

Fourteenth International Conference on
Food Studies

XIV Congreso Internacional sobre
Estudios Nutricionales y Alimentación

Place Matters:
The Valorization of
Cultural, Gastronomic,
and Territorial Heritage

El lugar importa:
La revalorización del
patrimonio cultural,
gastronómico
y territorial

Polytechnic Institute of Portalegre, Portalegre, Portugal



2-4 October 2024



Fourteenth International Conference on Food Studies Conference Proceedings

<https://food-studies.com/about/history/2024-conference>

<https://estudiosnutricionales.com/acerca-de/historia/congreso-2024>

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Welcome Letter



New Thinking

New Practices

New Societies

International Independent Interdisciplinary Scholar-led Non-Profit Since
Research Networks Conferences Journals Books Media Lab 1984



Dear Conference Participants,

On behalf of Common Ground Research Networks, I welcome you to the Fourteenth International Conference on Food Studies.

Founded in 2011, the Food Studies Research Network is brought together around a common interest to explore new possibilities for sustainable food production and human nutrition, and associated impacts of food systems on culture. We seek to build an epistemic community where we can make linkages across disciplinary, geographic, and cultural boundaries.

This truly international conference brings together a diverse group of scholars, practitioners, and thought leaders from around the world. We are proud to provide a platform for exchanging ideas, and presenting research, addressing some of the pressing issues of our time.

Our conference theme, "Place Matters: The Valorization of Cultural, Gastronomic, and Territorial Heritage," reflects our commitment to exploring new frontiers in research and practice. Over the next few days, In-Person or Online, you will have the opportunity to attend keynotes, panel discussions, and other session types led by our Emerging Scholars. We encourage you to take full advantage of these sessions to gain new insights, expand your professional network, and find inspiration for your own work.

We want to thank our keynote speakers Ricardo Bonacho, Francesc Xavier Medina Luque, and Gerrie du Rand, conference chairs Cátia Rijo and Vera Barradas, presenters, and volunteers whose dedication and hard work have made this conference possible. We also thank our host partner Polytechnic Institute of Portalegre, for their generous support.

We hope you find this conference to be an intellectually stimulating and rewarding experience. Your active participation is crucial to the success of this event, and we look forward to the lively discussions and valuable connections that will emerge over the next few days.

Warm regards,

Dr. Phillip Kalantzis Cope
Chief Social Scientist
Common Ground Research Networks

September, 2024

Fourteenth International Conference on Food Studies
Place Matters: The Valorization of Cultural, Gastronomic, and Territorial Heritage
2-4 October 2024

It is our great pleasure to extend a warm welcome to all of you to the Fourteenth International Conference on Food Studies with special focus on the theme, Place Matters: The Valorization of Cultural, Gastronomic, and Territorial Heritage, hosted by Portalegre Polytechnic University. Between 2 and 4 October, participants from all over the world, including researchers, experts, teachers and students, will be able to exchange knowledge in a region that is absolutely privileged when it comes to the study of food and its potential.

The Portalegre Polytechnic University is a pillar higher education institution for the entire region and already has research on these topics from various scientific areas. From agriculture to human health and design.

Once again it is with great pleasure that we welcome you to our institute for this conference. Over the days, you will have the opportunity to share and explore new scientific perspectives, immersing yourself in a program carefully designed to foster high-quality discussions, networking, and the advancement of knowledge in this fascinating and essential field.

In addition to the scientific sessions, we invite you to enjoy the best that Alentejo region has to offer. Situated in the heart of nature, our institute provides the perfect setting for balancing work and relaxation. Take in the natural beauty, cultural heritage, and local gastronomy, which will surely make your experience here not only academically enriching but also memorable and refreshing.

With kind regards
Vera and Cátia
Local Conference Hosts

Dear Conference Participants,

It gives me immense pleasure to welcome you to the Fourteenth International Conference on Food Studies at the Politécnico de Portalegre in the town of Portalegre, Portugal during the week of 2-4 October 2024, with the special theme Place Matters: The Valorization of Cultural, Gastronomic, and Territorial Heritage.

The conference theme has at heart the concept “place”, where human experience interacts within the intersection of geographical and cultural boundaries. The mission of the conference is to “reveal the essence of a region, brimming with deep meaning. Through rigorous intellectual inquiry and lively social engagement, we seek to foster discussions that illuminate the intricate tapestry of cultural and territorial identity”. In this conference, we will delve into the intricate relationship between food, nutrition, and health; consider the interplay of food policies, politics, and cultures, drawing wisdom from the past as a valuable resource; extract knowledge from bygone eras, enriching our present by revitalizing the culture, memory, heritage, and identity of both a people and their cherished territory.

During your time at the conference, we encourage you to partake in as many of the diverse range of keynote addresses, presentations, sessions and workshops as you possibly can. They cover a broad spectrum of topics and countries, including discussions on food wisdom guiding British Columbian food policies, Japanese food on the plate – extending beyond food from the sea, as well as a discussion of American food and the diversity that is to be found from exploring different flavours.

I extend a warm welcome to all participants to the 14th International Conference on Food Studies, we hope that you will have fruitful discussions and memorable experiences in Portalegre. We also thank our hosts, the Politécnico de Portalegre, for graciously agreeing to host this conference.

In 2025 the conference will be hosted in Pretoria (my home city), South Africa. Feel free to contact me personally if you would like to know anything about our city, our country or any of our neighbouring countries when planning your trip and you consider visiting Cape Town, our neighbour Maputo, in Mozambique, the Kruger National Park, or any other part of our beautiful country or region.

Yours sincerely,

Hennie Fisher
Research Network Chair
Food Studies Research Network



Food Studies
Research Network

Founded in 2011, the **Food Studies Research Network** is brought together around a common interest to explore new possibilities for sustainable food production and human nutrition, and associated impacts of food systems on culture. We seek to build an epistemic community where we can make linkages across disciplinary, geographic, and cultural boundaries. As a Research Network, we are defined by our scope and concerns and motivated to build strategies for action framed by our shared themes and tensions.

Food Sustainability

How sustainable is our current food system?

Access to affordable and quality food is one of the key challenges of our time – to feed a growing world population, to feed it adequately and to feed it using sustainable production practices. Food production entails intensive and extensive relationships with the natural environment. Many of the world's key environmental problems today are related to agricultural practices. Agriculture and food industries are also uniquely positioned to make a constructive contribution towards efforts designed to address these problems.

How sustainable is our current food system? It takes 160 liters of oil to create a tonne of corn in the United States. One kilo of beef takes 8-15 kilos of grain in feedlot production, requires 10,000 liters of water, generates 35 kilos of greenhouse gasses, and creates feedlot pollutants which need to be disposed of responsibly. There is growing public concern for the welfare of feedlot animals and birds, the use of antibiotics in feed and the food values of meats grown under these conditions. Agriculture is also the largest single user of fresh water, accounting for 75% of current human water use. In many parts of the world we are on the verge of a water crisis, exacerbated in places by climate change. Meanwhile, lengthening food supply chains extend the carbon footprint, and centralized just-in-time production creates new food vulnerabilities.

Concern is also raised about the impacts of rising energy costs, the diversion of foods into biofuel production, soil depletion and exhaustion, chemical fertilizers, encroachments of onto farming land for residential and commercial uses, deforestation as more agricultural land is sought, depletion of wild food sources such as fish, and fresh water crises ... to mention just a few critical issues raised by today's food systems.

In the meantime, our food needs are not standing still. It is estimated that food production will need to rise 50% in the next 20 years to cater for an increased global population and changing habits of food consumption with more people are eating increased quantities of meat and dairy. This not only has environmental consequences; the resultant food price inflation also has negative consequences measured in terms of its social sustainability.

In this context, some commentators have even started to speak of 'peak food' when the earth's food-producing capacities are stretched beyond their limits.

What might be done? How might a sector which has often become part of the problem, become a pivotal player in finding solutions? How might we create sustainable food ecosystems? How might we develop low-carbon agriculture? Indeed, how can food systems assist in carbon sequestration? How can we use water less wastefully? How can we improve animal welfare? How can we change eating habits so they are both more healthy and also use our natural resources to best effect in a more equitable global food system?

We can only answer questions that are so large with a new green revolution, qualitatively different from the green revolution of the twentieth century, and in its own way potentially just as transformative.

Food in Human Health and Wellbeing

How do we improve public understandings of nutrition and community eating practices?

It is estimated that three quarters of health care spending in the developed world addresses chronic diseases—including heart disease, stroke, cancer and diabetes—many of which are preventable and linked to diet. Similar trends are in evidence in other developed countries, and also developing countries as diets come to resemble more closely those of affluent countries. Meanwhile, access to inadequate food is one of the key consequences of widening global inequality, and translates into malnutrition, hunger, disease and shortened life expectancy for billions amongst the world's population.

This is the momentous background to the work of researchers, practitioners and teachers in the wider range of disciplines that concern themselves with food and human nutrition, from the agricultural to the health sciences, from economics to sociology, from studies of sustainable human systems to the aesthetics and culinary arts of food. At root, the aim of all these endeavors can simply be stated: the equitable availability of a nutritious and safe food supply.

Food and health sciences need to work together to address these issues. How do we ensure food sovereignty, on a local and global scale? How do we build public trust in food safety, creating a broader understanding of new technologies and addressing concerns that are frequently voiced about microbiological safety, genetically modified crops, animal health and welfare and food additives?

Food Politics, Policies, and Futures

How do we navigate the politics and policies of food systems?

Governments have long intervened both in agriculture and public health. In the case of agriculture, government intervention brings controversy, raising as it does questions about the role of government in relation to the market, 'protectionism' versus 'free markets', 'food sovereignty' or when some argue that agricultural policies should be allowed to be determined by global markets, and the difficulties that poor countries have selling their products into protected, developed-world markets.

In the area of public health, for some in the developing world, an improvement in health and wellbeing may simply arise from having an opportunity to eat once a day. In both developing and developed countries, however, government policies to improve health require integration of nutrition and food needs with economic growth and development objectives. Included in this agenda has to be the health care system, education addressing diet and nutritional needs, and changing life styles and food choices. Political support is required to achieve national health goals with emphasis on nutrition and food sciences. The medical community also has a role to play as it considers the impact of diet and nutrition on health outcomes.

Members of food producing communities and enterprises have a role to play—ranging from global agribusinesses that need to adapt to changing markets and social norms, to innovative alternative organic or local foods enterprises, to organizations advocating farm and food processing worker rights, to groups trying to address the needs and farming practices of the world's one billion agricultural workers, half of whom do not own land or equipment and who effectively work in conditions of semi-serfdom.

Social movements and lobby groups will also have their roles to play. These may range from groups representing agribusinesses, to organic and local farming groups, to alternative food movements such as vegetarians and vegans, 'slow food' and healthy food movements, to efforts to create gardens and teach cooking, health and nutrition in schools.

Finally, educators and researchers also have a role to play, studying problems, testing solutions and communicating their findings to the public through the media, as well as in formal education programs. Better education efforts are needed to inform the public of human nutritional needs, and to encourage food producers and manufacturers to produce healthier foods using more sustainable systems. While health and wellness is a booming global industry, there are still billions of world citizens that are malnourished or lacking sufficient food to meet their basic nutritional and physiological needs.

Theme 1: Food Production and Sustainability

Exploring the environmental conditions of food production.

Living Tensions:

- Principles and practices of sustainable agriculture
- The green revolution
- The new green revolution
- Genetically modified foods
- Organic foods
- Natural disasters and the food supply
- Food production and the water supply
- Diversion of foods into biofuels
- Implications of transitions with growing affluence from grains, legumes and pulses, to meat and dairy
- Agricultural fossil fuel use and rising energy costs
- Soil depletion, exhaustion, erosion and fertilizers; and remedies
- Agricultural land availability and 'peak food'
- Farmland preservation
- Urban agriculture
- Agriculture and deforestation
- Agricultural greenhouse gases and climate change; and remedies in agricultural carbon sequestration
- Hydroponic and low-carbon agriculture
- Farm originated and feedlot pollution
- Animal welfare
- Sustainability of wild fisheries and other wild food sources
- The environmental impact of seafood farms
- Waste management in food production and environmental sustainability
- The global food market
- Large scale and global agribusiness: efficiencies, offerings and deficiencies
- Community food security
- Sustainable food communities
- The local food movement
- Economics of farmers markets and community co-ops
- Urban and rural food deserts
- Supply chains: just-in-time distribution, transportation and warehousing

Theme 2: Food, Nutrition, and Health

Investigating the interrelationships of nutrition and human health.

Living Tensions:

- Human nutritional and dietary needs
- The chemistry of food, nutrition and human energy
- Food contamination and food-borne illness
- Food safety assurance, risk analysis and regulation
- Growth hormones and antibiotics in food, and their effects on children
- Food and chronic disease: obesity, heart disease, cancer, diabetes
- Food poverty
- The socially equitable diet
- Food, nutrition and public health
- Nutrition labeling
- Processed and unprocessed foods: health implications
- Safe fruit and vegetable processing in a global market
- Genetically modified foods and food engineering
- Foods and nanotechnology
- Food flavors, the taste of food and preferences
- Biotechnology and today's food
- Food and global health challenges
- Consumer trends and nutritional behaviors
- Nutrition and disease management and prevention
- Food and the wellness industry
- Eating disorders
- Vitamin supplements and medical needs
- Food marketing to children
- Ethnic foods and community nutrition

Theme 3: Food Politics, Policies, and Cultures

Exploring claims, controversies, positions, interests and values connected with food.

Living Tensions:

- Urbanization, population growth and the global food supply
- The political economy of food
- Food prices inflation and food scarcity
- Food supply, transportation and storage
- Free markets versus agricultural protectionism and subsidies
- Farm law and public financing
- The impacts of developed world trade barriers on the developing world
- Hunger and poverty: public policy in food and nutrition
- WHO policies on world nutrition
- Global food ethics
- Farmers' organizations and movements
- Farm worker rights
- Fast food and slow food
- Celebrity and media chefs
- Consumer 'taste'
- Vegetarian, vegan and other dietary systems
- 'Ethnic' and regional foods
- Food taboos: kosher, halal etc.
- The cultures of 'the table'
- Food sociability
- Gendered home cooking patterns
- School and community food gardens
- The alternative food movement
- Food advertising and food media
- Food safety regulations and guidelines
- Food self-sufficiency and 'food sovereignty'
- 'Fair Trade'
- Animal rights and welfare initiatives
- Food sovereignty and free trade regimes
- Malnutrition and international food programs

Hennie Fisher

University of Pretoria, South Africa



Dr. Hennie Fisher is a Culinary Arts lecturer in the Department of Consumer and Food Sciences of the Faculty of Natural and Agricultural Sciences at the University of Pretoria. He holds a PhD in Food Management for which he developed and validated a Food Literacy Measurement Instrument using Rasch Modelling. Other research involves Cultural Food such as the Chikanda of Zambia, Sensory Research regarding Mogodu (a local tripe dish) as well as collaborative work in areas of Food Waste, and modernising Culinary Training through Flipped Learning and on-line submission of practical preparation documents. Hennie co-authored a book chapter titled Eating and Drinking in Southern Africa, edited by professor Herbert Meiselman and published by Springer (2020). Hennie holds an advanced diploma from the Cordon Bleu School as well as a two-year Diploma from the Cape Wine Academy. He gained cooking experience at the Michelin-starred Gidleigh Park restaurant in Devon, England, under Shaun Hill; at The Wilds Restaurant in Fulham, London, and worked as restaurant manager at Lucy's Restaurant in Stanley, Hong Kong. Back in South Africa, he co-owned Sirocco, a restaurant serving Mediterranean food in the Gerhard Moerdyk Village in Sunnyside, as well as Mufuti Restaurant in Riviera, which served modern Pan-African cuisine.

Hennie occasionally writes about food and wine for the Pretoria News and the Sunday Times, writes monthly reviews for the Eat Out Restaurant Guide website and contributes to the annual Eat Out Top 500 Restaurant print guide. Hennie is involved in many community engagement programmes, and has acted as external moderator for tertiary education institutions such as the University of Johannesburg, University of North-West, University of South Africa (UNISA), Steyn's Culinary Academy, Capital Hotel School, Rietondale High School and the Chaîne des Rôtisseurs. Hennie has served on the Department of Basic Education's examination panel for Hospitality Studies and as book referee for Hospitality text-books. Hennie is a full board member of BICSA, a baking incubator based in Pretoria. Hennie belongs to the South African Chefs Association and the South African Association of Family Ecology and Consumer Science, and is a member of the International Association of Consumer Research. Hennie has been invited to serve as a judge at the annual Sunday Times Cookbook Awards as well as at the annual Galliova Awards. Hennie regularly presents at international conferences, most recently at the International Food Studies Conference in Kaohsiung City, Taiwan in October 2019, as well as The Oxford Food Symposium in September 2021.

Blanca Rosa Aguilar UscangaUniversity of Guadalajara, Mexico **(Spanish)**

Doctora en Ciencias en Biotecnología, egresada del Institut National des Sciences Appliquées de Toulouse en Francia. Master en Ciencias de los Alimentos. Actualmente Profesor investigador de tiempo completo en el Centro Universitario de Ciencias Exactas e Ingenierías de la Universidad de Guadalajara en México. Miembro del Sistema Nacional de Investigadores (SNI) en México con nivel 2. Profesor asociado honorífico en el INRS-Institute Armand Frappier en Canadá. Las áreas de investigación que trabaja son: Biotecnología de Alimentos, desarrollo de alimentos funcionales, bebidas fermentadas, probióticos, prebióticos y seguridad alimentaria. Así como, el área de la microbiología de alimentos y aplicada, para la obtención de metabolitos y compuestos bioactivos vía microbiana, Colaborador con instituciones nacionales e internacionales.

The **Food Studies Research Network** is grateful for the foundational contributions, ongoing support, and continued service of our Advisory Board.

- **Andrea Brace**, Towson University, United States of America
- **Claire Drummond**, Flinders University, Adelaide, Australia
- **Hennie Fisher**, University of Pretoria, South Africa
- **Kristen Harrison**, University of Michigan, United States of America
- **Kathleen LeBesco**, Marymount Manhattan College, United States of America
- **Pearl Lin**, University of Hospitality and Tourism, Kaohsiung City, Taiwan
- **Sonia Massari**, Roma Tre University, Italy
- **Carlo Alberto Pratesi**, Roma Tre University, Italy
- **Antoinette Pole**, Monclair State University, United States of America
- **Lars Qvortrup**, Aarhus University, Copenhagen, Denmark
- **Carla Ramsdell**, Appalachian State University, United States of America
- **Lorenzo Scarpone**, Slow Food San Francisco, United States of America
- **Courtney Thomas**, Virginia Tech, United States of America
- **Karen Wistoft**, Aarhus University, Copenhagen, Denmark
- **Bill Winders**, Georgia Institute of Technology, United States of America
- **Carlos Yescas**, Instituto Mexicano del Queso, Mexico



Fourteenth International Conference on Food Studies



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Past Events

- 2011 - University of Nevada Las Vegas, Las Vegas, USA
- 2012 - University of Illinois, Champaign, USA
- 2013 - University of Texas at Austin, Austin, USA
- 2014 - Monash University Prato Centre, Prato, Italy
- 2015 - Virginia Polytechnic University, Blacksburg, Virginia, USA
- 2016 - University of California at Berkeley, Berkeley, USA
- 2017 - Gustolab International Institute for Food Studies and Roma Tre University, Rome, Italy
- 2018 - University of British Columbia - Robson Square, Vancouver, Canada
- 2019 - National Kaohsiung University of Hospitality and Tourism, Kaohsiung City, Taiwan
- 2020 - Marymount Manhattan College, New York City, USA (Virtual)
- 2021 - Aarhus University, Copenhagen, Denmark
- 2022 - Marymount Manhattan College, New York USA
- 2023 - University of Guadalajara Guadalajara, México

The **Food Studies Research Network** is thankful for the contributions and support of the following organizations.



Cátia Rijo

Vice President of Higher School of Education of Lisbon, Lisbon Polytechnic, Portugal
Coordinator of the Visual Arts and Technologies Degree
DesignLab4U Founder



Cátia Rijo has a Ph.D. in Design from the Faculty of Architecture of Lisbon, a Master's in Graphic Design, and a Degree in Visual Design, both from IADE.

In 2016 she founded DESIGNLAB4U, a professional laboratory that immerses students in pedagogical work, offering the opportunity to collaborate with real projects within community settings to develop culturally and socially enrichment activities.

She is currently Vice President of Higher School of Education of Lisbon, where she coordinates and teaches curricular units related to Design. In addition, she is a Coordinator of the Arts and Technologies Degree at the Interdisciplinary Center for Educational Studies of Education and a research member at CIAUD.

Vera Barradas

Pró-Presidente, Comunicação e Imagem Institucional, Coordenadora Mestrado design de identidade digital, Politécnico de Portalegre, Portugal



Vera Barradas is a professor in the Department of Arts Design and Animation at the Polytechnic Institute of Portalegre where she has taught since 2001. She is currently the Pro-President in the area of Communication and Institutional Image of the Polytechnic of Portalegre. In 2017 she defended the Doctoral Thesis "The image of children's clothing brands created through online experience" at Extremadura University. Vera regularly participates in congresses and seminars with a special focus on investigating topics such as corporate visual identity, digital media, experience design, and emotional design. Vera was a co-founder of 7783 Atelier de Design, having developed projects in the areas of communication design and illustration. Coordinates the master's degree in digital identity design at the Escola Superior de Tecnologia e Gestão do Politécnico de Portalegre and is a member of communication area in the group for continuous improvement of communication. She's an integrated member of the Valoriza - Research Center for the Valorization of Endogenous Resources.



Place Matters: The Valorization of Cultural, Gastronomic, and Territorial Heritage

In a "place," a complex landscape emerges, where the interaction of geographical and cultural boundaries orchestrates a dynamic of human experiences. This concept of "place" goes beyond just geography; it transforms into an anthropological realm, a crucible of identity, a platform for interconnected stories, and a repository of history.

At the Fourteenth International Conference on Food Studies, we aim to explore the profound significance of "place" by peeling back its layers through the lenses of cultural, culinary, and territorial heritage. Our mission is to reveal the essence of a region, brimming with deep meaning. Through rigorous intellectual inquiry and lively social engagement, we seek to foster discussions that illuminate the intricate tapestry of cultural and territorial identity.

Our journey will span the domains of food production and sustainability, forging a path toward comprehensive nourishment. We will delve into the intricate relationship between food, nutrition, and health. Throughout our exploration, we will consider the interplay of food policies, politics, and cultures, drawing wisdom from the past as a valuable resource. Together, we will extract knowledge from bygone eras, enriching our present by revitalizing the culture, memory, heritage, and identity of both a people and their cherished territory

Francesc Xavier Medina Luque

Full Professor, Academic and Programmes Co-Director, Department of Food and Nutrition, Faculty of Health Sciences, Universitat Oberta de Catalunya, Spain



F. Xavier Medina holds a PhD in Social Anthropology from the University of Barcelona (Spain). Full professor (Social Anthropology / Anthropology of Food and Nutrition) at the Department of Food, Nutrition and Physical Activity, Faculty of Health Sciences, Universitat Oberta de Catalunya (UOC, Barcelona, Spain).

He is the Chair-holder of the UNESCO Chair on Food, Culture and Development, and World President of the International Commission on the Anthropology of Food and Nutrition (ICAF). He is also principal investigator of FoodLab, an Interdisciplinary research group on food, nutrition, society and health, and vice president of the Catalan Institute of Anthropology (ICA). As author or editor, he has published some twenty books and over a hundred scientific articles in international journals and books. He was a member (and writer) of the editorial team for the candidature of the Mediterranean Diet as an Intangible Cultural Heritage (UNESCO, 2010).

Ricardo Bonacho

Assistant Professor, Universidade Europeia of Lisbon, Portugal



Ricardo Bonacho has a PhD in Design with a specialty in Food Design from the Lisbon School of Architecture of the Universidade de Lisboa and a title of Specialist of Recognized Merit with public assessments in Audio-Visual and Media Production (CNAEF 213). He is the coordinator of the Degree Course in Hotel Management and Assistant Professor at the Universidade Europeia of Lisbon. For ten years, he was coordinator and professor of the master's degrees in Innovation in Culinary Arts and Sciences and Food Design at the Estoril Higher Institute for Tourism and Hotel Studies and professor in the areas of Marketing and Communication at the Higher School of Tourism and Sea Technology of the Polytechnic Institute of Leiria. He is a Guest Assistant Professor at the ELISAVA - Barcelona School of Design and Engineering in Barcelona and the Faculty of Arts and Humanities of the University of Coimbra on the Food Heritage: Identity and Cultures doctoral course. He is co-founder of the nonprofit FORK - Food Design for Opportunities, Research and Knowledge; co-founder of Food Design Lab Lisboa; and Director of Marketing, Communication and Innovation at Imppecto, Catering & Events. He is also a collaborating researcher at CEAUL - Center for English Studies at the University of Lisbon and CETRAD - Centre for Transdisciplinary Development Studies at Universidade Europeia and University of Trás-os-Montes (UTAD). He researches, publishes and teaches in several scientific areas: Design, Communication, Innovation, Gastronomy, Gastronomic Tourism, Consumer Behavior, Marketing and New Media.

Gerrie du Rand

Associate Professor, Department of Consumer and Food Sciences, University of Pretoria, South Africa



Prof Gerrie du Rand is an associate professor in the Department of Consumer and Food Sciences at the University of Pretoria, South Africa now in a post-retirement position. She is recognised academically as a researcher and expert in the field of Food and Hospitality related consumer behaviour. Her specialty area of interest is Food Tourism and the use of Local foods in culinary mapping. Her current involvement with postgraduate students focuses on consumer food practices and behaviour, culinary practices, innovative culinary product and recipe development, and food tourism. She is also affiliated with WFTA as the Academy director.

