

FIFTEENTH INTERNATIONAL CONFERENCE ON
FOOD STUDIES

FED UP

LEARNING *FROM THE PAST*
IMAGINING *NEW FUTURES*



8-10, OCTOBER, 2025

UNIVERSITY OF PRETORIA, PRETORIA
SOUTH AFRICA

Fifteenth International Conference on Food Studies Conference Proceedings

<https://food-studies.com/about/history/2025-conference>

Edited by Hennie Fisher and Blanca Rosa Aguilar Uscanga

First published in 2025 in Champaign, Illinois, USA
by Common Ground Research Networks, NFP
www.cgnetworks.org
© 2025 Common Ground Research Networks

ISBN: 978-1-969318-56-6 (HBK)

ISBN: 978-1-969318-57-3 (PDF)

All rights reserved. Apart from fair dealing for the purpose of study, research, criticism, or review as permitted under the applicable copyright legislation, no part of this work may be reproduced by any process without written permission from the publisher. For permissions and other inquiries, please contact support@cgnetworks.org.

Contents

Welcome Letters

Welcome from Common Ground Research Networks - 6

Welcome from Local Hosts - 7

Food Studies Research Network

Scope & Concerns - 9

Themes & Tensions - 12

Research Network Chairs - 15

Fifteenth International Conference on Food Studies Conference

History - 19

Network Partners - 20

Conference Chairs - 21

Special Focus - 22

Plenary Speakers - 23

Emerging Scholars - 26

Presentations, Presenters, Participants

2025 Special Focus- Fed Up: Learning From the Past, Imagining New Futures - 29

Food Production and Sustainability - 50

Food, Nutrition, and Health - 86

Food Politics, Policies, and Cultures - 113

Attendance List - p. 156

Índice

Cartas de bienvenida

Comité organizador local - 162

Red de Investigación de Estudios Nutricionales

Enfoque e intereses - 165

Temas y problemas actuales - 168

Presidentes de la Red de Investigación - 171

XV Congreso Internacional sobre Estudios Nutricionales y Alimentación

Historia - 175

Colaboradores - 176

Comité organizador local - 177

Tema destacado - 178

Ponentes Plenarios - 179

Investigadores Emergentes - 182

Resúmenes de 2025

Tema 1: Producción de alimentos y sostenibilidad - 184

Tema 2: Comida, nutrición y salud - 195

Tema 3: Política alimentaria y cultura - 207

Lista de participantes - 209

Redes de Investigación de Common Ground Research Networks - p. 210



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 Fifteenth 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, "Fed Up: Learning From the Past, Imagining New Futures," 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 Erik Wolf, Miles Kubheka, Chris Broodryk, and Jesús Alonso Amezcua López and volunteers whose dedication and hard work have made this conference possible. We also thank our host partner the University of Pretoria, 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

Welkom. Siyakwamukela. Re a le amogela. Welcome.

On behalf of the Local Organising Committee in the Department of Consumer and Food Sciences at the University of Pretoria, it is our privilege to welcome you, our online delegates, to the Fifteenth International Conference on Food Studies.

Although you are joining us virtually, you are an integral part of this gathering. Convened by Common Ground Research Networks, this conference thrives on the exchange of ideas and perspectives, whether in person in Pretoria or connected from across the globe.

Our theme, Fed UP, is both a reflection and a challenge. It asks us to learn from the past, what worked and what did not, and to imagine food futures that are just, sustainable, and nourishing for all.

South Africa, even through your screen, offers a meaningful backdrop: a country rich in food heritage and creativity, but also facing affordability concerns, nutrition transitions, climate stress, and food loss and waste. These challenges mirror global realities, making our conversations urgent and relevant.

In the days ahead, you can expect:

- Fresh insights from researchers, practitioners, policymakers, educators, and creators.
- Interactive debate and discussion that invite your participation and reflection.
- Networking opportunities to connect with colleagues across borders.
- Inspiration where food heritage and innovation meet, even online.

This conference values every voice. Whether you are an early-career scholar or a seasoned leader, we encourage you to engage fully. The strength of this community lies in its diversity and collaboration across disciplines, geographies, and generations.

Thank you for making the effort to join us online. May the sessions inspire new thinking, the conversations open doors, and the connections you make here continue far beyond this week.

Here's to learning from the past and imagining new futures, together.

