

8th International OFEL Conference



Food for Thought: IVE4FSG - International Virtual Exchange for Food Security Governance

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Friday - 17th April 2020 Section C

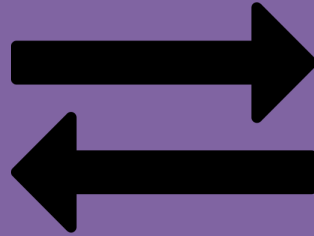


17th - 18th April 2020
Dubrovnik, Croatia



Food for Thought: IVE4FSG - International Virtual Exchange for Food Security Governance

INTRODUCTION



International Virtual Exchange: BRaVE/UFPE, Brazil and COIL/SUNY, USA

Food for Thought: IVE4FSG - International Virtual Exchange for Food Security Governance

Food security evolves global awareness and efforts addressing resources, access and consumption of nutritious and balanced meals which sustain each individual in its own needs.



SURVEY - Healthy Eating Habits

Survey - Healthy Eating Habits

In 2019, about 60 students from both countries engaged in IVE collaborative study focusing on UN's Sustainable Development Goals. FSG is a broad concept and because of that it often raises confusion instead of promoting clear guidelines for healthy eating, production and consumption.

Three Pillars of Food Security, by WHO

Food... A person has the ability to...

Resources: ... secure sufficient financial resources to purchase enough nutritious food to support a healthy diet on a consistent basis.

Access: ... obtain affordable, nutritious and culturally appropriate foods safely and conveniently.

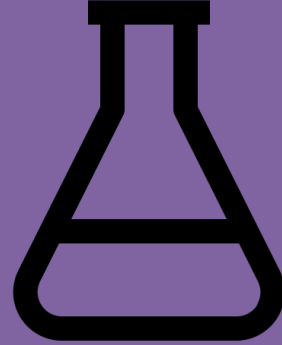
Consumption: ... prepare and store healthy meals, and the knowledge of basic nutrition, food safety, and cooking.

The Brazilian Ministry of Health's Ten Steps to Healthy Eating

1. Try adding mostly natural state (unprocessed) and minimally processed foods to your food pyramid's base.
2. When seasoning and cooking food, (only if really needed) use oil, fat, salt and sugar in small quantities.
3. Limit the consumption of processed foods.
4. Avoid the consumption of ultra processed foods.
5. Eat regularly and attentively, in appropriate settings and, if possible, with company.

The Brazilian Ministry of Health's Ten Steps to Healthy Eating

6. Shop in stores that offer great variety in natural or lowly processed foods.
7. Improve, nurture and share your cooking skills.
8. Plan your schedule so you can give your meals the appropriate time they deserve.
9. Give preference to eating facilities where fresh food is served.
10. Be critical regarding information, advices and messages about nourishment offered in commercials.



AN INVITATION TO COLLABORATE

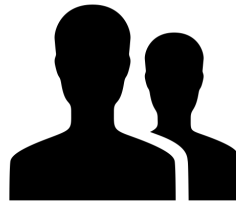
Access to online questionnaire (English)

Survey



<https://forms.gle/Z8EpeupYJWAFVmT66>

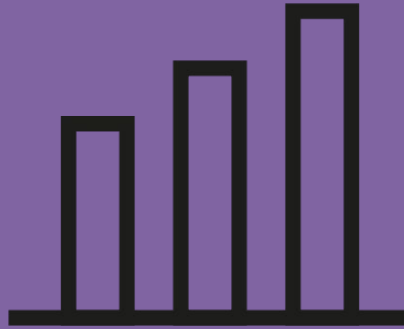
Preliminary results



161 respondents in



Pernambuco, Brazil



Results to be discussed

OFEL 2021

Preliminary results, n=161

Easiest Habits to Follow

Three answers allowed

#2. When seasoning and cooking food, (only if really needed) use oil, fat, salt and sugar in small quantities. (64.6%)

#3. Limit the consumption of processed foods. (50.3%)

#4. Avoid the consumption of ultra processed foods. (55.9%)

Easiest Habits to Follow: Wordcloud



Preliminary results, n=161

Easiest Habits to Follow: Wordcloud Analysis

Most mentioned words:

- Time
- Practicality
- Facility

Remarkable organic appearances:

- Access
- Resources
- Consumption

Preliminary results, n=161

Most Difficult Habits to Follow

Three answers allowed

#5. Eat regularly and attentively, in appropriate settings and, if possible, with company. (46.6%)

#6. Shop in stores that offer great variety in natural or lowly processed foods. (35.4%)

#8. Plan your schedule so you can give your meals the appropriate time they deserve. (49.1%)

Most Difficult Habits to Follow: Wordcloud

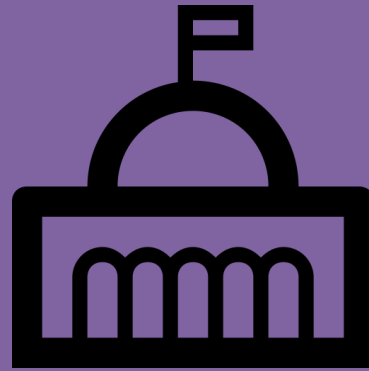


Most Difficult Habits to Follow: Wordcloud Analysis

Most mentioned words:

- Time (60 times)
- Price (14 times)
- Cost (9 times)
- Expensive (7 times)
- Money (6 times)
- Financial (4 times)
- Resources (4 times)

Maintaining healthy habits is time consuming and expensive to large number of respondents.



SOCIO-ECONOMIC ANALYSIS OF RESPONDENTS

Socio-Economic Analysis: Gender



Female

68.3%



Male

31.1%



Non-binary

0.6%

Socio-Economic Analysis: Age

16-24

48.4%

25-34

28%

35-49

13.7%

50-64

8.7%

65+

1.2%

Socio-Economic Analysis: Occupation

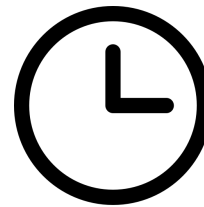
More than one answer allowed



Student
54%



Full-time
worker
41%



Part-time
worker
25.5%



Retired
1.2%

Socio-Economic Analysis: Education

Incomplete
Bachelor's Degree

42.9%

4 main results

Complete
Bachelor's Degree

18.6%

Complete Graduate's
Course Degree

9.9%

Complete Master's
Degree

7.5%



PRELIMINARY FINDINGS FOR DISCUSSION

Main Preliminary Findings

FSG is VERY contextual, therefore more information need to be analysed to infer results.

Open questions are to be analysed in clusters, relating to literature and country of residents.

Given the FSG complexity it is alluring that respondents comment on their good habits and how they plan to insist on healthy eating until becoming habits.

BIG THANK YOU!

From Amanda, Lilian, Cristiane and Ann

Please forward our questionnaire to your country network adding how important it is to fill in the open questions.