Each year a small number of Emerging Scholar Awards are given to outstanding early-career scholars or graduate students. Here are our 2024 Emerging Scholar Award Winners.

Kelly Spring

The Fork Front, USA



Mariane Ravagio Catelli

São Paulo State University,
Brazil



Evelyn Lambeth

University of Tasmania, Australia



Ellen Gonzalez

PUC Rio, Brazil



Erika Borrelli

University of Windsor, Canada



Mónica E. Lugo-Vélez

North Carolina State University,
United States



Danica Trifunjagić

Institute for Danube Swabian History
and Regional Studies, Germany



Nida Saeed

University of London, UK



Alison Kuah

University of Cape Town, South
Africa



Bruna Blaskievicz

Federal University of Rio de Janeiro, Brazil



Diana Pinto

University of Porto, Portugal



Dishari Chattaraj

Indian Institute of Technology Indore, India



Lee Frankel-Goldwater

University of Colorado Boulder, USA



Morgan Carroll

University of South Carolina, USA



Yuliia Andriichuk

Adam Mickiewicz University, Poland



**Presenters, Presentations,
Participants**

2024 Special Focus–Place Matters: The Valorization of Cultural, Gastronomic, and Territorial Heritage

Territorial Defence of Agricultural Food Heritage in Mexico: Towards New Forms of Re-appropriation of Cultural Food Systems in Mestizo, Indigenous and Afro-descendant Communities

Rocio Carvajal, Student, PhD, Colegio de Antropología Social, Facultad de Filosofía y Letras, BUAP, Mexico

Food drove Mesoamerican civilisations to transform the environment and develop strategies to sustain their societies prompting the creation of social, symbolic, and spatial dynamics that resulted in unique food identities. This helps us understand why the agricultural-food heritages of Mexico are the result of geographic, historical, and cultural specificities shaping food systems, and agricultural practices of environmental management. Soil degradation around the world is one of the key causes of food insecurity, and it is partly the result of the use of genetically modified seeds in industrial monocrops threatening the survival of entire ecosystems. Moreover, it has displaced native seeds, and traditional farming practices that for centuries have helped maintain a sustainable relationship between communities and the environment, this context of high uncertainty exacerbates historical problems present in post-colonial societies that are the product of structural, and systemic forms of violence. As a response to these conditions, in Mexico, there is an encouraging rise of grassroot movements working towards the defence of agricultural food heritage among farming communities that range from mestizo (mixed heritage), indigenous and afro-descendants using strategies that range from social economy, networks, permaculture, ecotourism and education empowering traditional agricultural practices and fighting forms of oppression, discrimination and violence. By studying and bridging these experiences of struggle, resistance, and solidarity we can work towards creating new forms of allyship and develop culturally adequate strategies to achieve food sovereignty and security for farming communities while promoting environmental conservation and the protection of traditional food systems and their cultural practices.

Art of Hunger in Havana: The Intersection Between Culture, Religion and Food Scarcity

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Havana, rich in cultural and historical significance, has been burdened by food insecurity for decades. This paper provides an assessment of the strategies deployed by Cuban artists amid continued scarcity to convey via their art the experiences of food scarcity while transforming the experience of food insecurity into a public art form that both conveys the reality of food scarcity and provides a method through which to feed the imagination via cultural and religious references specific to the Lucumi spiritual tradition found within the city. The study provides examples of artwork and art forms that satiate multiple forms of hunger well beyond the gastronomic by providing cultural, historical, religious, and folkloric expression.

Urban Foodways and 'Gastronomic Heritage' of Night Food Markets: Indore's Sarafa Bazaar as a Culinary Palimpsest

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A jewellery market by the day and a street-food market by night, Indore's Sarafa Bazaar is a cultural site of inquiry to understand the fertility of urban foodways. Resulting from the urban local jewellery seller's need for security, the night food market serves vegetarian delights including recipes generated in everyday household kitchens to delicacies assimilated to globalized experimentation. The bazaar, in this initiative, is treated as a rich repository of history where food preserves a nostalgia for flavours unique to Indore and also transitions to cater to contemporary demands. This paper studies it as a palimpsest, where the new superimposes over the past cultural nuances. It follows a walking methodology. The researchers have taken on a flaner identity for over three months, gathering data in the form of photographs, field notes, and interview responses. It highlights how this space becomes a site of negotiation between the local and the global, foregrounding the centrality of foodways of the urban poor in preserving locality, seasonality, and regionality while embedding it with external adaptations, transforming formalized urban space into a place where meanings are transacted informally through food. In the argument of this paper, food allows for the effacement of gastro-politics of space as the phenomenon of food vendors laying claim to the market space post 8:30 P.M. is not addressed as encroachment but is lodged in a discourse of belonging. It also looks at the 'gastronomic heritage' that emerges from this discourse of belonging and questions the culinary marginalization embedded in it.

The Inventorying of Food Heritage in Portugal: Reflections and Discussions

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The inventorying of food heritage in Portugal is the subject of this study. Food heritage is a new object of research that has been gaining momentum since the last decade, with the inclusion of food practices in the various national inventories and in the UNESCO Lists for the promotion and safeguarding of the Intangible Cultural Heritage (ICH). The 2003 Convention for the Safeguarding of the Intangible Cultural Heritage provided a considerable stimulus for the establishment or improvement of governmental instruments for inventorying intangible heritage in many countries, by making inventorying at a national level a mandatory condition for applications to UNESCO. In Portugal, the Convention was ratified in 2008, and in 2011 the first cultural element was registered in the National Inventory of Intangible Cultural Heritage (INPCI). However, it wasn't until 2020 that the first application was submitted for a cultural element directly related to food production or consumption. Our study is therefore situated in the convergence between the anthropology of food and heritage studies. We analyse the inventory apparatus in use in Portugal today, focusing on the applications related to food practices, such as: the Talha Wine Production Process (2022); The Making of "Passarinhas" and "Sardões" (2020); The Process of Artisanal Cuscus Making in the municipality of Bragança (2022), and the Bolo de Tacho (2022). This is an exploratory and descriptive case study that aims to contribute to discussions about the challenges of inventorying the intangible heritage and the specificities of the heritagisation of food practices.

Food as a Marker of Local Identity: Women's Food Cooperatives as Sites of Recovery Following the Great Eastern Japan Earthquake

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The Great Eastern Japan Earthquake of 2011 led to land and marine food source loss that continues to impact the foodscape of the region. Promoting the consumption of local foods, including the “locally produced, locally consumed” (chisan-chisho) movement, has since the 1990’s been a way to counteract Japan’s reliance on imported food and encourage food sustainability. In a country where communities often market themselves through “famous products” (mei-butsum), food has long been a marker of local identity. Efforts to promote local food production and consumption took on new significance following the 2011 disasters, as local food came to be linked to disaster recovery efforts. Language is a key tool in these ongoing efforts. Using data from ongoing anthropological research with local women’s food cooperatives in two communities in Iwate Prefecture – one inland community that was indirectly impacted by the disasters, and one on the coast – this paper shows how “talk” about local food in these communities contributes to community revitalization, as well as pushes back against national discourses that often conflate possible food tainting from the specific part of Fukushima Prefecture that was impacted by the Fukushima Dai’ichi nuclear plant disaster with the entire region. These cooperatives are closely connected to local governments, as well as to agricultural and fisheries divisions at the national level, and women in them at the intersection of demographic changes to rural Japan, to shifting discourses about gender, and to the promotion of local food as a means of ensuring Japan’s food security.

Beyond Authenticity: Expressions of Identity in the Unified Experience of Fado and Portuguese Cuisine

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Food and music are often seen as two of the most distinctive forms of cultural expression. While often thought of as separate experiences, many visitors to Lisbon encounter both intertwined in a single event in which Portuguese food and fado music coexist in the same space. This paper argues that for both practitioners and patrons, fado and food are not merely distinct art forms, but rather coalesce into a singular, potent expression of Portuguese identity, shaping both external presentations of culture and internal understandings of selfhood. Notably, both fado and Portuguese cuisine have been recognised by UNESCO as Intangible Cultural Heritage, highlighting their significance as cultural expressions. Drawing on the fields of ethnomusicology and food studies, questions of presentation and representation are explored, examining how fado and food are navigated by those deeply immersed in the culture and those encountering it for the first time. By interrogating the shared historical and socio-cultural underpinnings of both, the paper interrogates the concept of authenticity in this context. This gastromusicological study illuminates the intricate interplay between music and food in the formation of cultural heritage and identity. It challenges the traditional view of these elements as separate entities, offering a nuanced understanding of their synergistic role in shaping cultural meaning. Moreover, it engages critically with the notion of authenticity, examining its nature and questioning the perceived value of the "authentic experience."

Steering the Melting Pot: Negotiating Contradicting Markers of Embeddedness in Foreign Recipes

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Food always played a significant role in the enactment and transmission of culture. Against the backdrop of international migration being at its all-time high and the global food system blurring cultural boundaries and testing planetary limits, our desires and choices in food consumption are often steered by global trends and societal notions of wellness and ethics. The food we choose to ingest has a profound impact on everything from our bodies' cellular makeup to our planet's ecological state. In this speculative co-creation workshop, participants will engage in hands-on hummus making. To inform our recipes, we will delve into the intersection of semiotics and sustainability. By looking at the migration of the dish from the Levant to the West, we will examine how recipes are transformed by various socio-geographic landscapes, focusing on the semiotic shifts they undergo along the way. We will contemplate the shifting definition of locality and authenticity for different consumer groups and frame additional definitions of quality. The outcomes of these inquiries will be made explicit through multiple hummus variations that align with various culinary sense-making perspectives and factors of sustainable nutrition. We will taste our creations to evaluate at which point a legume paste loses its 'hummusness', what is found, and what is lost in the translation of food.

Fostering Food Sovereignty: Unveiling the Potential of Yucatan's Traditional Gastronomy and Culinary Tourism

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The geographic, historical, and cultural uniqueness of the state of Yucatan has allowed it to develop a diversity of regional dishes that are currently under threat from a process of globalization and food homogenization that has generated greater availability and accessibility of industrialized foods with low nutritional value for the local population. The recent tourism project of the Mayan Train, which will begin operations in 2024, aims to promote the tourism development of the peninsular region, which constitutes an opportunity to revalue, through gastronomic tourism, the economic, cultural, environmental, and nutritional importance of the cuisine and traditional cultivation systems associated with Yucatecan gastronomy. In this way, this work proposes the development of tourist-gastronomic routes to diversify tourism's benefits and promote local development in rural communities of the state where the population has agroecological and traditional culinary knowledge that needs to be explored from the perspective of tourism and food sovereignty. For such purposes, the identification of gastronomic resources is proposed, as well as those who possess traditional culinary and agroecological knowledge for the creation of tourist-gastronomic routes that integrate communities, local social and economic actors for the strengthening of the gastronomic value chain of local traditional cuisines.

Way of Life and Cultural Values Associated with Clean Food Consumerism: Scale Development and Validation

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This study aims to develop and validate a clean food consumerism (CFC) scale to measure the phenomenon. Clean food refers to food products that are free from artificial additives, preservatives, and other synthetic chemicals. It emphasizes nutrient-dense foods that support overall health and well-being and advocates transparency in sourcing, and ethical farming practices. Clean food consumerism has been an especially contentious issue as more consumers have started to pay greater attention to their food and what it contains. From yet another angle, this study seeks to investigate the role of "way of life" aspects and cultural values associated with eating habits in the demand for clean foods. These factors describe consumption patterns dictated by deep-rooted traditions, rituals, and cultural values that determine consumers' behavioral rules and customs that are apparent in the activity of food consumption. To fill the existing gap, this study introduces and investigates the concept of "clean food". Our objective is to develop and validate a scale to measure clean food perceptions in the context of food consumerism. Following a structured empirical scale-development procedure that includes construct definition and scale design, item generation and judging, item purification, initial validation, and final validation, we propose a scale that contains 18 items under 5-factor structures [product characteristics, benefits of consuming clean foods, perceived familiarity, product authenticity, and manufacturing transparency. In addition, results indicate that way of life and cultural values linked to food eating patterns play a significant role in consumers' demand for clean foods.

Enhancing Youth Participation in Cocoa Value Chain for Employment Creation and Poverty Reduction in Ghana: Perception and Determinant Analysis

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Cocoa holds a prominent position in Ghana's economy, contributing to foreign exchange earnings and revenue for the country. The active involvement of young individuals in various stages thus, production, and postproduction is essential for the sustainable growth and socio-economic development of the cocoa industry and the nation. However, youth participation in this sector remains limited. This study investigates the perceptions and determinants of youth engagement in different nodes of the cocoa value chain in Ghana, with a focus on production and post-production activities. Data were collected through surveys from 396 youth in the Ashanti Region of Ghana. The findings reveal that while youth perceive opportunities for economic empowerment and skill acquisition within the cocoa value chain, they also perceive high input costs, limited access to credit, and inadequate infrastructure as key challenges hindering youth participation. Factors such as gender, education, occupation, income sources, and perceptions of the cocoa value chain significantly influence youth engagement in cocoa production and post-production activities. Furthermore, the study identifies critical constraints at each stage of the cocoa value chain, including limited access to land, high input costs, and the perception of cocoa farming as labour-intensive and financially uncertain. Most youth are keen on working in the cocoa sector, particularly in cocoa production which is good news for the economy of Ghana. The findings underscore the importance of fostering an enabling environment to promote youth participation in the cocoa value chain, thereby contributing to sustainable development, poverty reduction, and economic growth in Ghana.

Wise Food System Transformations: Leveraging Creativity in Gastronomic Landscapes

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Responding to the call for adding depth and breath to how gastronomic-related practices can shape appropriate and just food system transformations, this project presents two empirical Global South examples anchored on the concept of Gastronomic Landscapes. These are land and seascapes that are governed, managed, or cared for to contribute to culinary development, landscape resilience, and food system sustainability—that is, they manifest forms of biosphere stewardship. By adopting a transdisciplinary and mixed-methods research approach, the two cases located in Uruguay engage collectives working on two neglected but potentially transformative elements of the mainstream national food system: blue foods and indigenous foods. Both studies are anchored on the co-creation of ‘recipes for change’ with a view to pluralizing and ‘desnobberizing’ gastronomy’s transformative change potential. Indeed, these recipes represent tangible products of collective creativity and innovation that manifest, but can also inspire, wiser production and consumption practices. Recipe co-creation also helps support existing and new partnerships, foster learning and trust, and co-produce knowledge that is relevant and useful for the communities involved as well as for other food system actors. Preliminary insights show that the assemblages that the different gastronomic land and seascapes in the cases represent are heavily reliant on a particular form of creativity, which simultaneously and intentionally pulls towards preservation and innovation (past and future). Thus, this suggests that this type of transformative creativity constitutes a central feature of gastronomic landscapes and that it must be safeguarded and nurtured if we are to move toward wise food system transformations.

Place Matters: ‘Rural’ Foods as Symbolic Markers of Place, Belonging, and Identity

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The paper draws from a comparative multi-sited ethnography of intergenerational culinary skill transmission in Akita, Japan and Mthatha, South Africa. By juxtaposing these two contemporary examples, the idea is to better illuminate the variety of ways in which broad-scale processes of rural-urban mobilities shape the boundaries of how we understand place, localities and what constitutes the rural and the urban through food. The emphasis on intimate matters of intergenerational culinary skill transmission is significant because cooking and food actively constitute a part of family networks that impact our understanding of belonging and identity. The paper looks at the importance of place in producing foods that trigger memory, belonging and community - from the seasons, to the ingredients that are available, to the social relationships that enable the production and reproduction of particular foods. Foods, such as umfino in Mthatha and kiritanpo in Akita, and the process of producing these foods, not only represent human social relations but are actively part of constituting what it means to be human.

“That Has a Funky Nose”: The Role of Materiality in US Wine Tasting Discourse

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Materiality (e.g., flavor, color, and alcohol content), as an “objective” quality, is used as a shifting economic tool that wine professionals use to sell wine. However, the training that wine professionals receive is ingrained with white-European wine ideologies, creating a value hierarchy that puts well-known regions and grapes (e.g., French) at the top (Ballantyne et al. 2019; de Leon 2020). This value-association becomes inherent to professionals, but excludes potential customers (Caputo 2023). One way that wine representatives are combating these exclusionary practices is by broadening out selling narratives; for instance, describing a wine as “refreshing” instead of having the flavor of “gooseberries.” Even still, customers might not value the wine in the same way, creating the potential for a face-threatening situation (Goffman 1955). To determine how wine representatives and their potential customers use the language of materiality to construct a value hierarchy, I analyze moments across twenty-six wine selling events in wine shops and restaurants recorded in Summer 2023. I examine how there may be seemingly given facts about wine materiality that get understood differently as they emerge. I argue that in order to avoid committing direct face-threatening acts, wine buyers rely on their own material experience of the wine rather than critiquing the wine itself; for example, by mentioning that the taste of a specific wine is not in line with their training and experience. Despite the current inclusionary discourse in the industry, these instances often reproduce white-European wine ideologies, with no real change in the industry.

French Influence on Spanish Cuisine, Past and Present

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The Nineteenth Century brought fierce nationalism and wars of independence on both sides of the Atlantic. One such battle persists, this one in the kitchen and at the table: Spain’s desire for gastronomic independence from France, which alas, is historically futile and absurd as the French have visited, lived, and worked in the Iberian Peninsula since the Middle Ages. The writer Emilia Pardo Bazán (1851-1921) wrote that “Los fogones y las letras no están reñidas,” a new idea at the end of the 19th century. Since then, we have come to realize that culinary practices are intertwined with all aspects of the culture and history of a nation, a region, or an epoch. Yet the opposite has happened in the case of French influence at the Spanish table: it is far less recognized and accepted now than it was in earlier centuries. The French say that their cuisine determined their history, yet in the case of Spain, what is served at the table is a consequence of the nation’s history. Many foreign influences at the Spanish table are recognized and accepted. The French influence remains a controversial exception. While noted in most Spanish cookbooks and other culinary documents of the 18th, 19th, and early 20th centuries, it is often minimized or disregarded, especially in gastronomic texts written by Spaniards. This paper examines the historical interface between Spain and France and several Spanish dishes of French origin, to further elaborate on Spain’s irrational though fascinating war of culinary independence from France.

Eco-culturally Sufficient Diets: How Much Is Enough? Can We Negotiate within Environmental, Health, Ethical, and Cultural Boundaries?

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Transformation to sustainable food systems is no longer optional but required to stay within our planetary boundaries and meet global health goals. Dietary transitions to less and better animal source foods can simultaneously benefit food systems health, environmental, justice, and ethical outcomes. Diets are inherently culturally and socially mediated, and any adjustments for sustainability must also negotiate socio-cultural consumption spaces. We build upon conceptual sustainability framings of consumption corridors (minimum and maximum levels negotiating trade-offs among dimensions) and sufficiency (centering 'enoughness' as an end and means) in relation to much-contested animal source food consumption levels. We held focus groups exploring understandings of sufficiency in dietary intake of animal source foods as they relate to socio-cultural preferences of Finnish citizens. Focus groups were participant-led co-creation sessions centered around what ecologically and culturally sufficient diets would mean for Finland in 2050. We added quantitative ecological production limits and normative goals and intents in plausible futures of farmed animal food systems to the focus group results. Here we present how participants negotiated ecological boundaries reducing current diet environmental impacts by 50%, adhered to health and nutrition recommendations for dietary requirements, while considering cultural values, practices, and norms. The outcome allowed us to design eco-culturally sufficient diets as a concept, practice, and ethos. Participant discussions on required changes to personal practices and larger societal transformations offer us guidance on how to put eco-culturally sufficient diets into practice. These findings contribute to larger understanding of a sustainable niche for farmed animals in future food systems.

The Appropriation of Socio-biodiversity's Knowledge and Flavors by Brazilian Haute Cuisine

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Brazilian haute cuisine has been standing out on the world stage recently. Some chefs are responsible for showcasing some of the country's typical ingredients, using them in their restaurants. In Brazil, the most preserved forest areas are indigenous or quilombola territories. Therefore, it is important to understand how the relationship between chefs and traditional communities works. To this end, two case studies were analyzed: the Mandira oyster and the Cerrado's vanilla, located in the Kalunga quilombola territory. The researcher did fieldwork in both places and interviewed residents to understand the chef's relationship with the ingredients and the community. It was concluded that there is an appropriation of the knowledge and flavors of Brazilian socio-biodiversity, since in many cases there is no real gain for the communities, which do not feel valued enough.

Globalizing Quinoa and Indigenous Efforts to Grow Andean Grains

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Since the 15th century indigenous foods of the Americas—from corn to potatoes—have globalized and adapted to multiple geographies becoming integral to local cuisines and national diets around the world. These staple crops have become essential to global food security. Quinoa, technically a seed and a pseudo cereal, has been for many years the source of food security for indigenous populations of the Andes while despised by many as a low status food or "comida de Indio." As such, quinoa remained relatively unknown in the West and its nutritional benefits were until recently largely ignored. In the early 21st century one may say that quinoa has globalized and fully gentrified. This paper traces the changing status of quinoa as a novel crop extracted from the Andes that gained popularity in western markets by appealing to middle class and upper-class consumers. Conversely, this Western appeal contrasts with the challenges faced by local farming communities in the Andes who struggle to retain and protect their native seeds, valorize Andean crops, and reach local markets at affordable prices. At the interstices of culture and place making are food systems that may belong to multiple places all at once, yet their rootedness and place of origin must not be forgotten as seed diversity and cultural plurality remain entwined.

Exploring Pea Protein Burger Consumption on Campus

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In 2022, University of Victoria, in British Columbia committed to a Climate and Sustainability Action Plan, set to be achieved by 2030, inspiring others to lead the way globally in environmental, social and institutional sustainability. This research explores the impact of this decision and the substitution of beef burgers with 50 percent pea protein burgers on campus at the University of Victoria in Victoria, British Columbia, Canada. University of Victoria has set a goal to be a world leader in Climate Action and to achieve Net Zero by 2030 in an initiative called Race to Zero 2030. A review of the past annual sales of burgers on campus over the past 12 months revealed that between September 2022 to March 2023, the month of September was noted as recording the highest monthly sales mean of beef burgers with a mean daily sale of 133.34 (SE 12.75). This research asks the question: Can the promotion of sustainable food choices significantly alter conventional meat consumption in Canadian universities' Student Union Buildings? The non-directional null hypothesis posits that the September 2023 daily mean consumption will not differ significantly from the reported September 2022 daily mean consumption of 133.34 (SE 12.75). The alternative hypothesis posits that the September 2023 daily mean consumption will be significantly different from the reported September 2022 daily mean consumption of 133.34 (SE 12.75).

Chopping, Cooking, and Eating Together: Interdisciplinary Course Design and Learning with Local Food in Eastern Taiwan

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This paper delineates the outcomes of my practice research on food and foodway learning in the food-related courses designed for university students in Eastern Taiwan. I explore the extent that students from different cultural backgrounds learn the discourses and practices of local food during their course participation. I also investigate how they reflect on the course designs highlighting global-local dynamics while offering opportunities for them to approach local food producers, entrepreneurs, and intermediates. Besides conducting semi-structured interviews with these students, I also use observable data and responses from the guest instructors and speakers, mostly coming from indigenous communities, who have joined my courses to compare with my interview data. Some of the observable data include students' "cooking together" moments in the courses and their experiences of learning and teaching about local food ingredients in slow food festivals in Taitung. This practice research reflects on food pedagogy and food education by incorporating concepts of social responsibility and food literacy. By shedding light on first-hand experiences of "local food practices," this research suggests practice-oriented gastronomic and local food education in future.

Imagined Belonging: The Rhetorical Power of Heritage Culinary Tourism and Food Sovereignty Movements

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Heritage, traditional, foods cultivate senses of belonging, whether tenuous and difficult to “authenticate,” or by helping to connect people to a culture’s overlooked histories and significance. This paper provides research findings from two different expressions of relationships between food and belonging: heritage culinary tourism and Indigenous food sovereignty workshops. Rhetorical fieldwork analysis conducted throughout 2021-2024 at key heritage tourism sites in Scotland and the Southern Appalachian region of the United States, for example, elucidates how culinary messages constitute tourist identity in sometimes problematic ways, with heritage tourism experiences perpetuating stereotypical myths about their Scots-Irish cultural influences. In contrast, rhetorical fieldwork analysis conducted in Native American Cherokee and Catawba food sovereignty workshops highlights how learning about and preparing traditional Indigenous foodways allows tribal members to participate in discourses of cultural renewal and reclamation that fuel community resilience. Although scholars from various disciplines investigate heritage culinary tourism and Indigenous community building through foodways, the presentation details how both forms of rhetorical messages help constitute identity in ways that shape perceptions and motivate particular types of action. Findings address educational, economic, and wellbeing implications for heritage culinary tourism and food sovereignty efforts, but also offer intriguing directions for exploring the broader consequences of food’s rhetorical appeals to belonging and identity. Part of a forthcoming book, an additional edited book project in progress, and funded by several agencies, the study’s findings provide the foundation for more cross-cultural, cross-disciplinary research into the implications of culinary tourism, food sovereignty efforts, and communication.