With warm South African regards,
On behalf of the Local Organising Committee,



Dr. Nadene Marx-Pienaar
University of Pretoria
nadene.marxp@up.ac.za



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 manufactures 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 Uscanga

University 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



Fifteenth 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.

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
- 2024 - Politécnico de Portalegre, Portalegre, Portugal

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





Nadene Marx-Pienaar

Lecturer, University of Pretoria,
South Africa



Adeline Pretorius

Lecturer, University of Pretoria,
South Africa



Nwabisa Mehlomakulu

Senior Lecturer, University of Pretoria,
South Africa



Lesego Marule

Lecturer, University of Pretoria,
South Africa



Gerrie du Rand

Associate Professor, University of Pretoria,
South Africa



Hennie Fisher

Lecturer, University of Pretoria,
South Africa



Nadine du Piesanie

Assistant Lecturer, University of Pretoria,
South Africa



Fed Up: Learning From the Past, Imagining New Futures

The Fifteenth International Conference on Food Studies, “Fed Up: Learning From Tradition, Imagining New Futures,” will be hosted in the vibrant heart of Pretoria, South Africa. The conference is dedicated to unraveling the intricate threads of food, culture, and sustainability that shape not only our local landscapes but also the global food discourse. In a world marked by abundance and scarcity, this conference serves as a forum to explore the multifaceted dimensions of food in contemporary society, transcending borders and boundaries.

We invite scholars, practitioners, policymakers, and food enthusiasts to join us to engage with renowned experts and thought leaders. Foster cross-cultural collaborations and share innovative research. Gain insights into South Africa's culinary heritage and its global impact. And be part of shaping sustainable and equitable food futures. Together, let's embark on a culinary journey that transcends boundaries, unlocking the wisdom of tradition and harnessing the power of imagination to pave the way for a more sustainable, nourishing, and inclusive world. Prepare to be inspired, challenged, and nourished in mind and body. We look forward to welcoming you to this transformative conference.

Food Production and Sustainability:

South Africa's diverse ecosystems and agricultural traditions have long been intertwined with its rich tapestry of cultures. We'll delve into sustainable farming practices, innovations, and indigenous knowledge systems. Our discussions will address how these practices can be harnessed to ensure food security for all while safeguarding the environment for future generations.

Nutrition and Health

As we navigate the complexities of modern diets and their impact on public health, we emphasize the importance of nourishing our bodies with local, nutritious ingredients. In the quest for improved well-being, we explore dietary diversity, indigenous superfoods, and innovative culinary approaches. Together, we'll uncover the intersection of traditional wisdom and cutting-edge research to promote healthier societies.

Politics and Policies:

Food is inherently political, entangled in the webs of policymaking, trade agreements, and global geopolitics. We analyze the implications of government policies and international agreements on food access, sovereignty, and justice. We invite dialogue on how we can collectively advocate for equitable and sustainable food systems on local and global scales.

Heritage, Culture, and Pop-Culture:

Food is not merely sustenance; it is a mirror reflecting a society's identity and evolution. Through gastronomy, we will delve into the depths of heritage, culture, and pop-culture, exploring the narratives and traditions that have shaped our culinary landscapes. From traditional dishes passed down through generations to the fusion of global cuisines in urban centers, we celebrate the diversity that enriches our culinary experiences.

Erik Wolf

Executive Director, World Food Travel Association, USA



"South Africa's Culinary Tourism at a Crossroads: Learning from the Past, Imagining New Futures"

Erik Wolf is recognized as the founder of the modern food tourism industry and the World Food Travel Association. He is a highly-sought speaker, thought leader, strategist and consultant, in the US and abroad, on food and drink tourism issues, and is considered the go-to resource on food and beverage tourism for a wide variety of media outlets that include CNN, the BBC, the Wall Street Journal, Newsweek, NBC, Forbes, Click by Booking.com, PeterGreenberg.com, Huffington Post, the Australian Broadcasting Corporation and many more. He advises leading global brands such as World Travel Market, Absolut, American Express, Disney, Marriott and Royal Caribbean, and organizations such as UNESCO and UNWTO. His articles, research and books have been translated into dozens of languages.

