



INTERNATIONAL SYMPOSIUM  
FAO, Rome 7-9 December 2010

## Food-based Approaches for Improving Diets and Raising Levels of Nutrition



### **Integrating Nutrition into Agricultural and Rural Development Policies: The Brazilian Experience of Building an Innovative Food and Nutrition Security Approach**

**Luciene Burlandy<sup>1</sup>, Cecilia Rocha<sup>2</sup> and Renato Maluf<sup>3</sup>**

**<sup>1</sup>, Fluminense Federal University, National Council of Food and Nutrition Security, Brazil; <sup>2</sup> Ryerson University, Canada; <sup>3</sup>Rural Federal University of Rio de Janeiro, National Council of Food and Nutrition Security, Brazil**

#### **Abstract**

Established in 2006, Brazil's National System of Food and Nutrition Security is made up of representatives of civil society organizations and different governmental sectors. Innovative programmes have emerged as a consequence of this institutional framework. Effective connections made at programme design and implementation level generated concrete results, such as the convergence of different programmes geared to the poorest groups. This paper analyses different assessments of the Family Grant Program (Programa Bolsa Familia - PBF), the Food Acquisition Program (Programa de Aquisição de Alimentos - PAA) and the National School Meals Program (Programa Nacional de Alimentação Escolar - PNAE). Results indicate that PBF promotes greater access to food, improves the variety of food consumed, reduces food insecurity levels and in some cases has contributed to the nutritional recovery of children with severe deficits in weight-for-height and height-for-age. However, families attended by PBF are increasingly choosing industrialized foods, following the food profile that prevails in the country. Although the prevalence of stunting and wasting is decreasing, the prevalence of overweight and obesity is increasing, particularly in urban areas, especially in lower income groups. Hence, PBF is being implemented in an integrative way with programmes such as PAA and PNAE so as to improve the availability and consumption of fruits and vegetables in public schools and promoting purchases directly from family farmers. These programmes have been designed based on a comprehensive, systemic and participatory approach, contributing to the establishment of joint actions among agriculture, health, nutrition and social sectors, forging closer links between food production and healthy eating. Challenges are related to conflict of interests and institutional capacity in some municipalities.

**Key words:** food and nutrition security; Brazil; food policy; access to food; dietary diversity; nutrition programmes; food production