The Poetics of Fire: Decolonizing the Metaphors of Chile Eating in the Borderlands

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Drawing upon my recently completed study, *The Poetics of Fire: Metaphors of Chile Eating in the Borderlands* (Univ. of New Mexico Press, 2023) and winner of the 2024 David J. Weber Prize for the best book on Southwestern America, my paper explores the metaphors of chile eating to distinguish Naturalist or Western settler aesthetic from the Native relational ontologies that refuse to disappear. Today those Native refusals preserve the possibilities of what their cosmologies could teach about how a late capitalist society may evolve truly indigenized ecologically situated knowledges. My genealogy of metaphors relies on the crónicas of conquest, Mesoamerican cosmology and poetry, as well as the ethnographies of Native culinary, medical, and farming practices to show how the Spanish elaborated the discourse of *la comida de indios y la comida de cristianos* to reinforce a racial classificatory system that represented the Native as a savage idolater, a cannibal, a sexual predator, an indolent peasant, a parsimonious saint resigned to hunger, and chiles as commodities symbolized both savage idolatry and the Western Hemisphere's fabulously exploitable natural bounty. The colonial impositions of Naturalist religion and science throughout the hemisphere more than paved the way for European and U.S. industrial capitalism; they have delayed the ability of borderland settler societies to understand how Native relational eco-aesthetics of chile could enable their descendants and Native peoples to become indigenized to the Western hemisphere, a process 21st-century scientists, scholars, and climate activists now acknowledge as essential to effectively adapting to catastrophic climate change.

From Dirt to Dessert: Exploring Food and Faith as Vehicles for Doing Sustainable Development Work in a Rural, Bible Belt Community in the US

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This study focuses on how food and table fellowship has become the anchor for sustainable development work and interfaith dialogue at a university inhabiting space within a politically polarized, economically disadvantaged place in the rural Bible Belt of the USA. This showcase offers that a new community-engaged course, Food and Faith (REL 140), and food security programming offered by Wingate University's The Collaborative for the Common Good (CCG) have become successful because they both are grounded in a deep appreciation of how campus culture is a manifestation of the diverse, transient, human bodies who live and learn at Wingate as well as the long arc of the particular history, culture, politics, economics, and ecology of the place where these bodies are co-dwelling in rural America. We demonstrate that when place matters, innovative, high-impact community-engaged courses and food security programming can be re-imagined and successfully implemented. Participants will understand how a Food and Faith (REL 140) feeds, and is fed by, food security infrastructure on and off campus including a campus-community Farmers Market and an on-campus Free Store. Space will be made for a lively discussion of how other educational contexts can model what is being achieved at Wingate University and prior to this showcase of recent research findings, participants can become part of a knowledge democracy concerning all CCG programming. (See: <https://www.wingate.edu/life-at-wingate/common-good/projects>) and the inaugural Food and Faith Class (<https://resources.finalsite.net/images/v1674739770/wingateedu/tzjlwgextomq6xzo72as/REL140WhitePaper2.pdf>).

Food, Nutrition, and Health

Examining Food Insecurity among US College Students

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Food insecurity (FI) is a significant issue among college students in the United States. College students frequently have major financial responsibilities including tuition and fees, housing, etc., which can lead to issues acquiring essentials such as food and/or obtaining high quality, nutritious options. The purpose of this research is to describe the rates of food insecurity among college students in the United States. Data are from a national sample of college students from the Spring 2021 National College Health Assessment II (NCHAII) and include descriptive and correlative analyses. The sample includes 137 schools and 96,489 students. Questions asked include whether they could afford to eat balanced meals, if they ever had to skip meals, or were ever hungry because there was not enough money for food. Respondents were 65.7% female, 73.1% were undergraduate, 89.2% were full-time, and 59.3% White. Overall, 33.8% of students in the sample stated that it was sometimes true or often true that the food they bought didn't last, 35% stated they couldn't afford balanced meals, and 13.3% stated they were hungry but didn't eat. Additional analyses will explore the relationship between FI and Body Mass Index, enrollment status, and degree level. The results of the study may inform the inclusion of college programs aimed at helping students reduce FI on college campuses, enabling students to focus on academic achievement.

Parental Guidance Advised: The Future of Our Wimpy Kids

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The triple burden of malnutrition (TBM) is a significant public health concern, not only amongst the global community but even more so in nations such as South Africa. Although research identified the nutrition transition as the primary reason for TBM, more recent evidence underscored that TBM may be exacerbated by poor food literacy. Food literacy encompasses the competencies to plan, manage, prepare, select, and eat food nutritiously. While developing these competencies during early childhood for a healthy, sustainable lifestyle is essential, unfortunately, it is seldom up to standard. Furthermore, it is crucial to recognise that the food literacy of their parents greatly influences their literacy and ultimate well-being. This paper explores and describes millennial parents' food literacy and lifestyle practices to identify how they could influence the food literacy and ultimate well-being of younger, more vulnerable generations. Utilising a quantitative approach, millennial families in Gauteng, South Africa's food literacy and lifestyle practices were explored through an online questionnaire. Initial results indicated that the respondents' food literacy is limited. Exploratory factor analysis allowed for a deeper investigation, which revealed that in terms of the identified food literacy constructs (i.e., plan, manage, select, prepare and eat), millennials struggled with proper planning and managing aspects. Possible reasons could be information overload, influences of digital media, and a preference for convenience foods over home cooking. This paper highlights the importance of understanding the impact of parental food literacy and its contribution towards establishing healthy dietary patterns in future generations.

Urbanisation and the Effect on Local Food Environments - Retrospective Study of Two Older Suburbs in Pretoria (City of Tshwane Region 3): Population Growth and the Global Food Supply

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Recent studies highlight the challenges urban areas face in establishing sustainable, equitable food systems, despite their economic opportunities. South Africa's rapid urbanisation over the last 40 years, particularly from rural to urban migration in search of better lives, often leads to restricted food choices and a nutrition transition. This global phenomenon is marked by shifts in dietary patterns and activity levels, deteriorating nutritional and health status. In SA, two urban areas (Trevenna & Sunnyside, City of Tshwane region 3) due to their historical significance, offered insights into the evolving food environment (1980 - 2024) and its impact on community sustainability. A retrospective analysis, including geoplotting, reveal a disconnect between the current food environment and resident needs, highlighting issues of food insecurity due to social, economic, and political pressures. This misalignment suggests that the City of Tshwane region 3 fails to meet sustainable equitable food environment criteria. These findings could inform policy and intervention strategies to foster healthier food environments in South Africa and other developing countries.

Mental Health Training In Community Gardens Programs

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Nobody is immune to mental health crises including community gardeners. There are often few to no interventions available, especially early in a mental health crisis. The impacts of mental health crisis can impact the individual's health, their family's wellbeing; and strain community and emergency resources leading to an inability to respond, withstand, and recover from adverse events. Immediate assistance is critical in helping prevent mental health issues from escalating. In most communities, getting mental health assistance comes with multiple barriers. From financial barriers, availability, and even stigma, mental health is an underserved area in most communities. An untapped wealth of mental health assistance lies within community gardens and those volunteering in those spaces. Typically, mental health assistance training is not a consideration for those frequenting the gardens. Community gardens tend to attract those either suffering from a mental health issue or those looking to spend their time helping others, as many are in lower income communities. When faced with an individual in crisis, a plan of action makes offering support safer, more effective, and more comfortable for all. The Mental Health First Aid Program trains participants how to identify, understand and respond to those in need. This program trains gardeners about the purpose of the program, outlines a simple plan of action, and explains offers participants a certificate in Mental Health First Aid (MHFA). The goal is to make MHFA just as common as CPR and First-Aid. MHFA saves lives, and makes volunteering within the community safer.

Feeding Albion: Defining Food Sovereignty in the U.S. Rustbelt

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Lifelong residents of Albion argue that in their childhoods, "everyone had gardens." Today food insecurity and food apartheid plague many residents in this multi-racial, postindustrial town in southern Michigan despite ample land and a climate that makes this region a major source for a diversity of crops. Using oral histories and archival research, this paper examines how food accessibility and self-sufficiency changed between the 1950's and today. A central question asks what lessons Albion's food history holds for today's food activists and organizations who are searching for solutions that promote food sovereignty, better health, and great access to nutritious food for its communities. How can knowledge of past practices ensure that this town prepares for a healthier future through innovative public policies, youth programming and other community-wide efforts?

Gauteng's Consumers' Perception of the Quality of Food Safety at Quick-service Restaurants - an Important - performance Application: Investigating the Interrelationships of Nutrition and Human Health - Food Safety Assurance, Risk Analysis and Regulation

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Increased eating out is attributed to time scarcity, increase in disposable income, and consumers' lack of skill in food preparation. Reliance on the foodservice sector is amplified, which must meet consumers' demands. Studies record the frequency of consumers' eating out to 2-3 times weekly, and thus, comprehension of consumers' perceptions of food safety and its unique and subjective nature is important, specifically within the quick-service restaurant (QSR) segment, given its magnitude, growth, and potential to impact consumers. QSR requirements for safe food products prompted an understanding of how consumers perceive food safety within the QSRs as it is noted that restaurants continue to lack adequate implementation of food safety policies and practices. Consumer perceptions regarding the quality of food safety were ambiguous while enhanced by underreporting of incidents of foodborne illness (FBI) cases. This is a dilemma for the South African consumer. A cross-sectional, mixed-method research design employed convenience sampling to engage with the managers and consumers and investigate the consumers' perceptions of the quality of food safety. Expectations aimed to reveal successes or shortcomings of food safety assurance and the extent to which consumers could perceive this. Descriptive analysis was used to summarise the importance and performance ratings of consumers in the IPA matrix. The study uncovered relationships between the food safety quality cues through their plotting in the IPA matrix, providing evidence of aspects to consider when developing teaching and learning strategies for adequate and effective communication of food safety for assurance to consumers.

Workforce Nutrition: Peer-initiated Interventions to Improve Nutritional Knowledge, Attitudes and Practices of Female Farmworkers

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South Africa (SA), like many countries, is lagging in reaching the Sustainable Development Goals to end hunger and malnutrition by 2030. In SA, more women than men are malnourished, with over a third being undernourished and/or overweight. Malnutrition increases the risk of health consequences and reduces an individual's potential to work, contribute to local economies, or care for their families. The workplace is recognized as a highly effective platform for implementing strategies to improve health behavior. Moreover, targeting nutrition interventions for female workers will enable them to make healthier food choices for their families, breaking the cycle of poor health and economic stagnation. Despite strategies to address malnutrition, "traditional" interventions such as educational sessions, health initiatives, and counseling are often not effective or sustainable. In contrast, self-initiated health behaviors, involving peer groups or interpersonal community platforms are associated with improved health outcomes. However, further knowledge of the most effective delivery modalities in local settings is needed to achieve maximum benefits. This study aims to implement and evaluate the impact of peer-initiated nutrition intervention approaches on the KAP (nutrition knowledge, attitudes, and practices) and the nutritional status of female farmworkers near Pretoria, SA. Informed by preliminary nutritional assessments and guided by a nutritionist, a voluntary farmworker, voted as the nutrition ambassador, assisted in initiating and distributing tailored healthy eating messages, and coordinated activities, including food displays and cooking demonstrations. The outcomes of this study can be used to guide the implementation of cost-effective, sustainable nutrition intervention approaches in the workplace.

Understanding the Neurophysiological Response to the Five Basic Tastes Using Electroencephalography: A Pilot Study

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There are five basic tastes: sweet; salty; umami; sour; and bitter, which play a fundamental role in both survival and nutritional aspects. The aim of this study was to evaluate the effect of such five basic taste stimuli on the brain activity of adults using electroencephalography (EEG). For that purpose, the EEG signals of 28 participants (18–25 years old) were recorded during gustatory stimulation. Self-reporting feedback was also assessed using the 3-dimensional Self-Assessment-Manikin (SAM). The power density of the five frequency bands (delta, theta, alpha, beta and gamma) was computed to compare the five tastes. Clusters with significant differences ($p < 0.05$) were found for (1) beta waves: between sweet and umami, and salty and umami; and for (2) gamma waves: between sweet and umami, and sweet and bitter. This study opens the possibility of understanding how the brain responds to taste stimuli, whilst improving the knowledge of these sensorial cognitive processes.

Engaging Generation Z in Sustainable and Healthy Eating: Insights from Turkey

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Shifting consumption patterns toward Sustainable and Healthy Eating (S&HE) is a focal point on the development agenda given its potential impact on the resilience and sustainability of the current food system. Effective promotion strategies, considering socio-cultural contexts and food choices of particular consumer segments, are essential to encourage S&HE – a healthy, balanced, less animal-based diet with low environmental impacts. This research focuses on a unique, flexible, forward-thinking, and digitally literate consumer segment: Generation Z (Gen Z). Born between 1996 and 2010, Gen Z comprises around 25% of the global population. By 2030, this emerging generation is expected to be the primary workforce driving the economy and shaping consumer trends. There is limited knowledge of how Gen Z perceives S&HE and what influences them to adopt or avoid this behaviour. This study examines the factors that lead to or prevent the acceptance of S&HE among Gen Z. The research also addresses the scant literature on S&HE behaviours of Gen Z in Turkey, a developing upper-middle-income country with changing consumption patterns. A survey was carried out using a convenience sample of consumers, aged 18-26, residing in the Istanbul metropolitan area. Results reveal insights into the perceptions of S&HE among Gen Z and identified the personal and contextual factors shaping their S&HE behaviours. Findings enrich the literature on sustainability and consumer behaviour concerning S&HE. Implications are relevant to policymakers and businesses in developing effective marketing strategies to attract Gen Z and transform their dietary behaviours to better support a healthy, sustainable future.

Restaurant Food Consumption in the Time of the Pandemic: Channel Changes, Social Vulnerability, and Food Logistics Implications

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We investigate the consumption of restaurant meals in California by service type (dine-in, takeout, and delivery) before the pandemic, during COVID-19, and how it is likely to change after the pandemic. After randomly sampling California members of KnowledgePanel©, the largest and oldest online probability panel representative of the U.S. population, we estimated heterogeneous ordered logit models to analyze the frequency of restaurant meal purchases by service type. While demand for dine-in plummeted during COVID-19, we find that it is expected to recover after the pandemic, although with slightly fewer high-frequency diners. Conversely, the demand for takeout did not change substantially, unlike for meal delivery. Although it is still the least popular alternative, it grew substantially during the pandemic (e.g., the percentage of Californians 18 and over who never use it dropped to 54.5% from 63.0% before COVID-19), and it is expected to keep growing after the pandemic. Results from our heterogeneous ordered logit models show disparities in restaurant meal consumption with respect to social vulnerability (the ability of a community to recover quickly from a disaster). Californians with higher socioeconomic vulnerability or vulnerability tied to housing type and transportation were more likely to get takeout during the pandemic, a trend expected to continue when it is over. Moreover, Californians with higher vulnerability tied to household composition and disability are less likely to have access to restaurant meal deliveries. Our results should be of interest to restaurant and food logistics managers, transportation planners, and policymakers concerned with social justice.

Optimization of Pectin Extraction from Cocoa Pod Husk Using Sub-critical Water and Its Comparison with Acid Extraction

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The largest cocoa waste, namely cocoa pod husk (CPH), has quite large potential to be used as a source of pectin. This research aims to determine the optimum condition of subcritical water extraction (SWE) conditions to get maximum yield of CPH pectin and compare the characteristics of pectin obtained with the conventional extraction (CE) method using citric acid. The statistical response surface methodology (RSM) with Box-Behnken experimental design (BBD) was used to establish the optimum condition of the subcritical water extraction process and assess the impact of specific process variables, such as temperature (ranging from 100 to 120 °C), extraction duration (ranging from 10 to 30 minutes), and solid-liquid ratio (SLR) (ranging from 1:30 to 2:30 w/v), on the yield of pectin. At optimum extraction conditions of 120°C for 10 minutes with 2:30 w/v SLR, the highest pectin yield of 6.58% was obtained; this value was found to be in close proximity to the predicted value of 7.29%. CPH pectin yield was significantly influenced by the linear effect of extraction temperature (X1) and extraction time (X2), interaction of extraction temperature (X1) and extraction time (X2), interaction of extraction time (X2) and SLR (X3), as well as the interaction effects of extraction temperature (X1) and SLR (X3). The RSM model showed exceptional accuracy and reliability in determining the correlation between pectin yield and extraction process variables, including time, temperature, and SLR. This study reveals that SWE can serve as a practicable and eco-friendly technique for extracting pectin from CPH.

Cultivating Connections - Community, Family, and Farmer Engagement in Food Education: Strategies and Benefits of Food Education Across Stakeholders

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Connecting youth with the origins of their food fosters a sense of place and respect for the agricultural process. Establishing food preferences early in life can significantly influence eating patterns in adulthood. The Healthy Harvest for Kids collaborative, rooted in local food culture, introduced fresh, organic, seasonal fruits and vegetables through taste samples paired with in-classroom food education. By connecting students with the farmers who grow their food and organizing visits to farms and processing facilities, the program aims to deepen their understanding and appreciation of the food system. Program evaluations suggest that this approach can increase acceptance of new foods and promote healthier purchasing behaviors. Moreover, providing supplemental materials for parents extends the learning experience to the home environment, reinforcing positive food choices.

Exploring the Relationship Between Income, Household Type, and Mediterranean Diet Adherence: A MEDLIFE Index Analysis

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The Mediterranean diet is recognized as highly effective in reducing the risks of diet-related non-communicable diseases and the Mediterranean Lifestyle Index (MEDLIFE) was developed to measure the adherence to it. Understanding how socioeconomic factors affect adherence is essential for developing targeted nutrition policies. This study aimed to assign MEDLIFE-Index scores to Barcelona's neighbourhoods based on household types and income. Estimates were based on observations of annual household food purchases (n=5862) from a subset of the 2022 Spanish National Household Expenditure Survey (HES) in provincial capitals with more than 100,000 inhabitants. City-specific non-household consumption data from the Ministry of Agriculture, Fisheries, and Food were matched with HES data based on household income, age, and gender. Household dietary requirements were calculated using the male adult equivalent approach. Of the original 28 MEDLIFE-Index indicators, 20 related to food consumption were evaluated. A linear regression analysed the effect of income and household type on index scores, and logistic regressions assessed the likelihood of scoring on indicators. The differences between the income levels and household types were examined for the index mean values using Kruskal-Wallis and for the binary indicators using Welch's t-tests. Preliminary results reveal a statistically significant positive correlation between household income and MEDLIFE-Index scores. A negative correlation was found with regard to the presence of children in the household typologies examined. High-income households without children were significantly more likely to purchase recommended amounts of legumes, fiber, vegetables, fruits, fish and olive oil, while they comparatively performed worse for eggs and salt ($p < 0.05$).

Marketing Healthy Food Products Through Visual Design

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In this research, we examine how an aspect of visual design, specifically the size of a food image, can impact consumers' choice of healthier foods. We show that manipulating the image size of healthy food items such that they appear larger than normal will increase perceptions of taste, quality, and preference. Our studies, including an image-mining study that collected data from Instagram food images, show that only healthy food items benefit from this increase in food image size while no difference is found for unhealthy foods. These findings provide several contributions to theory and practice. First, this research contributes to marketing literature related to health by showing that whereas healthy choices are more difficult to make, enlarged images of food can improve decision-making results. Second, this research contributes to public policy by indicating a method through which public health officials can present food choices that can contribute to healthier consumer decisions. This work also adds to research in the visual design domain by highlighting how a larger image size can have a positive impact on healthy food evaluations and preferences.

Food Production and Sustainability

A Case Study on Food Loss on Soups within the Scope of DM4YOU Project

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Food and Agriculture Organization of the United Nations (FAO) estimates 1.3 billion tons of food are lost or wasted annually. The Sustainable Development Goals (SDGs) call for urgent action from all countries, whether developed or developing, in a global partnership. SDG 12 addresses responsible consumption and production and, in particular, Target 12.3 proposes to halve global per capita post-sale food waste by 2030 and reduce pre-sale losses in production and supply chains. Reducing food waste will play an important role in improving global food security. The latest data shows that 14% of worldwide food is lost before reaching consumers during production, handling, and distribution up to the retail level, with a reduction in the quantity or quality of food throughout the food supply chain. Within the scope of the DM4YOU project, losses during the manufacture of soups were evaluated in an industry partner of the project. The study quantifies the losses in each of the different soup formulations used in this project, as well as to present proposals for reducing losses. It has been noted that many of the by-products from the manufacture of soups are sent to animal feed. It is a positive observation that they are never discarded in the common trash.

The Availability of Agricultural Information Sources: Implications for Promoting Resilience in Rural Honduras

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Access to information sources is regarded as a critical component in transitions towards resilience. Many efforts globally are placed in providing information for farmers, however, studies have indicated a gap between availability of information sources and access to such sources, particularly affecting the most vulnerable groups of farmers. Smallholder farmers often may not possess the resources to access relevant information in the face of the unprecedented impacts of the climate crisis, thus significantly reducing their adaptive capacity. Key to understanding how farmers can adopt resilient practices is analyzing access, availability and relevance of local information sources. The research question is: to what extent does the availability of various information sources impact farmers' adaptive capacity? To answer this question, an empirical study was conducted to elaborate on household and farm characteristics as well as access to information sources and impacts of climate change. A total of 720 households were surveyed across three departments of Honduras, Lempira, Choluteca and Francisco Morazan. Based on the results, it is possible to conclude that there is a lack of structured support and availability of information sources despite the many challenges that farmers face and there are few changes being made on farms to increase resilience. Most changes made are encouraged by friends and family indicating that farmers are willing to make changes on their farm but may face barriers to adoption such as lack of resources.

Fields of Change: Place, Equity, and Sustainability in Migrant Farm Labour

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Ensuring fair treatment of farm labour is intricately linked to sustainability in the food system. Equitable working conditions not only contribute to social sustainability but also foster a resilient agricultural workforce essential for long-term environmental stewardship and economic growth. As food production has become increasingly reliant on migrants, many researchers have documented unsafe and unfair working conditions, particularly among those with precarious legal statuses. By drawing attention to national and regional differences in the treatment of migrant farmworkers, we demonstrate how place (and time) shape workers' lived experiences and influence social struggles and initiatives aimed at achieving social justice. We draw on ethnographic research conducted between 2021-2022, examining the working and living conditions of temporary migrant farmworkers in Ontario and Quebec, Canada. Additionally, we integrate research, conducted between 2023-2024, on social sustainability initiatives aimed at improving employment standards for farmworkers in the United States, specifically California and Florida. Emphasizing the relevance of place in working conditions and essential protections of these workers, we situate our findings in the literature on migrants in agri-food systems in Europe.

Valorizing Agricultural Waste: Utilizing Corn Plants to Grow Yeast Biomass as a Source of Alternative Protein

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Rising concerns about sustainability, food security, health, and animal welfare, drive the shift to sustainable protein alternatives. Agricultural activities generate huge amounts of waste, ranging from crop residues to processing by-products, which often remain un/under-utilized, like leaves and stalks. This underutilization not only represents a missed opportunity to extract value from these resources but also poses environmental challenges such as pollution and greenhouse gas emissions. Here we address both issues, focusing on the utilization of agri-food waste, specifically corn leaves and stalks as a model, to grow yeast biomass. The yeast biomass itself is a great source of protein and other nutrients and could later be used to create protein-based alternatives for animal-based products, or other food applications. First, after harvest, we mechanically shredded the plant, dried it in an oven, and kept it at -80°C until each use. Then, we chemically and enzymatically processed it to hydrolyze cellulose to obtain a rich substrate for growing yeast biomass (and obtained around 4% sugar concentration in the substrate). Next, we used the substrate to grow biomass of a GRAS yeast strain, *Yarrowia lipolytica*, and obtained about 1 gram of dry yeast biomass per 12.5 grams of corn waste (dry weight) used as raw material. The yeast was then separated from the substrate, freeze dried and analyzed for composition. The process shows great practical potential of utilizing agricultural waste to grow microorganisms as a possible alternative protein source for food.

Technological Applications for Reducing Biowaste from Cacao Processing in Colombia: A Case Study

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This study explores the potential of technological applications to reduce biowaste from cacao processing in Colombia, South America, a region renowned for producing cocoa beans with unique and desirable taste profiles. Chocolate production results in significant waste, as cocoa beans—the most profitable part of the plant—constitute only 8–10% of the cacao fruit. The remaining biomass, including husks, shells, and pulp, is typically discarded, contributing to environmental pollution despite having valuable economic and nutritional applications. This research presents a case study of a startup company based in Bucaramanga, Colombia, that is pioneering novel technologies to upcycle cacao biomass waste. The company aims to produce cacao-based products entirely from cocoa fruit. They use sweeteners and biopolymers derived from cocoa mucilage to replace sugar cane and emulsifiers, as well as extracting cocoa phytochemicals for use in food and nutraceuticals. The study incorporates a historical and contemporary overview of cocoa production methods and insights from interviews with the company founders. This information is evaluated to assess the potential of integrating agricultural biomass waste into farming practices that promote a circular economy. Sustainable management and utilization of cocoa biomass waste are essential for mitigating its environmental impact and improving farmers' quality of life. Technological advancements can drive innovations in chocolate production and create products that honor the cultural heritage of chocolate. By closing the loop and reintegrating waste into agricultural systems, dependency on external inputs is reduced, fostering a more sustainable and self-sufficient farming model.