Miles Kubheka

Entrepreneur and Chef, South Africa



"A Change Makers Mindset"

Miles Kubheka is a passionate serial entrepreneur and changemaker on a mission to drive positive change in South Africa, a country he firmly believes to be the best in the world. With the audacity of hope and innovation, he transforms dreams into reality. His influential story resonates across the cultural landscape of both South Africa and beyond, inspiring others to embrace the spirit of entrepreneurship and contribute to the country's greatness. As a thought leader, he fosters an entrepreneurial mindset in individuals (across walks of life) and organizations, making a lasting impact on the nation's business landscape. Accomplished in business, he founded Vuyos and later, Wakanda Food Accelerator & Gcwalisa. Beyond entrepreneurship, he serves on the board of the food rescue organisation, SA Harvest, further cementing his commitment to making a positive difference in South Africa.

Chris Broodryk

Assistant Professor, University of Pretoria, South Africa



Chris Broodryk is Associate Professor in the School of the Arts, Faculty of Humanities, University of Pretoria. He completed his doctorate in Film and Television Studies at the University of Cape Town. His trans-disciplinary research focuses on identity dynamics and cultural expression, which ranges across film studies, television studies, and social media studies. He has published academic articles, book reviews, film reviews, and play reviews in peer-reviewed journals such as *Journal of African Cinemas*, *Critical Arts* and *Journal of Literary Studies*. Currently, Chris is collaborating with the Centre for Asian Studies in Africa (CASA) on a theatre-based climate action project, and is in conversation with the UP Institute for Sustainable Malaria Control (UPISMC) on film-specific research and outputs about malaria. He is the editor of *Public Intellectuals in South Africa: Critical Voices from the Past* (Wits University Press, 2021). He is coordinator of postgraduate film praxis in the School of the Arts, and supervises MA and PhD research in Drama and Film Studies and at the Unit for Creative Writing.

Jesús Alonso Amezcua López

Profesor e investigador, Centro Universitario UTEG, Guadalajara, México



El Dr. Jesús Alonso Amezcua López es profesor e investigador en el Centro Universitario UTEG, donde lidera proyectos en biotecnología alimentaria, nutrición neonatal y lactancia materna. Su trabajo se centra en la investigación sobre leche humana en polvo y su fortificación con probióticos, así como en el impacto del consumo de sustancias tóxicas durante la lactancia.

Doctor en Ciencias en Procesos Biotecnológicos por la Universidad de Guadalajara, el Dr. Amezcua también realiza investigaciones en recién nacidos con sepsis neonatal y el desarrollo de nuevos fármacos bioterapéuticos, contribuyendo al avance de la salud neonatal en colaboración con el Laboratorio de investigación Leche Humana de la Universidad de Guadalajara.

Su labor ha sido reconocida con diversos premios, incluyendo el Premio Latinoamericano en Idea Innovadora 2023. Además, combina su destacada trayectoria académica con un compromiso social enfocado en la promoción, fomento y apoyo a la lactancia materna y la alimentación en neonatos críticos.

Gyebi Duodu

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



Prof Duodu is Professor of Food Science in the Department of Consumer and Food Sciences, University of Pretoria. Prof Duodu has authored or co-authored more than 50 articles in international peer-reviewed journals and twelve book chapters. He currently holds a C2 rating from the NRF. He is also a member of the editorial boards of the Journal of Food Composition and Analysis and Legume Science. Prof Duodu teaches food chemistry, food engineering and some aspects of cereal science, legume science and fats and oils chemistry and technology.

Prof Duodu's research is broadly on African grains and food bioactives with emphasis on the link between food and health. His research focus is on the health-promoting properties of African grains and their foods, with a specific focus on metabolomic profiling, chemistry and physiological actions of bioactive phenolic compounds of African grains using in vitro, ex vivo and in vivo studies. It is imperative for Africa to develop high quality and affordable food products based on African cereal grains such as sorghum and millets, legumes like cowpeas, Bambara groundnut and marama bean, root crops such as orange flesh sweet potato and African leafy vegetables. Present day Africa carries an ever-increasing burden of diet-related non-communicable diseases such as cancer, cardiovascular diseases and diabetes. African cereal and legume grains and leafy vegetables are being recognised for their unique nutritional and health-promoting potential due to their slow digestibility and high levels of micronutrients and phytochemicals such as phenolic compounds.

