SOCIAL FUND" is currently doing
- Some have asked even outside of support in agricultural areas to provide their parents with clothes, because everything they produce is oriented towards food, they do not have quality clothes to wear.

AREAS OF DIVERGENCE

The divergence was much more oriented in the conversations around the subject of granting clothes to parents as had raised a group of children declaring that their parents do not dress well due to lack of financial means and that their efforts in work are more for the feeding of their family, on the other hand certain groups of children suggested that it is rather the children who should be the beneficiaries of the clothes than their parents.

Despite this element of divergence, the children had to raise certain elements in common, especially in relation to an urgent need to support their parents, which will allow them to have a good diet.

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.

We chose the most peripheral and much more remote neighborhoods to draw on the realities and the standard of living of the communities in relation to eating habits for the well-being of children who are the most vulnerable people and the most affected by malnutrition. The dialogue noted that children do not benefit from quality food, eating simply means having something to satisfy hunger and the rest is not important. Children contribute enormously to the survival of the family, in particular are exploited in sales (small businesses), accompanying

parents in agriculture and others, these are the efforts that children make to contribute so 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 a good group 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 nutrition 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 in difficulty.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT AND METHOD

PRINCIPLES OF COMMITMENT

This Nutritional Dialogue for Children has really integrated several Principles of Engagement, first the principle of equity, equality and social inclusion during all processes. We had to create a favorable environment and free expression for any child who took part in this event, which allowed us to welcome the information. The facilitation was done jointly with the various actors of protection and the Ministry of Gender and Social Affairs.

METHOD AND FRAMEWORK

Interactive method with question and answer games under the guidance of the facilitator to ensure the effectiveness of the dialogue. The children were engaged and freely gave their opinions in relation to their situation and daily experiences.

TIPS FOR OTHER CONVENERERS

It is necessary for the holding of dialogues for children to integrate into the questionnaires, some questions relating to the protection of the child and if possible in the team of the facilitation that it is associated a protection actor. This Dialogue allowed us to identify certain children victims daily of the various abuses of protection and are ignorant

RETURN FORM: INFORMATION ADDITIONAL

THANKS

We would like to thank the members of the local protection committees who agreed to participate in facilitating this nutritional dialogue, which for us is the very first time and a first experience for us in the Grant and also certain political and administrative authorities, in particular the various cell leaders and tobacco district leaders and Foundation . religious leaders for making secure places available to hold our various dialogues

ATTACHMENTS

- Practical Guide to Focus Group <https://nutritiondialogues.org/wp-content/uploads/2024/12/Guide-pratique-focus-group.pdf>
- Consent Form <https://nutritiondialogues.org/wp-content/uploads/2024/12/Fiche-de-consentement.pdf>
- Consent form 2 <https://nutritiondialogues.org/wp-content/uploads/2024/12/FICHE-DE-Consentement-2.pdf>