Pork Problems: Cultural Attitudes Toward Pigs through History and Their Effects on Modern Food Safety in Australia

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The association between pigs and filth, and pigs and disease are both grounded in social and lived experience and can be understood as existing discursively and scientifically. Pigs, and especially feral pigs, carry many zoonotic diseases. Beyond disease, pork in both fresh and cured form, from pork belly crackling to sausages and bacon, came to be associated with high fat diets. The species of pig consumed globally is the same, and yet, Australia imports its pigs from Denmark, and the United States. Though China is the world's largest pig producer, cultural attitudes limit geographically connected food sources. Racial blinders criticise Chinese food safety, while corn-fed, drug-fattened pork products are imported from the United States. The safety and desirability of consuming the flesh of pigs is, as we might imagine, historically and culturally constructed. This paper traces the genealogy of cultural attitudes toward pig consumption in Australia. I facilitate a thorough examination of pigs within Tasmania placed within a larger pan-Australian contextualised historiography. The unique geographic isolation is examined to illustrate how interconnected cultural perceptions can manifest and have diverse consequences depending on where they land. This micro-historical account placed within the broader macro context reinforce the concerns of food safety and how smaller isolated populations are unevenly affected by the global food system. In so doing, it shows how environmental and public health issues are linked to the historical legacies of colonialism, empire building, industrialism, and capitalism.

Interdisciplinary Teamwork as a Possible Solution Towards Closing the Food Waste Loop: Upcycling Food

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Global estimates suggest that over a third of all food produced is wasted throughout the value chain. International trends present that as a country develops, waste moves up the supply chain from pre- to post-consumer stages. South Africa(SA) as an emerging economy can therefore expect similar trends. Because current figures show that SA wastes on average R61.5 billion per annum, whilst many households are labelled as food insecure (FAO), addressing food waste is crucial. Recent research proposed that although challenging, interdisciplinary teamwork at higher education institutions could address problems that impede sustainable development (SDG12) such as food waste. This paper presents that existing student-initiated projects at a SA University may hold the key. During 2022-23, students from various disciplines within the food value chain (retail, culinary and hospitality) were challenged to explore possible solutions to combat food waste. The project presented three main methodologies. 1.SWOT analysis: Identifying food waste streams that could be upcycled 2.Consumer survey: Exploring product-related attributes to be incorporated in NPD 3. NPD and pilot testing: Testing consumers' willingness to engage with upcycled food products. Results indicated that given the opportunity, students from different disciplines could work together towards finding innovative solutions to combat real-life problems in the SA food landscape (e.g. identifying waste streams, exploring sensory and product-related attributes, developing novel products and testing their viability in a real-life scenario).

Imagining Just and Sustainable Food Futures: Using Interactive Visualizations to Explore the Possible Land Uses and Food Systems Approaches in Revelstoke, Canada

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Food systems are shaped by agricultural and commercial land uses and activities that define where and how food is produced and accessed. These systems are linked to multiple critical sustainability issues, such as climate change, environmental degradation, and growing socioeconomic inequalities, and there is a clear need for transformative change in how food is produced and accessed. For transformations to occur, local government and stakeholders must be able to consider achievable and desirable futures that involve radically different reconfigurations of space and land use. Absent this imaginative capacity, communities and societies are without direction for decision-making that can move food systems beyond just incremental changes. Based in the community of Revelstoke, Canada, this study uses interactive visualization and workshop methods to engage local government and food systems stakeholders in an exploration of three future food systems scenarios, which center (respectively) on changes in food supply, food affordability, and food governance. An interactive visualization tool was developed using the Unity3D game engine, and it visualizes how transformations of an inactive railway site in Revelstoke may appear in 2100. The visualizations were presented to the study participants through an online, Zoom-based workshop, where 'walk throughs' of the scenarios were done by the researchers and the participants subsequently provided feedback. The results of the study reveal the opportunities and challenges of developing and using visualization tools to building imaginative capacity in communities with respect to reconfiguring food spaces and transforming food systems in ways that contribute to social justice and sustainability objectives.

Waste Not, Want Not: Unraveling Household Food Waste Behavior in Latvia

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This study delves into the dynamics of household food waste behavior and management through a survey conducted in Latvia. With the aim of understanding consumer attitudes, behaviors, and potential solutions, an online questionnaire was distributed, garnering responses from 314 participants. Analysis of the data unveiled patterns and factors influencing food waste generation, disposal, and management. Our analysis reveals significant correlations between demographic factors and food waste behaviors, particularly concerning age groups. Our preliminary research highlights the importance of understanding motivations for behavior change. Furthermore, cluster analysis revealed distinct consumer groups based on their intentions and motivations regarding food waste management. Three clusters were identified: proactive "Changers," less inclined "Careless" individuals, and a minority with ambivalent attitudes towards behavior change. In conclusion, our findings underscore the need for tailored strategies to promote sustainable behavior change among different age groups in Latvia. By understanding the unique attitudes, motivations, and barriers to change, policymakers and stakeholders can develop targeted campaigns and initiatives aimed at fostering a culture of food waste reduction. This research contributes valuable insights towards achieving a more sustainable and resource-efficient society in Latvia and globally.

An Application of the Extended Theory of Planned Behaviour to Predict Intentions to Consume Sustainable Protein Alternatives: A Review

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There is growing concern regarding the sustainability of animal-based products which has somewhat shifted consumption towards sustainable protein alternatives. These are considered as healthier, eco-friendly, and more sustainable options than animal-based alternatives. Despite this trend current research shows that sustainable protein alternatives face consumer acceptance and market challenges. In order to gain a comprehensive understanding of factors influencing the intention to consume sustainable protein alternatives, this study applied the extended Theory of Planned Behaviour. A systematic review following PRISMA guidelines was used. A combination of factors influencing intentions toward consumption of sustainable protein alternatives include attitude toward the behaviour, subjective norms, and perceived behavioural control. Factors such as familiarity and affective factors somewhat influence consumer intentions to eat sustainable protein alternatives. The review contributes to theory and provides an understanding of factors influencing consumers' intentions to eat sustainable protein alternatives which can inform the marketing of these products.

Harnessing the Power of Chestnut Shells for Nutritious Antioxidant-rich Functional Cookies: In-vitro versus in-vivo Approaches

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In recent decades, the food industry has invested plentiful resources to develop functional foods and nutraceuticals. The search for bioactive molecules, primarily recovered from food by-products, has intensified among industries, in alignment with the Sustainable Development Goals (SDG). This study validates a nutraceutical ingredient extracted from chestnut (*Castanea sativa*) shells (CS) by Subcritical Water Extraction through in-vitro and in-vivo assays stepping forward into its incorporation in functional cookies. Upon an optimization study, the extract was characterized regarding phenolic composition, bioactivity, and intestinal cells viability. The phenolics' bioactivity and bioaccessibility were explored by in-vitro gastrointestinal digestion and intestinal permeability model. In-vivo bioavailability studies were conducted on rats orally treated with CS extract (50 and 100 mg/kg) for 7 days using metabolomics (LC-ESI-LTQ-Orbitrap-MS). The CS extract unveiled antioxidant, hypoglycemic, and neuroprotective properties even after in-vitro gastrointestinal digestion sustained by the metabolomic profiling, particularly phenolic acids and hydrolyzable tannins metabolites. Higher phenolic concentrations were retained after intestinal digestion, with 40% bioaccessibility. The extract safety was attested on intestinal cells ($\leq 100 \mu\text{g/mL}$). The intestinal absorption of ellagic acid reached 25% permeation after 4h. Regarding animal studies, the in-vivo antioxidant response was proved in blood serum, liver, and kidney tissues probably ascribed to phase I and II metabolites derived from phenolic acids, flavonoids, and lignans, as confirmed by multivariate analysis. The histopathological studies showed no toxicity in rat livers and kidneys. This study attested the in-vitro and in-vivo bioactivity and safety of CS extract, repurposing it as antioxidant ingredient for nutraceuticals and functional foods.

Cooking with Purpose: Expanding Sustainable, Nutritious, Community Food Security Efforts on Appalachian State University's Campus to Include Local Food and Appalachian Recipes

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This paper is an update and expansion of the Cooking with Purpose program presented at the 13th International Food Studies Conference last year in Mexico. Cooking with Purpose is a volunteer virtual cooking class developed by a transdisciplinary team of faculty and staff and offered on the campus of Appalachian State University each semester. The aim is to empower students to take control of their food with improved literacy about sustainable food choices and cooking strategies. Recipes are chosen with inexpensive, healthy ingredients typically found at our food pantries across the campus. We are delighted to present updated details about this series. When presented in 2023, our enrollment was less than 15 students. Thanks to the input and implementation of suggestions from colleagues at the Conference this past semester's enrollment was over 100! We present the strategies that were most impactful, share IRB-approved student survey data and share plans for further expanding this series. This year's conference theme is particularly fitting as we are striving to adopt more local foods and culturally relevant recipes to our Appalachian-area heritage.

Increasing Regenerative Beef Production in Mid-Atlantic United States: A Feasibility Study

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Many US producers are involved or interested in regenerative livestock farming practices. However, there are many challenges with increasing production and sales in this relatively new industry, such as the consistency of production practices, uniformity of certification standards, further processing, cold storage and distribution, and consumer awareness. This paper lays out a feasible scenario for producers in the Mid-Atlantic region (seven US states) to adopt similar production practices, aggregate sufficient quantities of animals, arrange for processing and distribution, and meet consumer demand in retail and institutional sales channels. Along with the presentation of feasible scenarios, the authors identify how critical feasibility constraints may be addressed through producer collaborations such as food hubs and cooperative development alongside better efforts to communicate the benefits of regenerative livestock farming practices to consumers and other stakeholders.

Socio-environmental Crisis as an Accelerator of Change: Sustainability Concerns among Wine Producers in Baja California

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Socio-environmental changes and sustainable transition challenge the future, value, and logic of production and consumption in the agri-food and wine sector. In this scenario, the analysis proposed is based on three central ideas: the first maintains that the climate crisis is accelerating the processes of change and innovation; the second emphasizes that environmental and social changes are intertwined and, therefore, must be analyzed in parallel; and, the third, warns that these global changes trigger specific perceptions and responses for each particular context. These arguments are supported by the anthropology of sustainability theory and the experiences of wine producers in Baja California (Mexico). From this approach, this work explores current changes in the wine sector and its relationship with the sustainable transition. The preliminary results show (1) the relevance of the socio-anthropological approach to sustainability, which proposes to focus on understanding changes in the present rather than predicting the future, given its unpredictability; (2) the specific concerns, limits, and challenges faced by context studied; and (3) the need to analyze the processes of transparency and diversification in greater depth as critical aspects for the sustainable transition in the food and wine agribusiness in future research.

Using a Model Food Forest for Applied Learning about Sustainable Agriculture, Climate Resilience, Soil Regeneration, and Food Justice

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In urban and metro Atlanta thousands are faced with food insecurity and malnutrition each year. Prior to the COVID-19 pandemic, one in every seven children in metro Atlanta faced food insecurity, and these numbers have grown over 20% since then. The Kennesaw State University (KSU) Food Forest was established in 2020 on a one-third-acre site that was formerly a Georgia Department of transportation (GDOT) cement-mixing facility. This initiative was designed as a model of sustainable agriculture (with special relevance for urban food desert communities), to provide education, and promote food security. A food forest is an agroforestry system that is planted to mimic natural ecosystems and provide crops in a sustainable and long-term manner while also cycling nutrients and providing a wildlife habitat. The KSU Food Forest exemplifies a model of sustainable urban cultivation, demonstrating the ability of food forest systems to alleviate climate change pressures on ecosystems and communities while also promoting food security and health. This paper details how the KSU Food Forest, as an official Living Learning Lab at KSU, uses applied and hands-on experiential learning through classes, workshops, tours, volunteerism, research opportunities, internships and employment to engage and educate internal and external audiences on sustainable agriculture, climate resilience, soil regeneration, and food justice.

Reducing Food Loss with Climate Change-adaptive Local Food

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Regions' gastronomy and specialty food products have evolved over time, contributing to their unique cultural heritage. This food-associated geographical image in Japan is known as meibutsu—a local specialty. However, the issue's urgency lies in the fact that these are now under threat due to climate change. Fisheries production, for instance, has been adversely and significantly affected, leading to lower catches and changes in the variety of fish and seafood. Meanwhile, recent inflation in Japan has lowered consumers' fish and seafood consumption, leading to unsold fisheries products whose quality degrades fast and, consequentially, their value. In this study, we elaborate on and discuss the current issue and several good practices that are both climate change-adaptive and could address the issue of food loss.

Food, Politics, and Cultures

How Culture, Ethical and Religious Values Shape Food Waste Practices

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Food waste, namely disposal of edible food, prolongs food insecurity and hunger, contradicting efforts to achieve sustainable development goals (namely SDG 2 and SDG 12). With the consumption phase (specifically in households) emerging as the primary contributor to this phenomenon, scholars and policymakers are directing their efforts toward studying its underlying causes, with recent studies emphasizing the importance of studying its cultural dimensions (Elimelech et al., 2023; Higgs & Thomas, 2016; Porpino, 2016). The current study explores the impact of cultural, ethical, and religious values on food management practices. A structured questionnaire was utilized to identify different food and leftover management practices, as well as cultural, ethical, and religious values. Telephone interviews were employed, resulting in a total of 351 respondents from the Muslim-Arab community in Israel. Research findings demonstrate a dichotomous approach to food waste. For example, while religious faith has a strong impact on people's perception of food waste, other cultural and social values, such as being a good host, might impact actual food practices. Moreover, most participants reported that although they do not like wasting food, their lifestyle often "dictates" it. A conflicting aspect apparent in the study stems from the tension between viewing waste prevention as an overwhelming challenge and the responsibility to exert maximum effort in minimizing it. Findings further demonstrate the gap between perceptions, beliefs, ethics, and actual behaviors, and stress the need to address the cultural aspects in food waste educational campaigns.

From Frugality to Abundance, from Home to Industry: Changes in Meat Consumption in China

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This work is an analysis of the increase in meat consumption in China which goes against the global trend of plant-based diets and politically correct food consumption. The massive increase in meat production and its consumption in China has been driven by a state-led industrial regime since 1978, which is operated by agribusiness and the articulation of the notions that meat represents progress and the accumulation of capital. Despite the fact that the Chinese are known for their grain and plant-based diet, meat consumption has increased amongst the people. Based on anthropological and sociological bibliographical sources, this work draws attention to the increase in meat consumption in China, the significance of which goes beyond the population's greater purchasing power. In the past when the population was subjected to rationing, meat was considered a luxury item. However, today its consumption symbolises revenge and an affront to the scarcity of the past, thus legitimising the role of the State as the creator of an abundant agri-food system.

When Complex Landscapes Become Stigmatized Landscapes: An Examination of College and University Food Pantry Use

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As food insecurity among college and university students is becoming more common, more students are seeking additional sources of food. At most campuses in the United States, at least 15% of students report being hungry and this affects their lives physically, socially, and academically. As student education and well-being are at the heart of any institution of higher education's mission, food pantries are opening on campuses to help alleviate student hunger. While college and university food pantries emerge as part of the 21st century campus landscapes, their use has the potential to create a perceived culturally negative identity for students: the identity of those who utilize the resource remains stigmatized. This may result in students not seeking out food pantries when they are hungry. Stephen F. Austin State University students do not use their food pantry. While at least 15% report being hungry, approximately only 4% use the food pantry. Why? A 2024 survey sent to the student body asked the following questions to see if SFA students felt stigmatized: 1) Are there barriers to you seeking nutritious and safe foods while enrolled at SFA? and 2) What resources or policy changes could the institution implement to support students who struggle to find adequate nutritious and safe foods? This paper discusses those two questions, examines the cultural identity and/or stigmatization that those that use a food pantry (a complex landscape) feel, and presents what students suggest that upper administration can do to increase the use of food pantries.

Just Doing What Any Woman Would Do: Margaret Chase Smith, Dwight D. Eisenhower, and the 1955 Visit to Skowhegan, Maine

Jeannette Cockroft, Associate Professor, History and Political Science, Humanities Division, Schreiner University, Texas, United States

Food preparation has traditionally been considered the cornerstone of an exploitive and patriarchal domesticity. However, scholars such as Janet Theophano, Abby Dubisar, and Majorie L. DeVault have posited a more nuanced notion of food preparation that highlights the control that women exert as they not only nurture communities sharing food, but as they also use the attendant social capital to challenge the social and political status quo. This paper explores the limits of these claims regarding the power of food preparation through an examination of the 1955 visit of President Dwight D. Eisenhower to the Skowhegan, Maine, home of Republican U.S. Senator Margaret Chase Smith. As the first successful American female politician in the post-suffrage era, Smith relied on first wave feminist assumptions about female moral superiority and domesticity to distinguish herself as a both a candidate and an officeholder. Smith's invitation to Eisenhower, while casting her in the traditional female role of hostess, was, in fact, offered as a way for Smith to reward her political supporters, bolster her political network and strengthen her relationship with the Eisenhower Administration. Although the Skowhegan visit accomplished none of these things, it did highlight the risk of relying on an outsider strategy to create political capital.

Queer Theory and the Food Drive: Remaking Gender at the Table

Brian Duff, Associate Professor, Political Science, University of New England, United States

We are fixated on nourishment and good food. At the same time gender seems to have us in a fix. We pursue and embrace the delights of great meals. Meanwhile gender is hard to escape – we struggle both personally and culturally to loosen the grip of gender on our habits, norms and identities. This paper argues that our food fixations and the fix of gender share common origins. In this commonality lies both peril and potential. The danger is that the scenes of nourishment we most avidly seek, a great restaurant meal for example, further trap us in traditional and normative experiences of gender. The potential lies in the way the transports of good food create openings for reconsidering and remaking our relationship to deep-rooted notions of need and desire that lend gender its remarkable hold over us. Our obsession with good food, restaurants and eating out is wrapped up with foundational and conflicted feelings regarding nourishment and human connection. As such, there is a danger that we can experience nourishment as a way to revisit and reestablish gendered notions of care rooted in early childhood – particularly notions of care associated with a distrust of women's desires and impulses. The potential, alternatively, is that by engaging deep-rooted sources of desire and anxiety, we gain an opportunity to transform both, and their ties to our notions of gender.

The South African Culinary Identity Framework (CIFSA): Portuguese South African Cuisine

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No national culinary identity framework exists for South Africa (SA) - useful to promote the country as a unique gastronomic destination, the development/protection of specialty foods, internal education, agricultural activity, branding identity, pride generation and empowerment. Also, for the protection of indigenous knowledge, cultural/cuisine stewardship, and the advancement of a group's cultural heritage. SA consists of a melting pot of cultures each with their own unique food traditions that have contributed to the everyday food culture, often referred to as The Rainbow Cuisine. People of Portuguese descent has been part of SA since the mid-1600s, and different research accounts for varying total numbers (100000 - 700000) that are estimated as the 3rd largest 'white' ethnicity who 'have left indelible layers on the culture'. The overall SA culinary identity framework is informed by the Sackett and Haynes's Elements of Food Culture and Cuisine Model. The aim is to determine cuisine aspects of Portuguese SAs, informing the larger SA Culinary Identity Framework (CIFSA), through netnography, utilisation online and printed texts found in historical documents, cook/recipe books, food/tourism blogs/websites, promotional material, followed by a three-step RMA, consisting of Portuguese SA products, recipes and dishes counts and dot surveys in food and retail, and a Constructive Comments and Observations (CCO) obtained from Portuguese SA restaurateurs, retailers and other relevant food experts. Finally, to gather non-Portuguese SA's opinion of what they believe are the core SA Portuguese Cuisine Elements, and to triangulate results through conducting qualitative interviews with selected Portuguese South African cuisine role-players.

What's Driving the Adoption of Regenerative Agriculture?: US Farmers and Ranchers Report Healthy People, Soils, and Ecosystems as Primary Drivers

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As regenerative agriculture grows in popularity, policy and decision-makers have become interested in its practices. Yet, little is known about the factors driving its adoption among farmers and ranchers. To better understand these drivers, we conducted semi-structured interviews with 31 farmers and ranchers across the United States (US) who self-identified as practitioners of regenerative agriculture. In doing so, we asked about relational values, which reflect one's perspectives around the links between humans and nature. We also asked about economic and environmental drivers for adoption. In the analysis, we used qualitative coding to identify the range of values and factors driving adoption across our sample. We found that 1) improving the health of people, soils, and ecosystems - through farming practices and related social configurations - was a primary driver for adoption, 2) that relative economic privilege, particularly across two extremes - privileged idealism and less privileged necessity - correlated with most drivers for adoption, 3) that a shift away from industrial agriculture was at once a moral, economic, and environmental imperative for many practitioners, and 4) a systems view of social-ecological relationships was seen as a key to adoption and societal transitions. While our sample represents only a narrow segment of the regenerative agriculture movement in the US, our findings can serve as a useful starting point for understanding the drivers for its adoption. Our findings may also inform conversations on regenerative agriculture's potential to support food-related sustainability transitions, and discussions of equity in food systems transitions.

Transversality and Transdisciplinarity of Food and Territory

Ellen Gonzalez, Student, PhD, PUC Rio, Rio de Janeiro, Brazil

The main objective of this paper is to relate and analyze the reflections from a class on the multiple transversalities between food and territory and design disciplines, reflecting on the complexities of contemporary food landscapes and the challenges faced in promoting fair, inclusive, and accessible food systems. The class taught in the (course and professor omitted for double-blind review) adopted a multidisciplinary approach, with pre-class readings, debate, and a gastronomic workshop followed by a tasting. At the heart of this learning journey, the students actively participated in the debate on the relationship between society, culture, and space, crossed by the context of food, to understand the ethical and aesthetic dimensions of food choices. The final analysis revealed how interdisciplinarity is fundamental for a deeper understanding of the interactions between food and territory, highlighting challenges and opportunities related to urban life. Students also appreciated preserving cultural heritage and promoting local food systems to ensure social and environmental sustainability. This study emphasizes the role of design in building more equitable and sustainable food systems, emphasizing the need for collaborative and community-oriented approaches to address the challenges of food access and the preservation of local culture in a globalized context.

Building a Food Institute at UCLA: Strategies for Seeding and Sustaining Transformational Work

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UCLA recently received a transformative philanthropic gift to launch a food studies institute. Such game-changing opportunities come with great responsibilities: how can universities build resilient food-focused organizations with sustained impact given the challenges of engaging in transdisciplinary work? What is the organizational model that best assures sustainability, strength, and success for food systems organizations that center themselves in academic institutions? Against a backdrop of empirical and scholarly studies, we report on our strategies for incubating a new Institute for food studies. The growth of the Institute, a multidisciplinary academic enterprise, is secured through leveraging university infrastructure and processes, as well as by utilizing best practices from other sectors. We share how rooting the Institute in UCLA's academic system while simultaneously reaching beyond campus, can enable the Institute's long-term success, elevate its identity and set it up to address worldwide food-related challenges and opportunities. Some featured elements of our organization-building work include: a branding and communication strategy; a governance and leadership structure; a strong fundraising profile; an optimal administrative support structure; critical faculty engagement to nurture interdisciplinary academic programs; development of robust public programs and community partnerships in Los Angeles and beyond; reporting out to stakeholders to close the loop and operationalize evolving vision; and professional engagement in scholarly communities to advance best practices for organizational resiliency.

Heritage and Sustainability Lessons from Children's Gardens: Case Study on the Island of Hvar

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This research is on kindergarten and school gardens on the island of Hvar, which is a follow-up of the action research on the children's eating habits within the broader theme of intangible cultural heritage of Mediterranean Diet (MD). Islands Hvar and Bra represent Croatia in the multinational inscription of the MD (together with emblematic communities from Italy, Spain, Morocco, Greece, Portugal and Cyprus). Mediterranean diet is recognized as a sustainable diet that advocates wise management and preservation of traditional food sources and agriculture, has an extremely low carbon footprint due to favouring short food supply chains, thus fostering development of rural communities and strengthening food sovereignty. The strengthening of small producers enables the conservation of endangered biodiversity, which is certainly one of the goals of global food policies. In recent years, several kindergartens and school gardens have been established on the island aiming to fill the gaps in ethnobotanical and agricultural knowledge and skills that are the results of major changes in the island economy in the 20th century. Turning from agriculture to touristic monoculture (rather successfully) sets new challenges to the protection of the island's natural resources and traditional life. The role of children's gardens in the Hvar is seen as a part of heritage learning and the transmission of agricultural knowledge and skills. But also learning practical culinary knowledge such as producing olive oil, making jams from seasonal fruits (both cultivated and foraged) and raising awareness of the importance of local food production and sustainability.

Symbolic Meaning or Just a Habit?: The Role of Culinary Culture for the Ethnic Identity of the Polish Diaspora in the United States

Maciej Kapek, Student, PhD Candidate, Jagiellonian University, Malopolskie, Poland

Culinary culture can be an important carrier of identity for diasporas. Cuisine not only reflects cultural identity, but also shapes and transforms it, which in turn influences the meanings and values attributed to different foods. The Polish diaspora in the US readily refers to traditional Polish cuisine. However, one can easily notice differences in attitudes toward ethnic foods in the case of those born in Poland and later migrant generations. The symbolic meaning of traditional cuisine is quite different for those for whom ethnic cuisine is and has been an everyday occurrence than for those for whom it has always simply been a vehicle of identity. Cuisine is particularly important for representatives of later migrant generations who do not know the Polish language and have no contact with their ancestors' homeland. In their case, food, due to its low entry threshold, is the primary form of expression of their ethnic identity and ties to the imagined homeland. The methodology of this research primarily relied on qualitative methods including semi-structured interviews with members of the diaspora. In addition, modern research methods such as netnography and discourse analysis of online groups on social networks were applied. The research project itself is part of a broader analysis aimed at demonstrating the general mechanisms of immigrant ethnic identity formation through cuisine.