This research area includes the following interrelated topics:

- Combating conditions and diseases associated with overnutrition such as metabolic syndrome, certain cancers, Type II diabetes and cardiovascular diseases with African foods
- Effect of novel food processing technologies on health-promoting properties of cereal- and legume-based foods

Prof Duodu also has research interest in nutritional aspects of African grain-based foods in terms of their protein quality and micronutrient bioaccessibility and how these can be enhanced using food-to-food fortification strategies.

Each year a small number of Emerging Scholar Awards are given to outstanding early-career scholars or graduate students. Here are our 2025 Emerging Scholar Award Winners.

Nadine du Piesanie
University of Pretoria,
South Africa



Marina Fourie
University of Pretoria,
South Africa



Lilian Kafuko
University of Pretoria,
South Africa



Rochelle Van Veijeren
University of Pretoria,
South Africa



Lesego Marule
University of Pretoria,
South Africa



Charmaine Sehoole
University of Pretoria,
South Africa



Giulia Damilano
University of Pretoria,
South Africa



Anna Garner
Columbia University,
United States



Sahar Tavakoli
University of Milan,
Italy



Zelmari Coetzee
University of Pretoria,
South Africa



Arcènia Notilija Vilanculo
Syracuse Urban Food Forest Project,
USA



Munashe Catharine Kurehwatira
Africa University,
Zimbabwe



Nechama Huba
Duke University,
United States



Abdelilah Ahnich
Sultan Moulay Slimane University,
Morocco





**Presentations,
Presenters,
Participants**

2025 Special Focus–Fed Up: Learning From the Past, Imagining New Futures

A Taste of Culinary Innovation: Consumer Acceptance of Cowpea-based Dishes and Products

Charmaigne Sehoole, Lecturer, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Henrietta De Kock, Professor, Consumer and Food Sciences, University of Pretoria, South Africa

Cowpea, a pulse indigenous to Africa, offers potential for local culinary exploitation similar to other popular but imported pulses like chickpeas. Despite its sensory and nutritional potential, cowpeas remain underutilised in South Africa. In this study we developed and tested cowpea-based products for various food service settings. The innovative products, developed through several adaptations, included a cowpea curry vetkoek burger, a cowpea curry butternut chow, and a chai-flavoured cowpea frozen dessert. A consumer panel (N=87), primarily Generation Zs, evaluated the product samples. Among the panellists, 55% were users of cowpeas, while 45% were non-users. We first measured the panellists' general perceived image (GPI) of cowpea-based products, their expected liking and willingness to buy these products in specific contexts based on visual impressions. During product testing, the panellists rated their actual liking, inclination to eat, and willingness to buy the products. The GPI of all products was positive. All three items performed well in expected liking and pre-tasting willingness; however, actual liking ratings and post-tasting willingness to purchase the products decreased after tasting. This decline may be due to the high expectations set by the styled pictures not fully aligning with the products' sensory properties, as noted in the comments. The results show how innovative products created a perceived image, leading to expectations and adoption. However, for these expectations to translate into acceptance, the sensory attributes of the actual product must align with consumer expectations. Ensuring the match between expectations and experience is key to increasing the likelihood of adoption.

Collectivity in the Construction of Local Agrifood Systems: Peasant Women's Agricultural Knowledge and the Traspacios in the High Mixtec Region, Oaxaca

Maria Villalpando Paez, Student, PhD, University of California Berkeley, Mexico

Mexican campesino agriculture is wealthy in terms of biocultural diversity, agroecological practices, and territorial relations. Yet, In the Hight Mixtec Region –in the Southern state of Oaxaca– socioeconomic vulnerability interacts with diverse threats to food self-sufficiency, such as loss of agrobiodiversity, gender inequality, and climate variability. Under the premise that the disappearance of peasant agriculture can lead to more efficient food production, the dominant development paradigm has impaired the survival and social reproduction of peasant communities. Yet, principles of reciprocity, social capital, and collective capacity remain pillars for local agrifood systems in the face of the liberalization of agrifood systems. This collaborative research project emphasizes the importance of recognizing 'other' forms of knowledge and science as crucial for co-imagining alternatives to strengthening food sovereignty in peasant communities. Focusing on the backyard as an object of study opens a window into rethinking alternatives for strengthening food sovereignty, communality, and maintaining the livelihoods of rural communities from a gendered perspective. Also referred to as solar or traspatio, this space promotes self-sufficiency in healthy foods and is commonly taken care of by women. Guided by the notion that transdisciplinarity and knowledge co-production are essential to developing and understanding principles applicable to today's most pressing social and environmental issues, this project uses feminist and participatory research methods that offer a window into the interdependence of agrifood systems and communities' socio-ecological elements.