Palate and Place: Food, Third Spaces, and Identity Among First- and Second-generation Koreans in Montgomery County, Maryland

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This paper explores how first- and second-generation Koreans in Montgomery County, Maryland understand and perform ethnic community through food and third spaces. It pays particular attention to potential differences in how immigrant generations experience culturally coded phenomena compared to American-born generations through semi-structured interviews with current and former members of Saint Andrew Kim Korean Catholic Church in Olney, Maryland. Key findings focused on three main themes: (i) the nexus between food, memory and personal palates; (ii) the intrinsic entanglement of faith and ethnicity for immigrant churches; (iii) the spatialization of ethnic identity across generations. In my conclusion I outline key points and delve into the policy implications, examining how food, third spaces, and intergenerational relationships can inform policies and planning for the improvement of diasporic communities. While many recommendations are directly linked to the findings, they also offer insights that can benefit a wider audience.

Agency in Creating Immigrant Identity through Foodways: Mango Memories and Culinary Nostalgia

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This paper examines examples of the shared use of mango references as a culinary metaphor that is powerful in maintaining immigrant identity in the works of diaspora authors from a variety of regions of the world, including South Asia, the Caribbean and Africa, and across a variety of genres, including novels, culinary memoirs, and children's books. There has been past criticism of so-called sari-mango literature, suggesting that use of the image of mango is a cliché, even "lazy," attempt to "exoticize" and sentimentalize South Asia in particular. A broader review across national boundaries reveals that diaspora authors including those beyond South Asia, write nostalgically about mango as much about the messy "full body" tactile experience of eating a mango as about the "exotic" quality of mango representing the "otherness" of their home country. Many of the narratives detail universal childhood food experiences that are more shared than exotic, such as a desire to subvert the adult societal rules of neatness and get very messy, or memories of small but memorable childhood transgressions such as stealing mangoes from a neighbor's tree. In recent years, food technology has evolved, and mangoes have become more familiar and readily available in Europe and America, from smoothies and baby food to dried fruit snacks. The meaning associated with the imagery of mangoes for both writers and readers in diaspora literature evolves as well and authors do not have to heed Salman Rushdie's command, "There must be no tropical fruits in the title. No mangoes."

More than Two Decades - a Review of the Concept of Gastrodiplomacy

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With the new political configurations, various new forms of diplomacy have emerged to project countries abroad. Food, a classic tool in human interactions, is considered an important and special vehicle for carrying out public and cultural diplomatic activities. The term gastrodiplomacy was coined in 2002 in an article of *The Economist* and later, around 2010, the academic world began to pay attention to this new practice of diplomacy. Starting with posts on online forums, over two decades, extensive research, spanning disciplines like Political Science, Sociology, International Relations, and Intercultural Studies, has enriched the field with case studies from countries like Thailand, Japan, and South Korea. While this diversification is positive as it enriches the field of gastrodiplomacy, there's a need to consolidate its academic foundations in order to affirm the position of this concept in the academic field. This study carries out a systematic literature review of gastrodiplomacy in an attempt to find a definition of the term, summarize its theoretical basis, explore related themes and methodologies, analyse the challenges posed to the field of gastrodiplomacy and, finally, make suggestions for future research.

“Living with Food” through Land Tenure in the Urban Commons: Traditions and Rights of Life, Nature, Housing and Food

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Land tenure allows rural and urban dwellers to learn and participate in dynamic, culturally specific metabolism. Tenure enables longevity, familiarity, community. Secure and sustainable land tenure evolves from humans and more-than-humans in relationship that adapts and develops over time. We call this “living with food:” inherited systems of production, consumption, excretion, regeneration in place. Spatial stability and tenured, secure location grounds survival and beyond that, rich thriving. Tenure safeguards systems of shelter, protection, and nutrition in dynamic, adaptive systems. But tenure is constantly threatened by war, economic collapse, and climate catastrophe requiring strategies that protect against forced migration, extractive “development,” and gentrification. We have some international tools. Facing massive worldwide urbanization, the 1996 Habitat II conference endorsed land tenure for sustainable human settlements. Struggling to stem land and resource grabbing that peaked 2008–9, the newly reformed UN Committee on World Food Security (CFS) created Guidelines on the Responsible Governance of Tenure of Land, Fisheries, and Forests in the Context of National Food Security (2012). Recognizing that survival requires the rights of Nature, not just humans, led to the 2012 Cochabamba Declaration on Rights of Mother and most recently, the 2023 Maastricht Principles on the Rights of Future Generations. The question is, how to adapt those tools locally. Syracuse, New York, a refugee receiving USA city with thriving urban agriculture and dynamic land bank program, serves as case study. Public land tenure in urban commons bolsters tenured “living with food” in urban landscapes undergoing human and ecological change.

Tradition and Innovation of Food Culture through Digital Ecosystem: Ethnographic Perspectives from Bologna, Italy

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In this research, I reveal the dynamism of food culture of Bologna in the contemporary period, in relation to digital food media, with a triangle approach which combines ethnographic interviews in 40 families in Bologna, digital ethnography and quantitative analysis. Even though researchers have recently started to pay attention to the domestic sphere of cooking, there are few studies which analyze the popular culture of Italian food in relation to the digital ecosystem such as social media, food blogs and recipe platforms, from the interdisciplinary viewpoints including anthropology and sociology. In my research, I take the ethnographic approach to capture the actual dynamism of people's cooking in Bologna, visiting 40 Bolognese families, seeing and eating their cooking together and asking interview questions. As well as this ethnographic fieldwork, I do digital ethnographic research on their usage of digital media, especially focusing on Facebook Group of Bolognese cooking and Instagram account of several food influencers and qualitative analysis to see the impact of the digital ecosystem. In this way, I've revealed how they are 'enriching' their tradition of home cooking using digital food media, how their cooking is innovated by new discoveries through the digital ecosystem, and how tradition and innovation coexist in people's cooking in the digital age.

Shojin Ryori - Japanese Zen Philosophy in Every Bite: A Seasonal Comparison of Mindful Cuisine

Saori Nishida, Senior Research Associate, Japan Food Studies College, Belgium

Residing in Europe for more than a decade, particularly in Belgium, I managed a Japanese restaurant and have been actively involved in the promotion of Japanese food products. Despite the widespread popularity of Japanese cuisine across Europe, articulating a comprehensive definition of Japanese culinary traditions often proved challenging. Motivated by this ambiguity, I embarked on a journey to delve deeper into the essence of Japanese cuisine and its associated food culture. Along this exploration, my interest gravitated towards Shojin Ryori, the vegetarian cuisine traditionally served in temples. Introduced to Japan in the late 13th century, Zen Buddhism revolutionised perceptions of cooking and eating, infusing these practices with ascetic significance. The rejection of the aristocratic, elegant lifestyle of the past by the samurai class paved the way for the widespread adoption of Zen teachings, which emphasized simplicity, discipline, and practicality. As the teachings of Zen Buddhism spread, vegetarian cooking also developed significantly. Zen culinary philosophy emphasises the utilisation of seasonal, locally-sourced vegetables. How is this put into practice? Through immersive experiences at a Rinzaï Zen temple in Usuki, Oita, I had the privilege of partaking in authentic Shojin Ryori meticulously prepared by an 83-year-old monk during both summer and winter seasons. By scrutinising the nuances in ingredient selection, preparation techniques, and serving traditions across seasons, this paper explains the profound embodiment of Zen teachings within Shojin Ryori.

The Taste of Place and History: A Comparative Case Study of Turkish and Danish Trajectories

Derya Nizam, Head/ Associate Professor, Sociology, Izmir University of Economics, Turkey Asmus Gamdrup Petersen Jensen, CEO, Kost Studio, Denmark

Supermarketization has resulted in an abundant quantities of foods that have no "place" or "home" in many regions of the world. While local foods are getting harder to find, they become niche commodities, so they turn into rent-generating instruments. Based on a comparative study of the development of geographical indication systems in Turkey and Denmark, we discuss the cultural and historical processes behind the invention of "local food". With a particular emphasis on the concept of terroir, agriculture, and gastronomy we examine how globalization contributes to the formation of new niche markets through place-based labels. We examine how these countries' food cultures have changed in response to globalization, as well as how their historical particularities (uniqueness) has led to the distinctiveness of new culinary trends.

"It's an Elevated Version": When the Privileged Sector Appropriates and Capitalizes on Racial Minorities' Food

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In the aftermath of Chef Gordon Ramsey's failed attempt to "elevate" arroz pegao' (crispy rice) on his YouTube series "Scrambled," it became abundantly clear, as Twitter users within the Puerto Rican online community concurred, that his interpretation missed the mark. According to many Puerto Ricans (and Diasporicans) that chimed in the conversation, the offenses were because of the chef's lack of knowledge regarding the preparation of the dish and the absence of mentioning that pegao' represents deep family values revolving around the abuela (grandmother). However, Ramsay's "elevated version" is far from the only instance where a person with privilege appropriates and re-interprets a minority's dish to their liking and taste. This paper delves into the analysis of how the privileged sector's reinterpretation of a minority group's dish as "an elevated version" unveils the dynamics of cultural appropriation and highlights the inherent racial power imbalances at play. Additionally, to further our understanding, this project employs sentiment analysis to delve into the responses of the Puerto Rican digital community regarding Chef Ramsey's flawed rendition of arroz pegao'. By scrutinizing the sentiments expressed in the gathered tweets, we gain valuable insights into the community's emotional landscape, opinions, and attitudes in response to Chef Ramsey's culinary misstep.

Feeding More than Just the Belly: Re-territorialising Space through Migrant Food

Maheshvari Naidu, Professor and Academic Leader of Research, Social Sciences, University of KwaZulu-Natal, Kwazulu-Natal, South Africa

This paper adopts an interdisciplinary perspective rooted in Spatial Humanities and probes the dynamics of migrant integration and social cohesion within the context of migrant food traditions and their interactions with the spatial environment or local spaces/places of host urban environments. Drawing on a mixed methods spatial approach the article reveals how migrants creatively carve out urban spaces, both physically and symbolically, at times plastically adapting and transforming Durban's social and spatial context to attempt to territorially 'mirror' their identities and create a semblance of belonging away from home. The paper argues that by incorporating their food practices and engaging in spatial reterritorialization, African migrants shape and (re)define spaces that work in turn to facilitate social interaction and cultural exchanges with locals and other migrants. These spaces serve as potential 'platforms' or 'migrated food heritages' that arguably promote smoother integration processes, fostering a sense of urban mutuality and cohesion. The findings emphasize the importance of understanding the spatial context and processes of migrant food traditions in shaping the multifaceted and palimpsest landscape of urban integration, particularly within the context of the Global South.

More Than Sun, Sea and Sand: A Cultural Exploration of Street Food in Trinidad and Tobago

Daina Nathaniel, Professor and Chair, Communication and Art, Wingate University, North Carolina, United States

The gastronomy of the Caribbean has been traditionally treated as a monolithic space characterized by traveler dreams of pineapples and coconuts, usually consumed near turquoise waters, bathed in sunshine. In more recent years, however, as the tourism industry has morphed beyond sea and sand, the street food scene has grown significantly and has promoted clear cultural distinctiveness among the islands. This paper explores the street food culture of Trinidad and Tobago as a growing part of its national identity. This identity predicated on the kaleidoscope of its people and history. Using ethnographic research this paper argues that the expansion of street food options around the country has the potential to create a new tourist experience, which is more sustainable and which celebrates diversity. It reflects the multicultural nature of the people, showcases their cultural heritages and promotes new ways of exploring the twin-island state. This street food culture, more than the food itself is a case study in cultural expression and vibrancy in an economic environment that can competitive at best.

Thou Shall Not Eat!: The Place of Food Prohibitions/Taboos in Ethnic Identity Construction in Berekuso

Sylvia Ohene Marfo, Research and Program Manager, Union for African Population Studies, Greater Accra, Ghana

Perceived as one of the avenues through which societies classify food and a product of logical reflections on material culture that is based on years of trial and error, food taboos and prohibitions are a way to showcase the symbolic meanings attached to food. They play a crucial role in understanding issues related to power and serve as a means to distinguish one cultural group from another. Similarly, as ethnicity is defined based on what is eaten, it can also be defined based on what is prohibited and not consumed. This paper focuses on how food prohibitions contribute to ethnic identity construction. This ethnographic study contributes to the debate on the sociology of food and eating. This research employs criterion and theoretical purposive sampling methods. Data for the study was collected between 2018 and 2019 using diverse ethnographic methods (household and key informant interviews and focus group discussions). The study site is Berekuso, a farming community in the Eastern region of Ghana. The study discovered that most individuals in the community continue to adhere to some of the taboos of the past although changes in the social structure has impacted on the practice. Thus, food taboos have been renegotiated to meet the current structural changes. By instituting ethnic attitudes towards food including taboos, groups and societies can show their uniqueness in comparison to others.

Food Insecurity in Urban Youth: Vulnerability Factors and Future Prospects

Ayari Pasquier, Researcher-professor, Centre for Interdisciplinary Research in Science and Humanities, Universidad Nacional Autónoma de México, Distrito Federal, Mexico
Magdalena Morales Brizard, Student, Master's degree, Universidad Nacional Autónoma de México (UNAM), Mexico

Until recently, food insecurity was thought of as an eminently rural problem; however, it is now recognized that in many cities the cost of a healthy diet exceeds the average food expenditure of low- and middle-income households, affecting the food security of growing population groups. This paper is interested in the conditions of food insecurity in Mexico City, paying particular attention to the youth population, a group little explored so far that faces growing food problems that risk compromising their health in the medium and long term. The development of the research incorporates several sources, including: documentary review, descriptive analysis of existing statistics and a qualitative exploratory work carried out in middle and high schools in low-income areas. Within this framework, semi-structured interviews and collective discussion exercises were carried out to document the perception of needs and possibilities for change among young people. Among the results of the study, malnutrition stands out as the main manifestation of food precariousness in environments with high availability of ultra-processed products, the links between poverty and time as a major factor in daily food decisions, as well as the interest of some of them to improve their eating patterns through individual and collective strategies, including in certain occasions the organization of collective actions to demand better food conditions in schools.

Music and the Preservation of Food Heritage: A Jamaican Case Study

Nicole Plummer, Lecturer, Institute of Caribbean Studies, Faculty of Humanities and Education, The University of the West Indies, Mona, Saint Andrew, Jamaica

Charmaine Mc Kenzie, Retired, The University of the West Indies, Kingston, Jamaica

It is an undeniable fact that food maintains and preserves life. Food also serves a deeper and no less significant purpose; being both a repository and forger of memories and identities. Identities are forged through the foods that we eat and our relationships with food. Food connects us with our ancestors and our homeland. Music is often the vehicle through which memories are preserved and shared as well as being an expression of social experiences. Together, food and music preserve and revitalise memories of home and reconstitute identities in foreign locales. To this end, this paper examines the role of music in preserving Jamaican food heritage. It examines how this music creates a multi-textured meaning of what it is to be Jamaican; transfers cultural and food heritage; and preserves diasporic knowledge and heritage across borders. Through semiotic engagement and Cultural Studies textual analysis of a sample of songs, this paper will demonstrate that music remains an important vehicle for connecting people to their identity and culture through food heritage.

Claiming Soil, Growing Food, and Making Place

David Rouff, Associate Professor and Chair, Department of History and Critical Race and Ethnic Studies, University of California, Merced, California, United States

Studying nineteenth century immigrant Chinese communities in the U.S. West presents persistent challenges. Chinese-authored sources are rare, and racist U.S. record-keepers silenced Chinese voices. Alternatively, Chinese spatial practices offer evidence of agency, activism, and creativity that contested marginalization and exclusion. Immigrant Chinese in Merced, California developed communal gardens that facilitated food procurement, religious practices, transnational community formation, and economic survival. A deep reading of these gardens—detailed in Sanborn Fire Insurance Maps and newspaper reporting—shows consistent efforts to territorialize the space of the ethnic enclave not as disambiguated private property but as a collective communal resource: a Chinese place anchored in collectively worked soil. I explore these Chinese gardens in three interconnected areas. First, a focus on foodways, or the production, consumption, distribution, and labor of food and food goods, considers the gardens themselves, the work they required, and how the nature of that work sustained a transnational community for which food was not only sustenance but essential to religious practice. Second, I discuss the ways that joining together to farm and build community required innovations in the definition of community and social formation, contributing to the development of a specific American Chinese community. Finally, the food produced in the communal gardens offered material sustenance to the community and fostered economic opportunities. In making the spaces of these gardens their own, Merced's Chinese preserved their gastronomic heritage, built and sustained community, forged a new Chinese American identity, and created places of their own in an otherwise hostile landscape.

The Fork Front: Farm to Table, Past to Present

Kelly Spring, Owner, The Fork Front, District of Columbia, United States

This presentation provides an overview of my company, The Fork Front, which works, on several fronts, to educate and entertain individuals about their own history through a food lens. It also raises people's awareness about the crucial role that food history has and continues to play in their culture and society. While the company is based in Washington, D.C., it has a global reach in terms of the content that I offer as well as the individuals and companies to which I provide my products and services. These products and services range from consulting, researching and writing about food history to the creation of bespoke gifts, courses, and menus for special events. This presentation provides an overview of my company, its foci, and current and future work. It will demonstrate how I successfully transformed my academic research and teaching experience into a thriving enterprise. The business enables me to employ my knowledge and skills in new and innovative ways to enlighten and reinforce the importance of food in everyday life to a wide range of individuals, appealing to the interests of academics and the general public alike.

Balancing Biocultural Conservation and Commerce in Andean Foodscapes: The Participatory Guarantee System in Apurímac, Peru

Sarah Steinegger, PhD Student, Geography, University of Bern, Switzerland

Food-producing landscapes in the Peruvian Andes hold significant importance for biocultural heritage. However, commodification processes have altered land use, resulting in a decline in agrobiodiversity, erosion of social practices, and loss of situated knowledge. Commons-based governance frameworks for convivial conservation, such as the Participatory Guarantee System (PGS), have been suggested to address these issues. The PGS is an agroecological farmer-to-farmer certification scheme, which valorizes local farmers' *cosmovisión* (worldview), knowledges, and practices. Nevertheless, it is essential to assess how this governance framework balances economic considerations with the environmental, social, and cultural dimensions of Andean foodscapes without prioritizing commodification. A qualitative case study in Apurímac served to examine the conflicting and productive tensions between the institutional logics advocated by farmers, public authorities, and NGOs, as well as other market incentives. It was found that particularly female semi-subsistence farmers promote the various dimensions of Andean foodscapes through the food sovereignty logic. In contrast, market-oriented farmers primarily enact the commercialization logic. In addition to these internal tensions, national authorities promote the commercialization logic with agricultural policies and market incentives restricting the success of the studied governance framework. Overall, the paper argues that integrating conviviality and community economies through the commoning of foodscapes offers valuable insights into the challenges and opportunities for concrete pathways towards conservation that allow for social, environmental, and economic sustainability.

Japanese Food Beyond the Seas

Aiko Tanaka, Founder, Japan Food Studies College, Japan Food Studies Research Institute (FSRI), Food Activist Organization Japan, Planetary Food Education Network, Japan

Japan, a nation encircled by the sea, encompasses over 70% of its landmass with mountains, fostering diverse regional characteristics spanning mountains, coastlines, and peninsulas. The Korea Strait, separating the Korean Peninsula and Japan, leads into the Sea of Japan. However, fast ocean currents and rough seas pose challenges for foreigners attempting to reach Japan, setting it apart from contiguous landmasses in Europe and isolating it from global influences. Rice, introduced in the waning years of the Jomon period, evolved into a dietary cornerstone. The Nara period saw the infusion of Buddhism, bringing daikon radish, ginger, turnips, carrots, and tea into Japan's culinary tapestry. By the 16th century, Portugal introduced confections, sugar candies, tempura, and castella to Japanese cuisine. The Edo period (1600-1867) ushered in isolation, with Nagasaki's Dejima serving as the sole Dutch and Portuguese trading post. Here, Dutch traders discovered Japanese soy sauce, catalyzing its export to Europe and inaugurating Japanese culinary global outreach. The Meiji Restoration of 1867 propelled Japan onto the international stage. A year later, 150 Japanese immigrants migrated to Hawaii, introducing soy sauce and miso, which persistently influence Hawaiian Japanese food culture. Japan assimilated diverse culinary traditions, enriching its cuisine. Presently, over 159,000 Japanese restaurants worldwide serve iconic dishes like sushi, tempura, and ramen. Post-Meiji Restoration, the global embrace of Japanese cuisine burgeoned, propelled by the "Healthy Japanese Food" trend. Comprehending this culinary journey unveils the evolution and impact of Japanese gastronomy on a global scale, fostering cultural exchange and appreciation.

Memories in Pots and Pans: An Example of the Danube-Swabian Cultural Preservation

Danica Trifunjagic, Associated Researcher, Institute for Danube-Swabian History and Regional Studies, Germany

The paper is based on field research conducted in a Banat (Serbia) village, which the Danube-Swabians mostly populated until the end of WWII. The interviewees represent the second and third generations of the Danube-Swabian families who remained. The willingness to talk about German heritage through the means of food and female household leaders put the focus of this research on culinary practices, thus posing the question of why all the interviewees gravitated towards this topic. By relying on the notions of semiospheres (Lotman 1990), the paper investigates food-related cultural elements, such as customs, the technology of food preparation, and the transferring of culinary knowledge, thereby analyzing narratives surrounding the topic. Historical circumstances and current socio-cultural background of the interviewees shall be taken into account since they represent an important element in research on the Danube-Swabian community. This microhistorical example ought to contribute to the importance of immaterial elements in preserving culture and building a sense of belonging.

Fathers' Socialization of Young Children During Shared Food Experiences

Christina Yoshimura, Professor, Communication Studies, University of Montana, Montana, United States

Julia Tonne, Student, Masters of Communication, University of Montana, Montana, United States
Grant Lane

Zita Ottersbach, Graduate Student, Communication Studies, University of Montana, Montana, United States

Twenty-five pairs of U.S. fathers and young children (aged 1-12 years) were audio-recorded while sharing a snack with one another. The naturally-occurring conversation was analyzed to identify the socialization features present in the conversations. Our analysis revealed four main themes in father-child interaction surrounding food: Instruction, Playfulness, Sharing Experiences, and Disclosure; each theme was comprised of several sub-themes. These patterns were analyzed to emphasize the instrumental and relational work that fathers do with children in brief food-related experiences, countering prevailing U.S. norms that mothers are the primary socializing agents for young children and that intensive, structured mealtimes are required for children to experience positive relational and health benefits.

Indigenous Food Wisdom Guiding Food Policy in British Columbia and Beyond

Zehra Zawawi, Student, PhD, University of Northern British Columbia, British Columbia, Canada

Indigenous food knowledge and practices have played a critical role in addressing the complex issues surrounding food security, health, and cultural sustainability within Indigenous communities. This research explores the importance of Indigenous food wisdom in shaping food policies in British Columbia and beyond. However, in Canada, Indigenous food systems have been significantly impacted by colonialism and neoliberal capitalist policies, which continue to affect Indigenous food security and sovereignty today. The literature review examines the historical and ongoing challenges faced by Indigenous people in Canada in exercising their traditional food ways. Using a mixed-methods approach that includes content analysis and interviews with NGOs, the research investigates the relationship between Indigenous food knowledge, food security, sovereignty, and national and international food policies within the context of colonial and socio-economic challenges. The insights gained from this research contribute to the development of culturally appropriate policies and practices that support the self-determination of Indigenous communities in managing their own food systems. By identifying gaps in national and international frameworks, the study seeks to enhance inclusion of Indigenous voices in food policy design, contributing to the decolonization of food systems and highlighting the need for further progress in developing food policy frameworks that align with the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) and the Sustainable Development Goals (SDGs).

Attendance List

Richard Almeida, Francis Marion University, United States
Ben Arviv, Ben Gurion University in the Negev, Israel
Ofira Ayalon, University of Haifa and Samuel Neaman Institute, Israel
Carla Baker, University of Tasmania, Australia
Carlos Baptista, University of Coimbra, Portugal
Vera Barradas, Polytechnic University of Portalegre, Portugal
Tanya Basok, University of Windsor, Canada
Mary Bates, Mellon Foundation, United States
Morgane Batkai, Open University, Netherlands
Anne C. Bellows, Syracuse University, United States
Bruna Blaskievicz, Federal University of Rio de Janeiro, Brazil
Ricardo Bonacho, Universidade Europeia of Lisbon, Portugal
Erika Borrelli, University of Windsor, Canada
Andrea M. Brace, Fairleigh Dickenson University, United States
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Olivia A Carye Hallstein, Edible Nest Studio, United States
Leslie Cecil, Stephen F. Austin State University, United States
Karina Cespedes, University of Central Florida, United States
Dishari Chattaraj, Indian Institute of Technology, India
Aayushi Chatterjee, Indian Institute of Technology, India
Vanessa Chee, George Mason University, United States
Eric Siu Kei Cheng, National Taitung University, Taiwan
Jeannette Cockroft, Schreiner University, United States
Patricia De Gomensoro, University of Coimbra, Portugal
Holly Didi Ogren, The College of New Jersey, United States
Nadine Du Piesanie, University of Pretoria, South Africa
Gerrie Elizabeth du Rand, University of Pretoria, South Africa
Brian Duff, University of New England, United States
Whitney Elmore, University of Florida, United States
Ellen Ensher, Loyola Marymount University, United States
James Félix, University of the Arts Singapore, Singapore
Hennie Fisher, University of Pretoria, South Africa
B.J. Fletcher, University of Illinois Springfield, United States
Lee Frankel Goldwater, University of Colorado Boulder, United States
Trisha Franzen, Albion College, United States
Alisa Goikhman, Technische Universität Berlin, Germany
Clarice Gomes, BomNomNom, Portugal
Ellen Gonzalez, PUC Rio, Brazil
Ana Laura González Alejo, Universidad Nacional Autónoma de México, Mexico
Leigh Harris, UCLA, United States
Jeanette Hart Mann, University of New Mexico, United States
Shachar Heppner, Technion, Israel
Hayiel Hino, Ariel University, Israel
Stephen Inrig, Mount Saint Mary's University, United States

Attendance List

Sumaya Issahaku, Kwame Nkrumah University of Science and Technology, Ghana
Jelena Ivanisevic, Institute of Ethnology and Folklore Research, Croatia
Silvana Juri, SARAS Institute / Stockholm Resilience Centre, Uruguay
Maciej Kapek, Jagiellonian University, Poland
Alexandra Kazaks, Consultant, United States
Madeline Kim, Tufts University, United States
Hyejin Kim, National University of Singapore, Singapore
Maki Kimura, University College London, United Kingdom
Constance Kirker, Pennsylvania State University, United States
Alison Kuah, University of Cape Town, South Africa
Paige Kuester, University of South Carolina, United States
Evelyn Lambeth, University of Tasmania, Australia
Boineelo Pearl Lefadola, University of Botswana, Botswana
Guofeng Li, Orient Institute, University of Lisbon, Portugal
Johanna Liander, Harvard University, United States
Mónica E. Lugo Vélez, North Carolina State University, United States
Lesego Marule, University of Pretoria, South Africa
Nadene Marx Pienaar, University of Pretoria, South Africa
Joel Matheson, University of Oregon, United States
James Matson, Matson Consulting, United States
Rachel Mazac, Stockholm University, Sweden
Charmaine Mc Kenzie, The University of the West Indies, Jamaica
Francesc Xavier Medina Luque, Universitat Oberta de Catalunya, Spain
Eri Miyauchi, University of Tsukuba, Japan
Erik Mobrard, Seoul National University, South Korea
Marzieh Motallebi, Clemson University, United States
Maheshvari Naidu, University of KwaZulu-Natal, South Africa
Aoi Nakakoji, University of Bologna, Italy
Daina Nathaniel, Wingate University, United States
Robert Newell, Royal Roads University, Canada
Sherry Nikbakht, Appalachian State University, United States
Saori Nishida, Japan Food Studies College, Belgium
Derya Nizam, Izmir University of Economics, Turkey
Sylvia Ohene Marfo, Union for African Population Studies, Ghana
Chrissie Orr, SeedBroadcast, United States
Svetlana Osinceva, RTU Liepaja Academy, Latvia
Graça P. Carvalho, Portalegre Polytechnic University, Portugal
Ayari Pasquier, Universidad Nacional Autónoma de México, Mexico
Diana Pinto, REQUIMTE/LAQV, ISEP Polytechnic of Porto, Portugal
Nicole Plummer, The University of the West Indies, Jamaica
Adeline Pretorius, University of Pretoria, South Africa
Santos Ramos, Grand Valley State University, United States
Mariane Ravagio Catelli, São Paulo State University, Brazil
Fernando Rebola, Polytechnic University of Portalegre, Portugal
Steven Richards, Clemson University, United States
Diana Rico Pereira, Campus Universitário Quinta da Granja, Portugal
Cátia Rijo, Politécnico de Lisboa, Portugal

Attendance List

Isabel Rodrigues, University of Massachusetts Dartmouth, United States

David Rouff, University of California, United States

Stephanie Sadownik, York Regional District School Board, Canada

Nida Saeed, Goldsmiths University of London, United Kingdom

Maria Del Carmen Salas Quesada, Universidad Nacional Autónoma de México, Mexico

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Rosnah Shamsudin, Universiti Putra Malaysia, Malaysia

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Vanessa Slinger Friedman, Kennesaw State University, United States

Diane Smith, Washington State University, United States

Kelly Spring, The Fork Front, United States

Sarah Steinegger, University of Bern, Switzerland

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Hanri Taljaard Swart, University of Pretoria, South Africa

Aiko Tanaka, Japan Food Studies Research Institute, Japan

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Lana Waschka, Elon University, United States

Catherine Wright, Wingate University, United States

Isin Yazicioglu, University College Cork, Ireland

Christina Yoshimura, University of Montana, United States

Zehra Zawawi, University of Northern British Columbia, Canada



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COMMON GROUND

Founded in 1984, Common Ground is committed to building new kinds of knowledge communities, innovative in their media, and forward-thinking in their messages. Heritage knowledge systems are characterized by vertical separations--of discipline, professional association, institution, and country. Common Ground Research Networks takes some of the pivotal challenges of our time and curates research networks that cut horizontally across legacy knowledge structures. Sustainability, diversity, learning, the future of humanities, the nature of interdisciplinarity, the place of the arts in society, technology's connections with knowledge--these are deeply important questions of our time that require interdisciplinary thinking, global conversations, and cross-institutional intellectual collaborations.

Common Ground Research Networks are meeting places for people, ideas, and dialogue. However, the strength of ideas does not come from finding common denominators. Rather, the power and resilience of these ideas is that they are presented and tested in a shared space where differences can meet and safely connect--differences of perspective, experience, knowledge base, methodology, geographical or cultural origins, and institutional affiliation. These are the kinds of vigorous and sympathetic academic milieus in which the most productive deliberations about the future can be held. We strive to create places of intellectual interaction and imagination that our future deserves.

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The Common Ground Media Lab is the research and technology arm of Common Ground Research Networks. Common Ground Research Networks has been researching knowledge ecologies and building scholarly communication technologies since 1984.

Since 2009, we have had the fortune of being based in the University of Illinois Research Park while building our latest platform – CGScholar. This is a suite of apps based on the theoretical work of world-renowned scholars from the College of Education and Department of Computer Science at the University of Illinois Urbana-Champaign. CGScholar has been built with the support of funding from the US Department of Education, Illinois Ventures, and the Bill and Melinda Gates Foundation.

The CGScholar platform is being used today by knowledge workers as diverse as: faculty in universities to deliver e-learning experiences; innovative schools wishing to challenge the ways learning and assessment have traditionally worked; and government and non-government organizations connecting local knowledge and experience to wider policy objectives and measurable outcomes. Each of these use cases illustrates the differing of knowledge that CGScholar serves while also opening spaces for new and emerging voices in the world of scholarly communication.

We aim to synthesize these use cases to build a platform that can become a trusted marketplace for knowledge work, one that rigorously democratizes the process of knowledge-making, rewards participants, and offers a secure basis for the sustainable creation and distribution of digital knowledge artifacts.

Our premise has been that media platforms—pre-digital and now also digital—have often not been designed to structure and facilitate a rigorous, democratic, and a sustainable knowledge economy. The Common Ground Media Lab seeks to leverage our own platform – CGScholar – to explore alternatives based on extended dialogue, reflexive feedback, and formal knowledge ontologies. We are developing AI-informed measures of knowledge artifacts, knowledge actors, and digital knowledge communities. We aim to build a trusted marketplace for knowledge work, that rewards participants and sustains knowledge production.

With 27,000 published works and 200,000 users, we have come a long way since our first web app twenty years ago. But we still only see this as the beginning.

As a not-for-profit, we are fundamentally guided by mission: to support the building of better societies and informed citizenries through rigorous and inclusive social knowledge practices, offering in-person and online scholarly communication spaces

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XIV Congreso Internacional sobre Estudios Nutricionales y Alimentación

El lugar importa: La revalorización del patrimonio cultural, gastronómico y territorial

Instituto Politécnico de Portalegre, Portalegre, Portugal



Estudios Nutricionales



POLITÉCNICO
DE PORTALEGRE

2-4 de octubre de 2024





Cartas de bienvenida

Estimados participantes del Congreso:

Es un gran placer darles la bienvenida al **XIV Congreso Internacional sobre Estudios Nutricionales y Alimentación**. Les agradezco a todos el compartir sus trabajos con el resto de nuestra Comunidad.

Durante más de 30 años, Common Ground Research Networks ha invertido en el desarrollo de tecnologías que buscan romper las barreras de acceso en la comunicación académica. En cada fase, hemos construido espacios para apoyar el diálogo interdisciplinario, antes de que estos enfoques se pusieran tan de moda; fuimos capaces de conectar voces internacionales cuando las disciplinas a menudo estaban aisladas en silos nacionales; y apoyamos siempre una agenda de acceso e igualdad, al ofrecer vías y oportunidades para voces diversas.

Ahora proponemos otro tipo de intervención: construir una infraestructura de comunicación académica para un futuro mejor. Nuestro modelo mixto busca trascender los límites físicos al ofrecer un espacio para extender el contenido del Congreso en persona a pasarlo a un formato virtual, lo que garantiza que los delegados online tengan los mismos espacios participativos y experiencias dentro de la plataforma CGScholar. Al mismo tiempo, el modelo ofrece a los participantes un recurso con acceso a un espacio social donde los demás participantes pueden mantenerse conectados mucho después de que finalice el Congreso.

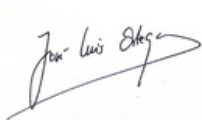
Para nosotros, el modelo mixto es más que un acercamiento a la tecnología. Estamos utilizando este filtro conceptual para mejorar nuestro objetivo:

- Disciplinas mixtas como un enfoque para las prácticas de investigación interdisciplinarias.
- Afinidades mixtas como una forma de abordar una política compartida para paradigmas de reconocimiento y redistribución.
- Voces mixtas como una forma de considerar dónde ocurre la investigación dentro y fuera de la academia.
- Ideas mixtas como terreno común para un nuevo sentido cívico.

También estamos comprometidos a ser líderes en la industria. Desde 2021 formamos parte del Pacto de editores para el logro de los objetivos de desarrollo sostenible de Naciones Unidas. Lanzado en colaboración con la Asociación Internacional de Editores, el pacto “presenta 10 puntos de acción que los editores, las asociaciones editoriales y otros pueden comprometerse a emprender para acelerar el progreso hacia el logro de los Objetivos de Desarrollo Sostenible (ODS) para 2030. Los signatarios aspiran a desarrollar prácticas sostenibles y actuar como defensores de los ODS, publicando libros y revistas que ayudarán a informar, desarrollar e inspirar acciones en esa dirección”.

Permítanme agradecerles de nuevo por su participación, por confiar su trabajo a Common Ground Research Networks. Agradezco igualmente a nuestros socios y colegas por la organización de este evento que no acaba nunca y que tiene una extensión continua en nuestra plataforma CGScholar.

Reciban un cordial saludo y quedo a su disposición para cualquier asunto que pueda ser de su interés.



Dr. José Luis Ortega Martín

Director Científico de CGRN en español

Estimados participantes del Congreso:

Bienvenidos al XIV Congreso Internacional sobre Estudios Nutricionales y Alimentación 2024, volvemos a encontrarnos, esta vez en el acogedor entorno de la ciudad de Portalegre en Portugal, en las instalaciones del Instituto Politécnico.

Esperamos que las conferencias e información que reciban durante el congreso, les brinde nuevas ideas para afrontar y resolver los desafíos que se presentan día con día para ofrecer una alimentación sana y sustentable. Que este evento les permita explorar nuevas ideas y posibilidades para la producción de alimentos sostenibles, hacia la nutrición humana e impacto asociado a los sistemas de alimentación en la sociedad y la cultura.

Los invitamos a que juntos continuemos construyendo el desarrollo sostenible, la inclusión y la igualdad a fin de promover el desarrollo de la cultura gastronómica y potenciar la ciencia de los alimentos más allá de sus fronteras.

Blanca Rosa Aguilar Uscanga

Universidad de Guadalajara, México
Presidenta de la Red de Investigación



Red de Investigación de Estudios Nutricionales

Fundada en 2011, la **Red de Investigación de Estudios Nutricionales** explora el interés común y las nuevas posibilidades de producción alimentaria sostenible, nutrición humana e impacto asociado de los sistemas de alimentación en la cultura. Buscamos construir una comunidad epistémica donde se puedan establecer relaciones transdisciplinarias, geográficas y culturas. Como Red de Investigación, nos definimos por nuestro enfoque temático y la motivación para construir estrategias de acción determinadas por los temas comunes.

Sostenibilidad alimentaria

¿Qué sostenibilidad tiene nuestro sistema alimentario?

El acceso a la comida de calidad es uno de los principales desafíos de nuestro tiempo: alimentar a la creciente población del mundo, y alimentarla adecuadamente y con prácticas de producción sostenibles. La producción de alimentos conlleva relaciones intensivas y extensivas con el medio ambiente. Muchos de los principales problemas ambientales globales están relacionados con las prácticas agrícolas. La industria agrícola y alimentaria están posicionadas en una situación de privilegio para realizar contribuciones constructivas y esfuerzos dirigidos a solventar estos problemas.

¿Qué sostenibilidad tiene nuestro sistema alimentario? 160 litros de combustible son necesarios para producir una tonelada de maíz en los Estados Unidos. Producir un kilo de ternera supone un gasto de 8-15 kilos de cereales en producción de engorde a corral; además, requiere 10.000 litros de agua, genera 35 kilos de gases de invernadero y produce desechos que hay que procesar responsablemente. Hay una creciente preocupación pública por el bienestar de los animales y aves en jaulas, por el uso de antibióticos en la comida y por el valor alimentario de la carne producida en tales condiciones. Por otra parte, la agricultura es el principal usuario de agua potable, alcanzando el 75% del uso humano del agua. En muchas partes del globo estamos al borde de una crisis de sequía, magnificada por el cambio climático. Mientras tanto, el aumento de la cadena de abastecimiento alimentario extiende la producción de carbono, mientras que la producción inmediata centralizada conlleva nuevos problemas alimentarios.

También existe preocupación por el impacto de los crecientes costes energéticos, el desvío de alimentos para la producción de biofuel, el agotamiento del suelo, los fertilizantes químicos, la recalificación de terrenos de cultivo para usos residenciales y comerciales, la deforestación para aumentar el terreno de cultivo, el agotamiento de fuentes de alimentación naturales como la pesca, la crisis del agua potable, etc., sólo por mencionar algunos aspectos clave derivados de nuestros actuales sistemas alimentarios.

Mientras tanto, nuestras necesidades alimentarias no cesan. Se estima que la producción alimentaria deberá aumentar en un 50% en los próximos 20 años para satisfacer el aumento de la población global y los hábitos de consumo y el incremento de la demanda de carne y lácteos. Esto no sólo tiene consecuencias medioambientales, sino que la inflación de precios resultante también produce consecuencias negativas para las sostenibilidad social.

En este contexto, algunos expertos han comenzado a hablar de "pico alimentario" para referirse al estiramiento de la capacidad de producción de la tierra más allá de sus propios límites.

¿Qué se puede hacer? ¿Cómo un sector que es parte del problema puede convertirse en un actor crucial para el hallazgo de las soluciones necesarias? ¿Cómo podemos crear ecosistemas alimentarios sostenibles? ¿Cómo podemos desarrollar una agricultura baja en carbono? Además, ¿cómo pueden contribuir los sistemas alimentarios a la disminución del carbono? ¿cómo podemos disminuir el gasto de agua? ¿Cómo podemos aumentar el bienestar animal? ¿Cómo podemos cambiar nuestro hábitos alimentarios para que sean más saludables y emplear de mejor modo nuestros recursos para alcanzar un sistema alimentario global más equitativo?

Solo podemos responder a preguntas tan amplias con una nueva revolución verde, cualitativamente diferente de la previa revolución verde del siglo XX y potencialmente transformadora

Alimentación, salud y bienestar

¿Cómo aumentar la comprensión pública de la nutrición y de las prácticas alimentarias comunitarias?

Se estima que tres cuartas partes del gasto en salud pública del mundo desarrollado se produce a causa de enfermedades crónicas — tales como problemas cardíacos, infarto, cáncer y diabetes—, muchas de las cuales podrían prevenirse mediante la dieta. Tendencias similares se manifiestan en otros países desarrollados, e incluso las dietas de los países en vías de desarrollo comienzan a parecerse cada vez más. Mientras tanto, el acceso a alimentos perjudiciales es una de las principales consecuencias del aumento de la desigualdad global, y se traduce en malnutrición, hambre, enfermedad y disminución de la expectativa de vida de la población mundial.

Este es el trasfondo actual del trabajo de investigadores y docentes en el amplio rango de disciplinas vinculadas con la alimentación y la nutrición humana, desde las ciencias agrícolas hasta las ciencias de la salud, desde la economía a la sociología, desde los estudios de sostenibilidad de sistemas hasta la estética y las artes culinarias. En su base, el objetivo de todas estas aproximaciones puede resumirse como la disponibilidad equitativa, nutricional y segura de las reservas alimentarias.

La alimentación y las ciencias de la salud necesitan cooperar para solventar estos retos. ¿Cómo aseguramos la soberanía alimentaria a escala local y global? ¿Cómo aumentar la confianza pública en la seguridad alimentaria, aumentando la comprensión de las nuevas tecnologías y exponiendo asuntos frecuentes, tales como la seguridad microbiológica, los cultivos genéticamente modificados, la salud y el bienestar animal y los aditivos alimentarios?

Políticas alimentarias y futuro

¿Cómo reconducir las políticas de los sistemas alimentarios?

Los gobiernos han intervenido ampliamente en la agricultura y la salud pública. En el caso concreto de la agricultura, la intervención gubernamental produce controversia, cuestionando el papel del gobierno en relación con los mercados, el proteccionismo versus el libre mercado, la soberanía alimentaria o la discusión acerca de si las políticas agrícolas deben venir determinadas por el mercado global y las dificultades que los países subdesarrollados tienen para vender sus productos en los mercados proteccionistas de los países desarrollados.

En el campo de la salud pública, el aumento en la salud y el bienestar en los países en vías de desarrollo suponen simplemente en muchos casos una oportunidad para comer una vez al día. Sin embargo, tanto en los países desarrollados como en los países en vías de desarrollo las políticas gubernamentales para la mejora de la salud requieren la integración de las necesidades nutricionales con el crecimiento económico y los objetivos de desarrollo. En esta agenda debe incluirse el sistema de seguridad social, la educación referente a la dieta y las necesidades nutricionales, así como los cambiantes estilos de vida y la elección de alimentos. También es necesaria la colaboración política para alcanzar los objetivos de salud nacionales, con énfasis en la nutrición y las ciencias alimentarias. La comunidad médica también tiene un papel que ejercer a la hora de considerar el impacto de la dieta y la nutrición en la salud.

Los miembros de comunidades productoras también ejercen un papel que va desde los agronegocios globales que necesitan adaptarse a la variabilidad de los mercados y las normas sociales, hasta las empresas de comida local o de alimentación orgánica alternativa, así como las organizaciones de derechos de los trabajadores agrícolas, los grupos que velan por las prácticas de los agricultores de todos el mundo, de los cuales aproximadamente la mitad no poseen terreno ni maquinaria y trabajan en condiciones de cuasi-servidumbre.

Los movimientos sociales y los grupos de presión también ejercer su actividad, que va desde los grupos de agronegocios hasta las asociaciones locales y orgánicas, los movimientos de alimentación alternativa tales como vegetarianos y veganos, slow food y alimentación saludable, así como los esfuerzos por crear jardines y enseñar cocina, salud y nutrición en las escuelas.

Finalmente, los educadores e investigadores intervienen en el estudio de los problemas, propuesta de soluciones y comunicación de sus investigaciones al público por los medios disponibles, así como en programas de educación formal. Es necesario el mayor esfuerzo educativo para informar al público de las necesidades humanas nutricionales, promover la producción de alimentación saludable entre productores y manufacturadores, empleando sistemas sostenibles. Mientras la salud y el bienestar son una creciente industria global, todavía hay miles de ciudadanos en el globo que están malnutridos o carecen de comida suficiente para satisfacer sus necesidades básicas nutricionales y necesidades fisiológicas.

Tema 1: Producción de alimentos y sostenibilidad

Explora las condiciones ambientales de la producción de alimentos.

Cuestiones actuales:

- Principio y prácticas de agricultura sostenible.
- La nueva revolución verde.
- Alimentos genéticamente modificados.
- Comida orgánica.
- Desastres naturales y reservas de alimentos.
- Producción de comida y reserva de agua.
- Desvío de alimentos para el biofuel.
- Implicaciones del tránsito y paso del crecimiento de cereales y legumbres a la carne y lácteos.
- Empleo del combustible fósil agrícola y aumento del coste energético.
- Agotamiento del suelo, erosión, fertilizantes y remedios.
- Disponibilidad de tierras de cultivo y picos alimentarios.
- Preservación de tierras de cultivo.
- Agricultura urbana.
- Agricultura y deforestación.
- Gases de invernadero y cambio climático: soluciones para la disminución de carbono agrícola.
- Cultivos hidropónicos y bajos en carbono.
- Origen de las granjas y polución del engorde a corral.
- Bienestar animal.
- Sostenibilidad de la pesca salvaje y otras fuentes de alimentación natural.
- Impacto ambiental de los criaderos de marisco.
- Gestión de residuos en la producción alimentaria y sostenibilidad ambiental.
- Mercado global de alimentos.
- Agronegocios globales y a gran escala: Eficiencia, oferta y deficiencia.
- Seguridad alimentaria
- Comunidades de alimentación sostenible.
- El movimiento de comida local.
- Economía de los mercados de agricultores y cooperativas.
- Desiertos alimentarios urbanos y rurales.
- Cadena de suministro: distribución instantánea, transporte y almacenamiento.

Tema 2: Comida, nutrición y salud

Investigar las relaciones entre la nutrición y la salud humana.

Cuestiones actuales:

- Necesidades dietéticas y nutricionales
- La química de la alimentación, la nutrición y la energía humana
- Contaminación alimentaria y enfermedades de transmisión alimentaria
- Seguridad alimentaria, análisis de riesgo y regulación
- Hormonas de crecimiento, antibióticos en la comida y sus efectos en los niños
- Nutrición y enfermedad crónica: Obesidad, enfermedades cardíacas, cáncer, diabetes
- Pobreza nutricional
- Dieta social equitativa
- Alimentación, nutrición y salud pública
- Etiquetado nutricional
- Alimentos procesados y no procesados: Implicaciones para la salud
- Procesamiento seguro de frutas y verduras en el mercado global
- Alimentos genéticamente modificados e ingeniería alimentaria
- Alimentos y nanotecnología
- El sabor de los alimentos y las preferencias
- Biotecnología y alimentación cotidiana
- Nutrición y desafíos globales para la salud
- Tendencias de los consumidores y comportamiento nutricional
- Nutrición, gestión y prevención de enfermedades
- La nutrición y la industria del bienestar
- Trastornos alimenticios
- Suplementos vitamínicos y necesidades médicas
- Marketing de alimentación infantil
- Comidas étnicas y nutrición comunitaria

Tema 3: Política alimentaria y cultura

Explorar las afirmaciones, controversias, posiciones, intereses y valores relacionados con la alimentación.

Cuestiones actuales:

- Urbanización, crecimiento poblacional y reservas alimentarias globale
- Economía política de la alimentación
- Inflación de precios de los alimentos y escasez de comida
- Abastecimiento de comida, transporte y almacenamiento
- Libre mercado versus proteccionismo agrícola y subvenciones
- Legislación agrícola y financiación pública
- El impacto de los aranceles comerciales de los países desarrollados en los países en vía de desarrollo
- Hambre y pobreza: políticas públicas de alimentación y nutrición
- Política de la OMS sobre la nutrición mundial
- Ética alimentaria global
- Organizaciones y movimientos agrícolas
- Derechos de los trabajadores agrícolas
- Fast food y slow food
- Celebrities y chefs mediáticos
- El gusto del consumidor
- Vegetarianos, veganos y otros sistemas dietéticos
- Comidas étnicas y regionales
- Tabús alimenticios: kosher, halal, etc.
- Las culturas de la mesa
- Sociabilidad alimentaria
- Patrones de género en la cocina doméstica
- El movimiento de comida alternativa
- Publicidad alimentaria
- Regulación de seguridad alimentaria: líneas generales
- Autoabastecimiento alimentario y "soberanía alimentaria"
- Comercio justo
- Derechos de los animales e iniciativas de bienestar
- Soberanía alimentaria y regímenes de libre comercio
- Malnutrición y programas de alimentación internacional

Blanca Rosa Aguilar Uscanga

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Doctora en Ciencias en Biotecnología, egresada del Institut National des Sciences Appliquées de Toulouse en Francia. Master en Ciencias de los Alimentos. Actualmente Profesor investigador de tiempo completo en el Centro Universitario de Ciencias Exactas e Ingenierías de la Universidad de Guadalajara en México. Miembro del Sistema Nacional de Investigadores (SNI) en México con nivel 2. Profesor asociado honorífico en el INRS-Institute Armand Frappier en Canadá. Las áreas de investigación que trabaja son: Biotecnología de Alimentos, desarrollo de alimentos funcionales, bebidas fermentadas, probióticos, prebióticos y seguridad alimentaria. Así como, el área de la microbiología de alimentos y aplicada, para la obtención de metabolitos y compuestos bioactivos vía microbiana, Colaborador con instituciones nacionales e internacionales.

Hennie Fisher

University of Pretoria, South Africa (inglés)



Dr. Hennie Fisher is a Culinary Arts lecturer in the Department of Consumer and Food Sciences of the Faculty of Natural and Agricultural Sciences at the University of Pretoria. He holds a PhD in Food Management for which he developed and validated a Food Literacy Measurement Instrument using Rasch Modelling. Other research involves Cultural Food such as the Chikanda of Zambia, Sensory Research regarding Mogodu (a local tripe dish) as well as collaborative work in areas of Food Waste, and modernising Culinary Training through Flipped Learning and on-line submission of practical preparation documents. Hennie co-authored a book chapter titled Eating and Drinking in Southern Africa, edited by professor Herbert Meiselman and published by Springer (2020). Hennie holds an advanced diploma from the Cordon Bleu School as well as a two-year Diploma from the Cape Wine Academy. He gained cooking experience at the Michelin-starred Gidleigh Park restaurant in Devon, England, under Shaun Hill; at The Wilds Restaurant in Fulham, London, and worked as restaurant manager at Lucy's Restaurant in Stanley, Hong Kong. Back in South Africa, he co-owned Sirocco, a restaurant serving Mediterranean food in the Gerhard Moerdyk Village in Sunnyside, as well as Mufuti Restaurant in Riviera, which served modern Pan-African cuisine.

Hennie occasionally writes about food and wine for the Pretoria News and the Sunday Times, writes monthly reviews for the Eat Out Restaurant Guide website and contributes to the annual Eat Out Top 500 Restaurant print guide. Hennie is involved in many community engagement programmes, and has acted as external moderator for tertiary education institutions such as the University of Johannesburg, University of North-West, University of South Africa (UNISA), Steyn's Culinary Academy, Capital Hotel School, Rietondale High School and the Chaîne des Rôtisseurs. Hennie has served on the Department of Basic Education's examination panel for Hospitality Studies and as book referee for Hospitality text-books. Hennie is a full board member of BICSA, a baking incubator based in Pretoria. Hennie belongs to the South African Chefs Association and the South African Association of Family Ecology and Consumer Science, and is a member of the International Association of Consumer Research. Hennie has been invited to serve as a judge at the annual Sunday Times Cookbook Awards as well as at the annual Galliova Awards. Hennie regularly presents at international conferences, most recently at the International Food Studies Conference in Kaohsiung City, Taiwan in October 2019, as well as The Oxford Food Symposium in September 2021.

La **Red de Investigación de Estudios Nutricionales** agradece las contribuciones para su fundación, el apoyo constante y la asistencia continua de los siguientes expertos y académicos de renombre mundial.

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- **Simone Damasceno Gomes**, Universidade Estadual do Oeste do Paraná, Brasil



XIV Congreso Internacional
sobre Estudios Nutricionales
y Alimentación



Fundada en 2011, la **Red de Investigación de Estudios Nutricionales** explora el interés común y las nuevas posibilidades de producción alimentaria sostenible, nutrición humana e impacto asociado de los sistemas de alimentación en la cultura. Buscamos construir una comunidad epistémica donde se puedan establecer relaciones transdisciplinarias, geográficas y culturas.

Congresos anteriores

- 2011 - University of Nevada Las Vegas, Las Vegas, USA
- 2012 - University of Illinois, Champaign, USA
- 2013 - University of Texas at Austin, Austin, USA
- 2014 - Monash University Prato Centre, Prato, Italy
- 2015 - Virginia Polytechnic University, Blacksburg, Virginia, USA
- 2016 - University of California at Berkeley, Berkeley, USA
- 2017 - Gustolab International Institute for Food Studies and Roma Tre University, Rome, Italy
- 2018 - University of British Columbia - Robson Square, Vancouver, Canada
- 2019 - National Kaohsiung University of Hospitality and Tourism, Kaohsiung City, Taiwan
- 2020 - Marymount Manhattan College, New York City, USA (Virtual)
- 2021 - Universidad de Aarhus, Copenhagen, Dinamarca
- 2022 - Marymount Manhattan College, Nueva York, EEUU
- 2023 - Universidad de Guadalajara, Guadalajara, México

La **Red de Investigación de Estudios Nutricionales** agradece la contribución y el apoyo que le brindan las siguientes instituciones.



Cátia Rijo

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Cátia Rijo es doctora en Diseño por la Facultad de Arquitectura de la Universidad de Lisboa, máster en Diseño Gráfico y graduada en Diseño Visual, ambos obtenidos por la IADE.

En 2016 fundó DESIGNLAB4U, un laboratorio profesional que implica a sus estudiantes en un auténtico trabajo pedagógico, ofreciéndoles la oportunidad de colaborar con proyectos reales en una comunidad de proyección amplia, generada en un contexto inmersivo de aprendizaje, y que ofrece la oportunidad de desarrollar actividades culturales y sociales enriquecedoras.

En la actualidad es vicepresidenta de la Escuela de Educación del Politécnico de Lisboa, donde coordina e imparte docencia a equipos curriculares relacionados con el Diseño, y es coordinadora del Grado en Artes Visuales y Tecnologías por la misma institución. Es coordinadora de la línea de investigación de Artes y Diseño en el Centro de Estudios Educativos de la Escuela de Educación de Lisboa, e investigadora en el CIAUD.

Publica regularmente artículos en revistas especializadas, tanto a nivel nacional como internacional, y participa con frecuencia en congresos de ámbito nacional e internacional. Es miembro del comité científico de diversas revistas científicas y congresos, supervisa trabajos de fin de máster, tesis doctorales, y regularmente forma parte de tribunales de máster y doctorado.

Vera Barradas

Pró-Presidente, Comunicação e Imagem Institucional, Coordinadora Mestrado design de identidade digital, Politécnico de Portalegre, Portugal



Vera Barradas is a professor in the Department of Arts Design and Animation at the Polytechnic Institute of Portalegre where she has taught since 2001. She is currently the Pro-President in the area of Communication and Institutional Image of the Polytechnic of Portalegre. In 2017 she defended the Doctoral Thesis "The image of children's clothing brands created through online experience" at Extremadura University. Vera regularly participates in congresses and seminars with a special focus on investigating topics such as corporate visual identity, digital media, experience design, and emotional design. Vera was a co-founder of 77'83 Atelier de Design, having developed projects in the areas of communication design and illustration. Coordinates the master's degree in digital identity design at the Escola Superior de Tecnologia e Gestão do Politécnico de Portalegre and is a member of communication area in the group for continuous improvement of communication. She's an integrated member of the Valoriza - Research Center for the Valorization of Endogenous Resources.



El lugar importa: La revalorización del patrimonio cultural, gastronómico y territorial

En un "lugar" surge un paisaje complejo, donde la interacción entre fronteras geográficas y culturales orchestra una dinámica de experiencias humanas. Este concepto de "lugar" va más allá de la mera geografía; se transforma en un ámbito antropológico, un crisol de identidad, una plataforma para relatos interconectados y un archivo de la Historia.

En el XIV Congreso Internacional sobre Estudios Nutricionales y Alimentación nos proponemos explorar el profundo significado del "lugar" desvelando sus capas a través de las lentes del patrimonio cultural, culinario y territorial. Nuestra misión es revelar la esencia de una región, rebotante de profundo significado. A través de una rigurosa investigación intelectual y un activo compromiso social, pretendemos fomentar debates que arrojen luz sobre el intrincado tapiz de la identidad cultural y territorial.

Nuestro viaje abarcará los ámbitos de la producción de alimentos y la sostenibilidad, forjando un camino hacia la nutrición integral. Nos adentraremos en la intrincada relación entre alimentación, nutrición y salud. A lo largo de nuestra exploración, consideraremos la interacción de las políticas alimentarias y las culturas, extrayendo la sabiduría del pasado como un valioso recurso. Juntos extraeremos conocimientos de épocas pasadas, enriqueciendo nuestro presente al revitalizar la cultura, la memoria, el patrimonio y la identidad de un pueblo y de su territorio

Francesc Xavier Medina Luque

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F. Xavier Medina holds a PhD in Social Anthropology from the University of Barcelona (Spain). Full professor (Social Anthropology / Anthropology of Food and Nutrition) at the Department of Food, Nutrition and Physical Activity, Faculty of Health Sciences, Universitat Oberta de Catalunya (UOC, Barcelona, Spain).

He is the Chair-holder of the UNESCO Chair on Food, Culture and Development, and World President of the International Commission on the Anthropology of Food and Nutrition (ICAF). He is also principal investigator of FoodLab, an Interdisciplinary research group on food, nutrition, society and health, and vice president of the Catalan Institute of Anthropology (ICA). As author or editor, he has published some twenty books and over a hundred scientific articles in international journals and books. He was a member (and writer) of the editorial team for the candidature of the Mediterranean Diet as an Intangible Cultural Heritage (UNESCO, 2010).

Ricardo Bonacho

Universidade Europeia of Lisbon, Portugal



Ricardo Bonacho has a PhD in Design with a specialty in Food Design from the Lisbon School of Architecture of the Universidade de Lisboa and a title of Specialist of Recognized Merit with public assessments in Audio-Visual and Media Production (CNAEF 213). He is the coordinator of the Degree Course in Hotel Management and Assistant Professor at the Universidade Europeia of Lisbon. For ten years, he was coordinator and professor of the master's degrees in Innovation in Culinary Arts and Sciences and Food Design at the Estoril Higher Institute for Tourism and Hotel Studies and professor in the areas of Marketing and Communication at the Higher School of Tourism and Sea Technology of the Polytechnic Institute of Leiria. He is a Guest Assistant Professor at the ELISAVA - Barcelona School of Design and Engineering in Barcelona and the Faculty of Arts and Humanities of the University of Coimbra on the Food Heritage: Identity and Cultures doctoral course. He is co-founder of the nonprofit FORK - Food Design for Opportunities, Research and Knowledge; co-founder of Food Design Lab Lisboa; and Director of Marketing, Communication and Innovation at Imppecto, Catering & Events. He is also a collaborating researcher at CEAUL - Center for English Studies at the University of Lisbon and CETRAD - Centre for Transdisciplinary Development Studies at Universidade Europeia and University of Trás-os-Montes (UTAD). He researches, publishes and teaches in several scientific areas: Design, Communication, Innovation, Gastronomy, Gastronomic Tourism, Consumer Behavior, Marketing and New Media.

Gerrie du Rand

Associate Professor, Department of Consumer and Food Sciences, University of Pretoria, South Africa



Prof **Gerrie du Rand** is an associate professor in the Department of Consumer and Food Sciences at the University of Pretoria, South Africa now in a post-retirement position. She is recognised academically as a researcher and expert in the field of Food and Hospitality related consumer behaviour. Her specialty area of interest is Food Tourism and the use of Local foods in culinary mapping. Her current involvement with postgraduate students focuses on consumer food practices and behaviour, culinary practices, innovative culinary product and recipe development, and food tourism. She is also affiliated with WFTA as the Academy director.

Cada año se otorga un mínimo de Becas para Investigadores Emergentes a estudiantes de posgrado e investigadores que tienen interés en los temas del congreso. Aquí les presentamos la lista de los ganadores de beca de este año.

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Paula Natalia Caicedo Ortiz

Pontificia Universidad Javeriana,
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Resúmenes de 2024

Tema destacado 2024 - El lugar importa: La revalorización del patrimonio cultural, gastronómico y territorial

Alimentación para la paz, un análisis desde las conexiones entre la reproducción social y las dinámicas alimentarias/nutricionales: El caso de los Firmantes del Acuerdo de Paz en Charras, Guaviare (Colombia)

Paula Natalia Caicedo Ortiz, Doctoranda, Pontificia Universidad Javeriana, Colombia

Trabajo derivado de la investigación doctoral (2020-2024) realizada con Firmantes de paz del Guaviare (Colombia) enmarcada en el Proyecto de Planeación Universitaria Alimento, Vida y Hábitat de la Pontificia Universidad Javeriana. Objetivo: Comprender cómo la situación alimentaria y nutricional de la comunidad de Firmantes se relaciona con las formas de producción y reproducción social en el contexto de la reincorporación a la vida civil. Metodología: El enfoque fue etnográfico, se usó Investigación Acción Participativa. La información se recolectó entre 2021-2023 mediante grupos focales, círculos de la palabra, entrevistas y conversaciones informales, así como, información secundaria del estado de salud y nutrición. Resultados: Transitar a la vida civil ha significado cambios tanto en la alimentación y nutrición de las personas, como en las formas de relacionamiento con el Estado y la sociedad. En lo estructural, se evidencian fallas en el acompañamiento a la reincorporación asociadas a la implementación del Acuerdo de Paz, lo cual repercute en la capacidad político-administrativa regional para gestionar los alimentos a los que tienen acceso las personas de la comunidad, comprometiendo los medios para la construcción colectiva de un proceso alimentario autónomo que garantice condiciones de reproducción social dignas. Conclusiones: Garantizar la continuidad de la vida social y comunitaria en el marco de la reincorporación, implica desde la perspectiva alimentaria y nutricional la conexión entre producción y reproducción social para favorecer el control del abastecimiento, distribución y consumo de alimentos sanos y culturalmente adecuados que sostengan la salud y la vida comunitaria.

Acceso al mercado mediante indicaciones geográficas: Experiencias en México

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La agricultura familiar, pilar de la seguridad alimentaria mundial, se desempeña en un entorno de globalización y mercados dinámicos que dificultan su acceso y permanencia en el mercado. No obstante, se han documentado experiencias, como el uso de indicaciones geográficas (IG), en las que la agricultura familiar logra una participación rentable. Las IG son una herramienta que permite distinguir el origen geográfico de un producto, al que se atribuyen sus cualidades, reputación y/o características de calidad. Este trabajo analiza tres experiencias de acceso al mercado mediante el uso de IG, con la finalidad de discutir su funcionamiento, avances y limitaciones: queso Cotija, tequila y mezcal, a través de un meta análisis cualitativo. Para los tres casos, destaca la importancia de definir el territorio de producción, las normas y regulaciones para fabricación y uso de IG, así como la existencia de un mercado local, nacional o internacional que reconozca el valor territorial del producto. La permanencia en el mercado está limitada por la presencia de productos imitación, lo que evidencia la necesidad de una estrategia de mercadotecnia para posicionar productos con IG que permita al consumidor identificar su autenticidad, así como un marco institucional que reconozca a los propietarios de la IG. La consolidación está sujeta a los intereses y capacidades de los actores en quienes recae la gobernanza de la IG, así como al fortalecimiento de las capacidades organizativas de los productores para apegarse al cumplimiento de estándares que exige el uso de la IG y buscar beneficios comunes.

Aprovechamiento de subproductos agrícolas para la prevención de la obesidad y mejora de la salud metabólica

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Una buena nutrición en la dieta diaria, es de gran importancia para todo ser humano, consumir alimentos de forma balanceada que incluyan frutas, verduras, cereales, leguminosas y alimentos de origen animal, ayuda a tener una vida saludable. La leche humana es el primer alimento que consume el ser humano al nacer y es recomendable alimentar de forma exclusiva a los recién nacidos durante los 6 primeros meses de vida. Está constituida por macro y micronutrientes, sustancias inmunológicas, hormonas, enzimas, células inmunoprotectoras, que la hacen el alimento más completo. El contenido y cantidad de estas moléculas es proporcionado por la dieta de la madre a través de diferentes vías metabólicas que relacionan la ingesta de los alimentos y su absorción. El contenido nutrimental en la leche humana varía de acuerdo al tiempo que se está llevando a cabo la lactancia materna; los nutrientes varían en el calostro comparado con la leche madura, en especial en el contenido de ácidos grasos. La dieta en madres latinas incluye una mezcla de tradiciones y de culturas nativas que abarcan platillos a base de maíz, salsas coloridas, frijol, tubérculos, frutas de temporada y vegetales. Esta variedad de comidas tradicionales de cada región o país en Latinoamérica, influye en la composición general en la leche de las madres que están lactando, por lo que el presente trabajo tiene como objetivo hacer una revisión bibliográfica sobre la alimentación de madres latinas y cómo influye esta en el contenido nutrimental de la leche humana durante la lactancia.

Comprensión del efecto mitigador de un extracto purificado de *Durvillaea incurvata* sobre la formación de aminas aromáticas heterocíclicas en sistemas modelos químicos

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Las Aminas Aromáticas Heterocíclicas (HAA) son sustancias que aumentan el riesgo de cáncer y se forman en alimentos a base de proteína animal cuando se calientan a temperaturas superiores a 150 °C. Es esencial establecer adecuadamente las condiciones de procesamiento térmico y regular la formulación de los alimentos. Una estrategia viable para disminuir las HAA es la inclusión de antioxidantes naturales ricos en compuestos fenólicos o polifenólicos en las formulaciones. Estos antioxidantes tienen la capacidad de actuar sobre las sustancias precursoras de las HAA, eliminando los radicales libres y capturando las especies carbonílicas reactivas, como el fenilacetaldehído. Los florotaninos, una categoría de polifenoles producidos por algas pardas de la división Phaeophyta, tienen una estructura única compuesta por hasta ocho anillos entrelazados, lo que les otorga una eficacia superior en la eliminación de radicales libres en comparación con los polifenoles de plantas terrestres. El propósito fue evaluar el potencial de un extracto de florotaninos de *Durvillaea incurvata* para prevenir la formación de HAA en entornos químicos simulados. Para ello, se añadieron cantidades variables de 30 mg, 60 mg y 90 mg del extracto de *D. incurvata* a modelos químicos de la amina 2-amino-3,8-dimetilimidazo[4,5-f]quinoxalina (MeIQx) y se evaluó la cantidad de HAA formada mediante cromatografía líquida de alto rendimiento con detector de matriz de diodos. Los resultados revelaron que la reducción más significativa en la concentración de MeIQx alcanzó un 49,1 % al incorporar 30 mg del extracto de *D. incurvata* en la formulación de los modelos químicos.

Influencia de la alimentación de madres lactantes latinas sobre la composición nutrimental en la leche humana

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El agua electrolizada (AE) genera el ácido hipocloroso como compuesto activo. Se realizó la estandarización del AE a diferentes concentraciones pH, ORP y cloro en la reducción de Salmonella inoculada en huevo. Se evaluaron 27 muestras de huevo comercial inoculado con Salmonella y sumergido durante un minuto en AE obtenida en equipo industrial, con el método de ultrasonido a 110 KHz por 10 minutos para la mejor recuperación de microorganismos que el sponge luego siembra en medio XLT4 para conteo en placa y observar la reducción logarítmica. Fue realizado en los laboratorios de Food Science and Technology de la Universidad Texas A&M (Estados Unidos) y en la Universidad de Santander (Colombia). Los resultados demuestran que la estandarización del AE para evaluar su efecto a diferentes concentraciones funcionó bien a pH 3.3, 980 ORP y 10 ppm de cloro en la reducción de Salmonella inoculada en huevo, relacionando que el AE alcalina pH 9.0 evaluada en antibiograma en medio Hecktoen, por halos de inhibición no se comportó eficientemente. Sin embargo durante la aplicación en huevos se evaluaron dos antimicrobianos: el agua electrolizada ácida (AEA) y el hipoclorito de Sodio (NaClO) en medio XLT4, obteniendo reducciones logarítmicas de 1,93logUFC/mL con AEA y 1,8logUFC/mL con NaClO, demostrando que 0,3 logUFC/mL en un porcentaje de reducción microbiana de 99,9% con el empleo de los dos antimicrobianos no representa diferencia significativa entre el uso de uno u otro antimicrobiano, destacando que AE no es corrosivo y es amigable con el medio ambiente.

Producción biotecnológica de dextrano microbiano y su aplicación en el desarrollo de alimentos funcionales

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Producto de varias investigaciones en el Instituto de Biotecnología de la Universidad Nacional de Colombia (IBUN) se logró desarrollar la obtención biotecnológica de un biopolímero tipo dextrano, utilizando el microorganismo nativo: *Leuconostoc mesenteroides* IBUN 91.2.98 a escala laboratorio, piloto e industrial. Se logró aumentar la eficiencia y producción del biopolímero mediante dos bioprocesos independientes: producción de la enzima dextranasa (Dsa) por biotransformación y reacción enzimática respectivamente, disminuyendo tiempos de fermentación y aumento en la actividad enzimática, estableciendo esta producción biotecnológica como una de las más rápidas reportadas. Mediante estudios analíticos fisicoquímicos y biológicos se caracterizó el dextrano en cuanto a su estructura molecular y actividad funcional como fibra prebiótica, paralelamente, se desarrollaron investigaciones en cuanto a la inclusión y aplicación del biopolímero en diversas industrias como: química, farmacéutica y de alimentos. Debido a su comportamiento reológico y funcional se ha podido incluir en diversas matrices alimentarias como: lácteos, productos a base de harina, frutas y vegetales. Igualmente se ha utilizado para la elaboración de capsulas blandas y duras en la comercialización de medicamentos, recubrimiento de frutas, aporte de fibra soluble, estabilizante, microencapsulación, elaboración de empaques/envases biodegradables, entre otras. En la actualidad se desarrollan líneas de investigación conducentes a encontrar interacciones bioquímicas y microbiológicas entre este dextrano y algunos probióticos de interés en alimentación humana, así como también evaluar el efecto de prebiótico y su repercusión en la microbiota gastrointestinal humana.

Microplásticos en el menú: Posibles riesgos en el consumo de la langosta *Panulirus argus*

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La langosta común del caribe (*Panulirus argus*), cuya distribución abarca las zonas tropicales y subtropicales del océano Atlántico y el mar caribe, es ampliamente comercializadas como una especie exótica comestible en países como Colombia, cuya industria langostera tiene una producción anual promedio de 195 toneladas, que representa el 1,36% de la producción total de crustáceos en el país. Siendo esta una fuente de alimento para las comunidades costeras del Caribe Colombiano, cuyas poblaciones serían vulnerables a la exposición de los microplásticos debido a su constante consumo. En esta investigación se determinó la presencia e incidencia de los microplásticos (MPs) en la langosta *P. argus*. Para esto se muestrearon doce individuos de langostas durante las estaciones climáticas de altas precipitaciones (M1) y bajas precipitaciones (M2), en tres departamentos del Caribe Colombiano (Atlántico, Magdalena y San Andrés Islas). Las branquias y el tracto gastrointestinal (TGI) fueron digeridos con una solución oxidante y, posteriormente, los MPs obtenidos se cuantificaron y se analizó su composición química utilizando un μ -FTIR. Las inspecciones visuales en los TGI revelaron que además de la dieta habitual de las langostas, estas han estado consumiendo mesoplásticos, como cuerdas de nylon, bolsas plásticas, hilos de poliéster y siliconas. La densidad de MPs en las branquias de los 36 individuos del primer y segundo muestreo fue en promedio de $6,9 \pm 2,9$ MPs/individuo y $12,4 \pm 2,6$ MPs/individuo, respectivamente; en tanto que para el tracto gastrointestinal fue en promedio de $9,7 \pm 1,8$ MPs/individuo y $17,7 \pm 10,4$ MPs/individuo, respectivamente.

Composición corporal, estado nutricional, alimentación y niveles de actividad física en funcionarios de planta de la Universidad del Tolima

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El sobrepeso afecta a millones de adultos a nivel mundial. Esto produce que la esperanza de vida disminuya, y representa una elevada carga económica para la sociedad teniendo en cuenta los diferentes factores de riesgo que conlleva. De acuerdo a lo anterior la OMS ha propuesto una estrategia global sobre régimen alimentario y actividad física, instando a los estados participantes a implementarla. Para cualquier empresa, su capital más importante lo constituyen las personas que la conforman. Trabajadores más saludables, eficientes, alertas y plenos de energía positiva, tiene menos riesgo de accidentes, mejor manejo de las situaciones de estrés, menor ausentismo y rotación de personal, lo que contribuye a que las empresas mantengan su nivel competitivo y optimicen su productividad. La prevención de la obesidad y la promoción de estilos de vida saludables deben ser una prioridad nacional y empresarial. De otro lado, el índice de masa corporal (IMC) es en la actualidad el método más usado para identificar sobrepeso y obesidad en adultos, y la Organización Mundial de la Salud OMS recomienda su uso por tratarse de un indicador simple, fácil de calcular, pero sobre todo porque se piensa que es independiente de la edad y la población de referencia. Se propone como objetivo central de este proyecto de investigación caracterizar la composición corporal, estado nutricional, alimentación y niveles de actividad física en funcionarios de la Universidad del Tolima. El estudio se realizará bajo un enfoque cuantitativo, con diseño no experimental, de corte transversal, y un estudio descriptivo correlacional.

Percepción de polifarmacia en adultos mayores y la relación con su entorno alimentario en una zona periférica altoandina del Ecuador

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El crecimiento demográfico proyectado de los adultos mayores y las alteraciones farmacodinámicas y farmacocinéticas inherentes al envejecimiento hacen de la polifarmacia y sus efectos en la población geriátrica se constituya en un problema de Salud Pública. Uno de los factores protectores son los estilos de vida saludables y la conservación cultural de la alimentación tradicional en las zonas altoandinas del Ecuador. Método: Estudio cualitativo y cuantitativo basado en la recolección de datos mediante entrevista. Se diseñó un formulario que sintetizó los aspectos clínicos relevantes de los adultos mayores. Resultados: La población fue de 55 participantes, 50.6% fueron de sexo femenino, el 96.4% se ubica en el rango de 60 a 90 años (\bar{x} 74), se reveló que el 96% desconocía sobre la polifarmacia y su impacto en la salud. "La primera vez que escucho esa palabra en mi vida", "desconozco totalmente el tema", solo el 20% se encontraba en condición de polifarmacia y el 94.3% realizaban algún tipo trabajo en campo. Conclusiones: El desconocimiento por parte de la población geriátrica y sus redes de apoyo alerta a los equipos de salud sobre la urgente necesidad de difundir información para prevenir efectos adversos e interacciones ligadas a la polifarmacia con el objetivo de optimizar recursos y reducir costos, en la atención de complicaciones vinculadas a los efectos adversos de los medicamentos; Además, se describió que los factores protectores en esta población fueron la ocupación y los alimentos tradicionales basadas en los productos que cultivan.

Aplicaciones biomédicas de flores comestibles, ¿un nuevo ingrediente para alimentos funcionales?

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Durante los últimos años, el consumo de flores comestibles ha aumentado su consumo de forma exponencial, siendo especialmente relevante en algunos mercados europeos como Reino Unido y Portugal. Sin embargo, algunos aspectos relevantes relativos a su composición química, toxicidad y efectos biomédicos aún no han sido esclarecidos limitando su aplicación industrial. Este trabajo ha estudiado la composición química de dos extractos de las flores más consumidas en la actualidad: *Roxa x hybrida* y *Viola x wittrockiana*. En ambas especies destaca su elevado contenido en quercetina, ácido ferúlico y otros polifenoles. También, es destacable la elevada capacidad antioxidante de los extractos, reportando valores semejantes a otras matrices alimentarias con amplio uso en industria como mieles y extractos obtenidos a partir de la hoja de té. Además, se evaluó la actividad biológica de los extractos empleando modelos celulares. En primer lugar, se reportó la ausencia de toxicidad tratando fibroblastos sanos con los extractos; en este caso, no se reportó descenso de la viabilidad de los mismos al tratarlos con dosis crecientes. Sin embargo, si se describió un descenso de la viabilidad celular dosis-dependiente al tratar células de cáncer de ovario con los extractos. Por tanto, se evidenció una posible actividad antitumoral. En base a los resultados obtenidos, los extractos de flores comestibles muestran un contenido en polifenoles elevado y que es responsable de la posible actividad antitumoral de los mismos. Estos resultados ponen de manifiesto sus posibles aplicaciones en diversas industrias como la alimentaria o farmacéutica.

Panorama de la Humanización en los Servicios de Salud: Un análisis bibliométrico, febrero-abril 2024

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En la actualidad factores como la creciente tecnificación de la asistencia sanitaria, la prioridad por la búsqueda de la eficiencia y el control de los costes, la presión asistencial, la masificación, la falta de tiempo, el trato inadecuado e impersonal a la persona enferma, han hecho que con frecuencia el personal sanitario pueda anteponer aspectos meramente administrativos, económicos o procedimentales a la prestación de un auténtico servicio orientado al ser humano y sea necesario entonces hablar de humanización de estos servicios. El objetivo de este estudio fue conocer el panorama de la humanización en servicios de salud, para lograr esto se realizó un estudio bibliométrico con 18 artículos de los más citados y recientes, obtenidos de la base de datos de Dimensions, para su procesamiento se utilizó Bibliometrix, Dimensions y Excel, esto permitió sintetizar la información para poder analizarla y discutirla. Los resultados obtenidos demostraron que el 70% de la producción científica proviene de Brasil y por consecuencia se resalta que la mayoría son autores brasileños, así como también el 70% de la producción científica era del área de ciencias de la salud donde se tenía más producción científica. Estos resultados demuestran que existe un creciente interés por estudiar el tema y que hay una gran variedad de países que realizan producción científica centrándose en áreas como el proceso y calidad de atención de los servicios de salud y servicios prenatales.

Propiedades antioxidantes de hidrolizados de proteínas de Mosca Soldado Negro (*Hermetia illucens*) utilizando diferentes proteasas comerciales

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Las proteínas de insectos, como las de la Mosca Soldado Negro (MSN), ofrecen una solución viable, y el uso de hidrólisis enzimática de proteínas ofrece una vía para obtener hidrolizados con diversas actividades biológicas y tecnofuncionales. El objetivo fue evaluar el efecto de diferentes proteasas comerciales en el proceso de hidrólisis de proteínas de mosca soldado negro sobre la actividad antioxidante. Se evaluaron tres proteasas: Alcalasa 2.4L, Flavourzyme y Neutrase. Las condiciones de hidrólisis fueron: relación enzima/sustrato de 0.01 unid/g proteína y concentración de sustrato de 20 g/L, durante 180 minutos bajo condiciones pH y temperatura, según recomendación del proveedor para cada enzima. Se evaluó el grado de hidrólisis (GH) mediante el método de pH-stat y la actividad antioxidante utilizando los métodos ABTS, FRAP y ORAC. Los resultados mostraron que la Alcalasa 2.4L fue la enzima más eficiente en la hidrólisis de las proteínas de MSN, alcanzando un GH del 32.5%, seguida por Neutrasa con un 7.6% y Flavourzyme con un 3.3%. En cuanto a la actividad antioxidante, la Alcalasa 2.4L demostró la mayor actividad en todos los métodos evaluados, alcanzando valores de 2193.3 μmol trolox/g de proteína, 511.8 μmol trolox/g de proteína y 301.2 μmol trolox/g de proteína, para los métodos de ABTS, ORAC y FRAP, respectivamente. En conclusión, las proteínas de la mosca soldado negro pueden ser hidrolizadas eficientemente utilizando Alcalasa 2.4L, obteniendo hidrolizados con propiedades antioxidantes. Este hallazgo destaca el potencial de MSN como una fuente sostenible de péptidos bioactivos.

Innovación en galletas funcionales: Aprovechando el potencial nutricional de cuatro variedades de harina de ñame

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Las harinas nativas, definidas como aquellas sin modificar y propias de una región, destacan por sus propiedades viscosantes y gelificantes, lo que les permite regular y estabilizar la textura de los productos alimenticios. En este estudio se obtuvieron harinas de las variedades de ñame Jamaiquino, Botón, Alemán y Diamante, cultivadas en el Departamento de Bolívar. Se evaluaron el rendimiento del proceso de obtención de las harinas, las curvas de secado a diferentes temperaturas y diversos parámetros fisicoquímicos, reológicos, funcionales y microbiológicos. Posteriormente, se desarrollaron galletas utilizando estas harinas como materia prima principal. Las galletas fueron sometidas a una evaluación proximal, que incluyó el análisis de su composición nutricional, así como a una evaluación sensorial para determinar su aceptación por los consumidores. Los resultados mostraron que las galletas elaboradas con harina de ñame presentaron características físicas y organolépticas atractivas, lo que sugiere que este ingrediente puede ser empleado de manera efectiva en productos horneados para mejorar su textura, sabor y apariencia. Este hallazgo destaca el potencial del ñame como una alternativa funcional en el desarrollo de productos innovadores y saludables.

Evaluación de la actividad antioxidante de la bromelina obtenida de residuos de piña (ananas comosus) y su aplicación en una matriz alimentaria

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Colombia ha experimentado un notable crecimiento en el sector agroindustrial de frutas, pero este desarrollo ha generado una gran cantidad de residuos, alcanzando unos 71.94 millones de toneladas anuales, mayormente tratados mediante incineración o vertederos. En respuesta a los objetivos de desarrollo sostenible, se busca aprovechar estos residuos para contribuir a metas como Hambre Cero y Vida de Ecosistemas Terrestres. El trabajo se enfocó en evaluar las propiedades bioactivas de la bromelina obtenida de residuos de piña (*Ananas Comosus*) para aplicaciones en matrices alimentarias. Los residuos de piña se recolectaron en Cartagena (Bolívar) (10°25'25"N 75°31'31"O). La actividad antioxidante se determinó mediante técnicas como DPPH•, ABTS+• y ORAC lipofílico e hidrofílico. Además, se diseñó un producto cárnico tipo chorizo, evaluando características bromatológicas y organolépticas, y se determinó la oxidación térmica de la matriz. La bromelina extraída de los residuos de piña mostró propiedades antioxidantes notables, destacándose como un ejemplo de bioprospección para obtener compuestos bioactivos. Se observó que la bromelina inhibió eficazmente el proceso oxidativo en el chorizo, con una aceptación sensorial excepcionalmente alta, superando el 90%, lo cual contrasta con investigaciones anteriores en productos similares. Esto sugiere que la inclusión de bromelina mejora significativamente la aceptación sensorial del chorizo, resaltando su potencial en aplicaciones alimentarias y contribuyendo a los objetivos de desarrollo sostenible en Colombia.

E-Commerce en el sector agroalimentario: Por un futuro ecológico y socialmente responsable

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El comercio electrónico (e-commerce) ayuda a las empresas a reducir costos y tiempos de transacción, aumenta la eficiencia operativa y brinda más información, opciones y valor a los consumidores; además, permite la conexión directa oferente-demandante. Tanto en la agricultura como en el sector rural se ha reconocido su utilidad para promover el desarrollo de la sociedad en facetas como el crecimiento económico, la mitigación de la pobreza y el empleo. No obstante, se ha identificado que el impacto ambiental es un aspecto que debe atenderse de manera prioritaria. Este trabajo analiza el comportamiento de 50 emprendimientos mexicanos que han adoptado el e-commerce como parte de su estrategia de ventas, con la finalidad de identificar y discutir cómo abordan y contribuyen a los aspectos sociales y ambientales. Las prácticas llevadas a cabo en contribución del aspecto social constan de la dignificación de mano de obra de mujeres amas de casa, fomento de prácticas agrícolas sostenibles mediante comercio justo, así como donativos periódicos en especie para ayudar a combatir el hambre y la mal nutrición en México. En el aspecto ambiental utilizan diversos métodos de reciclaje y retribución por devolución de envases, reducción de desechos mediante el uso de embalajes plant-based y uso de energía solar en las instalaciones. Las estrategias sostenibles, como capacitación y educación digital, optimización de rutas de transporte, gestión de inventarios, especialmente de productos perecederos, y la promoción de prácticas agrícolas sostenibles, pueden ayudar a mitigar el impacto negativo restante del e-commerce en el sector agroalimentario.

Aprovechamiento de la harina de mazorca de cacao (Theobroma cacao L.), de las variedades CATIE-R1 y CATIE-R6, de la Finca Orgánica Montaña KiK, como alternativa de base alimenticia para los bovinos

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Se analizó el potencial de la harina de mazorca de cacao como base alimenticia para bovinos, centrándose en las variedades CATIE-R1 y CATIE-R6 en la Finca Orgánica Montaña KiK en Costa Rica. Se destacó la problemática del desperdicio de cáscaras de cacao y como se propone su uso como alternativa sostenible. Se buscó evaluar el valor nutricional de estas cáscaras y su potencial como sustituto en la alimentación animal, particularmente en bovinos, con el objetivo de reducir costos y mitigar la escasez de granos y cereales. Para esto se realizó una revisión de literatura y un análisis de laboratorio para determinar los porcentajes nutricionales de la harina de mazorca. Se logró determinar que el manejo inadecuado de la cascara de la mazorca de cacao estaba generando problemas con plagas y hongos en la finca, afectando de esta forma a los cultivos de cacao y en relación a la propiedades nutricionales de la harina se encontró que posee un alto potencial para ser implementada en la alimentación de bovinos, sin embargo su consumo se limita solo a bovinos de producción cárnica, debido a la presencia de la teobromina, la cual puede llegar a comprometer la calidad y seguridad de la leche en los bovinos de producción lechera. Asimismo, la presencia de esta sustancia plantea una limitante de 6 kg diarios de esta harina, generando de esta forma que no se pueda usar como única base alimenticia y que se deba de complementar con otras bases para potenciar su efectividad.

Captura de Carbono en México: Contribuciones de las Áreas Naturales Protegidas

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Los ecosistemas terrestres desempeñan un papel importante en el ciclo del carbono (CO₂) debido a su capacidad para fijar y absorberlo; sin embargo, en los últimos años se presentan cifras preocupantes de degradación de recursos naturales y con ello la necesidad de encontrar herramientas para revertirlos. Los bosques cobran relevancia como opción de mitigación debido a su capacidad de almacenamiento de CO₂. Por ello, el objetivo fue analizar el potencial de captura de Carbono en un Área Natural Protegida (ANP) versus Área No Protegida (AnP) del Estado de México utilizando Sistemas de Información Geográfica, para proponer acciones de conservación y manejo sostenible de los recursos forestales. Se obtuvo que la vegetación dominante al interior del ANP corresponde a bosque de pino en un 63 % y un 35% para el AnP, y una captura de 150 toneladas de carbono por hectárea vs 120 Ton CO₂ /ha anuales, respectivamente. Lo anterior responde a la variabilidad en la vegetación y manejo de los sitios. Se destaca la importancia de la gestión ambiental, evidenciando la necesidad de políticas y acciones adaptadas a las características de cada área para garantizar la sostenibilidad de los ecosistemas.

Evaluación del agua electrolizada como antimicrobiano para Salmonella sp en huevo comercial

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El aprovechamiento de subproductos agrícolas contribuye a la reducción de desperdicios y al desarrollo de prácticas alimentarias más sostenibles. Al identificar sus beneficios potenciales, su uso como ingredientes funcionales en la alimentación ofrece soluciones sostenibles y nutritivas para combatir problemas de salud pública como la obesidad y las enfermedades relacionadas. Nuestro objetivo es evaluar el impacto de la suplementación con diferentes subproductos, como lo son un polvo de hojas externas de lechuga romana (RLP) subproducto de su cosecha, el afrecho de cervecera (BSG), subproducto de la elaboración de cerveza y el orujo de oliva (OP), desperdicio de la extracción del aceite de oliva, en la prevención de la obesidad y la mejora de la salud metabólica. La suplementación con RLP reduce la ganancia de peso corporal y la dislipidemia, con niveles más bajos de triglicéridos, colesterol total y LDL-c, y niveles más altos de HDL-c en comparación con ratones con dieta alta en grasa sin RLP. Los ratones con dietas de BSG presentaron menor peso corporal, niveles de leptina sistémica y grasa hepática, junto con cambios beneficiosos en el microbioma intestinal. Las dietas con OP resultaron en menor ganancia de peso y grasa hepática, sin afectar la glucosa en sangre y cambios en el microbioma intestinal, correlacionándose con una reducción de la grasa corporal. La suplementación con subproductos agrícolas puede ofrecer beneficios en la prevención de la obesidad y en la mejora de la salud metabólica, destacando el potencial de estos subproductos orgánicos como ingredientes funcionales en la alimentación.

Aplicación de espectroscopía NIR y técnicas de machine learning en la predicción de azúcares reductores en patata.

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El contenido de azúcares reductores es un parámetro muy importante a tener en cuenta en el control de la calidad de patatas, ya que altos contenidos de estos se asocian a altos contenidos de acrilamida en patatas fritas. En este trabajo se evaluó la aplicación de la espectroscopía en el infrarrojo cercano (NIRS) para la predicción de azúcares reductores en patatas. Para ello se utilizaron 140 tubérculos de diferentes cultivares cosechados en los años 2020 y 2021. Los tubérculos se analizaron mediante un espectrofotómetro Brimrose Luminar 5030. Se tomaron cuatro medidas espectrales para cada tubérculo en la zona ecuatorial y posteriormente se determinó la media de los espectros para el análisis. Por otro lado, el contenido de azúcares reductores se determinó mediante espectrofotometría basada en la reducción del ácido dinitrosalicílico. Se desarrollaron modelos mediante Locally Weighted Regression (LWR) con el espectro completo y con longitudes de ondas seleccionadas por distintos algoritmos: interval Partial Least Squares (iPLS), Genetic Algorithm (GA) y recursive Partial Least Squares (rPLS). Los datos se dividieron en entrenamiento, 70% de las muestras, y el 30% restante fue utilizado para la validación externa. Los modelos se evaluaron a través de los coeficientes de determinación (R^2) y los errores cuadráticos medios (RMSE) para la validación cruzada y externa. También se tuvieron en cuenta los valores de la desviación residual de predicción (RPD). Se obtuvieron modelos con $R^2 > 0,80$ y $RPD > 2$ para validación externa. El algoritmo iPLS mejoró los modelos en comparación con el espectro completo.

Potencial nutricional de la semilla de cáñamo (Cannabis Sativa L.) para el desarrollo de alimentos funcionales

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Las tendencias actuales en el mercado de las barras de snacks enfatizan la incorporación de fuentes alternativas de proteínas, mientras que simultáneamente se abordan los criterios de ser tanto “altas en fibra” como “altas en proteínas”. La semilla de cáñamo, (Cannabis Sativa L no psicoactiva), destaca como una fuente significativa de proteínas, fibra dietética, minerales y grasas insaturadas. Este estudio tiene como objetivo explorar el potencial nutricional de la semilla de cáñamo para desarrollar un alimento funcional que responda a las necesidades de un mercado altamente exigente en alternativas a base de plantas. Junto con el análisis de la calidad nutricional de las proteínas de la semilla y la caracterización del perfil lipídico, se formularon tres muestras de barras de snacks que contenían semilla de cáñamo como ingrediente funcional, de acuerdo con las normativas de declaraciones nutricionales. Dos productos con un 20% de cáñamo cumplieron con los criterios de aceptabilidad sensorial. Este estudio sugiere que la semilla de cáñamo es un ingrediente alimenticio funcional potencial para satisfacer la demanda de alternativas a base de plantas, ofreciendo proteínas de calidad, beneficios digestivos debido a su alto contenido de fibra y una proporción óptima de omega 6 a omega 3. Sin embargo, parece haber un límite superior para la inclusión de la semilla de cáñamo en las formulaciones de productos debido a cuestiones sensoriales. Este estudio mostró que agregar más del 40% a una barra de snack redujo significativamente la aceptabilidad del consumidor y la intención de compra.

Beneficios nutricionales e impacto medioambiental positivo del cultivo industrial del cáñamo

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Las semillas de cáñamo han sido recientemente muy valoradas en la nutrición humana. Las semillas de cáñamo son especialmente ricas en aceite y proteínas de alto valor nutritivo. Su contenido varía entre 25-30% de aceite, 20-30% de proteínas, 30-40% de fibra y 5,0-5,8% de minerales en materia seca, dependiendo del genotipo y de las condiciones de cultivo. El cáñamo industrial (*Cannabis sativa* L.) es una fuente prometedora de proteínas vegetales, además no provoca alergias alimentarias y es seguro para los celíacos. Al mismo tiempo, el cáñamo se destaca por: a) ser un recurso renovable; b) es un cultivo versátil; c) crece rápidamente; d) tiene un coste de inversión bajo, en comparación con otros cultivos; e) tiene un impacto medioambiental positivo; f) puede crecer en una amplia gama de condiciones medioambientales; g) consume poca agua y fertilizantes; h) no requiere el uso de productos fitosanitarios. El cáñamo es conocido por su capacidad para absorber metales pesados (como Plomo, Cadmio, Mercurio y Arsénico) y contaminantes nocivos del suelo, el aire y el agua (como Cromo, Cobalto y Níquel). Sin embargo, este cultivo es muy susceptible a la temperatura del aire y al fotoperiodo, por lo que hay que tener en cuenta estos aspectos. En conclusión, el cáñamo industrial se destaca como un cultivo muy prometedor por su alto valor nutritivo y su sostenibilidad. Su producción de bajo coste y su impacto positivo en el ecosistema destacan su potencial como alternativa sostenible en la agricultura y la nutrición humana.

La dieta basada en plantas para la mejora de la salud del planeta y de sus habitantes: Una alimentación más amable para un planeta más sostenible

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El ser humano como tal ha sobrevivido hasta el tiempo actual a pesar de todas las vicisitudes acaecidas desde antaño. La selección natural y la adaptación al medio fueron mecanismos importantes para la supervivencia de la especie. Desde la Revolución Industrial, el avance científico-técnico y la mejora alimentaria se ha logrado aumentar la esperanza de vida, pero no la calidad de esta. Una revisión histórica de los modelos sociales, políticos y religiosos hasta la actualidad, nos informan de un creciente consumo de productos de origen animal y una reducción de los de origen vegetal en los últimos 100 años. Esta tendencia nace en EEUU en la década de los años 50 del siglo XX donde se ponderó la proteína animal. Desde entonces el consumo de carne se incrementó sobre todo en países desarrollados y más adelante en países como China e India. El incremento del consumo de carne es insostenible a nivel medioambiental por la cantidad de recursos que emplea como el agua, piensos, transporte, medicamentos, etc. Hace años que la ONU informó de que el metano que emiten los bóvidos es uno de los gases de efecto invernadero más potentes para subir la temperatura del planeta. Según la mayoría de los estudios realizados sobre dieta y salud, la mayoría se decantan por la dieta de predominio de vegetales.

Política alimentaria y cultura

Impacto de la Ley 19.140 “Meriendas Saludables en Escuelas Públicas y Privadas de Rivera Uruguay”: Comparación en el 2015 y el 2018

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El presente trabajo ha pretendido evaluar el impacto de la ley “Meriendas saludables” en la ingesta de alimentos en la merienda escolar en el 2018, comparándolo con la ingesta de alimentos en este tiempo de comida por los escolares de la misma institución en el 2015. Para hacerlo se evaluó el impacto de dicha legislación en instituciones educativas escolares, pública y privadas del departamento de Rivera en el turno vespertino los días 11 y 12 de Agosto del 2015 y el 26 y 27 de Junio del 2018, en cuanto al aporte de nutrientes desde los puntos de vista cuantitativo y cualitativo de la merienda escolar. Para hacerlo se llevó a cabo un estudio descriptivo de corte longitudinal. La población en estudio fueron los niños que concurren a la escuela pública y al colegio privado en el turno vespertino los días 11 y 12 de Agosto del 2015 y el 26 y 27 de Junio del 2018. La muestra poblacional de observación fueron los niños de 6º grado, que en el 2015 concurren a 3º grado, a los cuales se realizó la misma investigación.

Garantías y condiciones de la seguridad alimentarias: Ciudad de Manizales y su proyección como área metropolitana

Valentina González Carreño, Docente Investigadora, Facultad de Ciencias Jurídicas, Universidad de Manizales, Colombia

Las actividades realizadas por distintos actores especialmente organizaciones locales, para satisfacer las necesidades alimentarias de la ciudad de Manizales y su proyección de área metropolitana, han permitido comprender los modelos de desarrollo agroalimentario y las apuestas organizacionales frente a las dinámicas alimentarias actuales de la región, que además se están viendo impactadas por el cambio climático y por las estrategias gubernamentales frente a los objetivos del desarrollo sostenible.

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The Common Ground Media Lab is the research and technology arm of Common Ground Research Networks. Common Ground Research Networks has been researching knowledge ecologies and building scholarly communication technologies since 1984.

Since 2009, we have had the fortune of being based in the University of Illinois Research Park while building our latest platform – CGScholar. This is a suite of apps based on the theoretical work of world-renowned scholars from the College of Education and Department of Computer Science at the University of Illinois Urbana-Champaign. CGScholar has been built with the support of funding from the US Department of Education, Illinois Ventures, and the Bill and Melinda Gates Foundation.

The CGScholar platform is being used today by knowledge workers as diverse as: faculty in universities to deliver e-learning experiences; innovative schools wishing to challenge the ways learning and assessment have traditionally worked; and government and non-government organizations connecting local knowledge and experience to wider policy objectives and measurable outcomes. Each of these use cases illustrates the differing of knowledge that CGScholar serves while also opening spaces for new and emerging voices in the world of scholarly communication.

We aim to synthesize these use cases to build a platform that can become a trusted marketplace for knowledge work, one that rigorously democratizes the process of knowledge-making, rewards participants, and offers a secure basis for the sustainable creation and distribution of digital knowledge artifacts.

Our premise has been that media platforms—pre-digital and now also digital—have often not been designed to structure and facilitate a rigorous, democratic, and a sustainable knowledge economy. The Common Ground Media Lab seeks to leverage our own platform – CGScholar – to explore alternatives based on extended dialogue, reflexive feedback, and formal knowledge ontologies. We are developing AI-informed measures of knowledge artifacts, knowledge actors, and digital knowledge communities. We aim to build a trusted marketplace for knowledge work, that rewards participants and sustains knowledge production.

With 27,000 published works and 200,000 users, we have come a long way since our first web app twenty years ago. But we still only see this as the beginning.

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Measuring

In 2022 we start the process of tracking and measuring emissions for all aspects of what we do. The aim is to build a comprehensive picture of our baselines to identify areas where emissions can be reduced and construct a long-term plan of action based on the GHG Emissions Calculation Tool and standard established by the United Nations Climate Neutral Now Initiative.

Reducing

At the same time, we are not waiting to act. Here are some of the "low hanging fruit" initiatives we are moving on immediately: all conference programs from print to electronic-only; removing single-use cups and offering reusable bottles at all our conferences; working closely with all vendors, suppliers, and distributors on how we can work together to reduce waste; offering robust online options as a pathway to minimize travel. And this is only a small sample of what we'll be doing in the short term.

Contributing

As we work towards establishing and setting net-zero targets by 2050, as enshrined in the Paris Agreement and United Nations Climate Neutral Now Initiative, and to make further inroads in mitigating our impacts today, we are participating in the United Nations Carbon Offset program. As we see climate change as having broad social, economic, and political consequences, we are investing in the following projects.

- Fiji Nadarivatu Hydropower Project
- DelAgua Public Health Program in Eastern Africa
- Jangi Wind Farm in Gujarat

Long Term Goals

We're committing to long-term science-based net-zero targets for our operations – and we believe we can do this much sooner than 2050. We'll be reporting annually via The Climate Neutral Now reporting mechanism to transparently communicate how we are meeting our commitments to climate action.

Proceedings of the Fourteenth International Conference on Food Studies, hosted by the Politécnico de Portalegre, Portalegre, Portugal, 2-4 October 2024. The conference featured research addressing the following special focus: "Place Matters: The Valorization of Cultural, Gastronomic, and Territorial Heritage" and annual themes:

- **Theme 1: Food Production and Sustainability**
- **Theme 2: Food, Nutrition, and Health**
- **Theme 3: Food Politics, Policies, and Cultures**