Development of a Sensory Acceptable Nixtamalized Maize Product Using Just About Right Analysis

Alba Du Toit, Research Chair, Sustainable Food Systems and Development, University of the Free State, South Africa

The continuous and monotonous consumption of maize products in the form of pap is regarded as a major contributor to undernutrition and micronutrient deficiencies in economically disadvantaged South African households. The nixtamalization process improves the nutritional value of maize without requiring specialized equipment, making it an accessible solution, and can potentially increase household food security. This study aimed to develop a consumer acceptable nixtamalized maize product proven by the Just-About-Right method (JAR). Sensory evaluation was done with a panel size of 100 participants, aged 18 to 65 years, using a non-probability convenience method. Attributes (aroma, taste, appearance, and mouthfeel) were assessed for intensity using a 5-point scale. Maize-based snacks (fritos-like chips and corn bits) and a dried phuthu pap product were developed using nixtamalized yellow and white maize. All attributes were lower than JAR scores; hence, the products were not developed further. Phuthu pap from nixtamalized white maize meal showed more promising results. It was then developed by replacing portions commercial maize meal with nixtamalized white maize meal (25%, 50% and 75%). The 25% blend showed some improvements but still needed better taste. Further trials focused on adjusting the salt concentrations (0.3%, 0.4% & 0.5%) in this 25% blend. Phuthu pap with 0.5% salt concentration achieved high JAR scores (>75.0%) for appearance, taste, and mouthfeel, making it consumer acceptable. Developing products from the existing concepts will familiarise South Africans with nixtamalization and potentially improve food and nutrition security.

Discover Puerto Rico’s Curated Appetites: Gastro-Gaze, Digital Colonialism, and the Invisibilization of Crisis in Puerto Rico

Mónica E. Lugo Vélez. Assistant Professor, World Languages and Cultures, North Carolina State University, North Carolina, United States

This study examines how Discover Puerto Rico’s Instagram archive produces and circulates artificial cultural memories that promote an official gastronomic authenticity, stability, and national pride narrative. Through analyzing visual representations of food and culinary experiences, this research shows how these images cater to global gastro-tourism demands while making invisible the harsh realities of food insecurity, structural inequality, and displacement that affect communities outside the metropolitan area and main tourist destinations. Drawing on Urry and Larsen’s concept of the “tourist gaze” and MacCannell’s theories of constructed authenticity, this paper analyzes how tourism sells experiences and implants cultural memories, shaping perceptions that both visitors and Puerto Ricans have of their gastronomy. The digital archive works like a machine for symbolic erasure, deliberately leaving out signs of crisis—food lines, empty supermarkets after natural disasters, dependence on imported food, and grassroots agricultural projects—from the official visual story. The analysis demonstrates how this curated gastro-aesthetic functions beyond tourism promotion, contributing to urban space reconfiguration by transforming neighborhoods and local practices into aesthetic resources ready for consumption by external audiences, particularly investors and crypto-colonizers. While Discover Puerto Rico’s social media projects images of full markets and stylized dishes celebrating local authenticity, nearly 40% of Puerto Rican households experience food insecurity. This dissonance between representation and reality reveals how the state apparatus not only sells the country but aestheticizes and simplifies it to meet global market demands, reinforcing an official discourse that deflects attention from structural inequalities while legitimizing a colonized food crisis.

Enhancing Food Security through Nutrient-Rich Cookies: Optimizing Composite Flour Blends from Wheat, Maize, and Amaranth Seeds

Aishat Fehintola Atoyebi, Lecturer, Food Science and Technology Department, Yaba College of Technology, Yaba, Lagos, Nigeria

In many developing countries, the high cost of wheat and the need for nutritious, affordable snacks have increased interest in alternative grain use for food production. This study explored the use of locally available grains-amaranth and maize-as partial substitutes for wheat flour in the production of nutrient-dense cookies. The aim was to produce cookies with improved nutritional value, evaluate their functional and sensory properties, and promote the use of underutilized crops in everyday foods. This research is significant because it offers a practical approach to enhancing food security and reducing dependence on imported ingredients. The study contributes to of food science and technology field, particularly in product development, nutrition, and sustainable food systems. A quantitative experimental approach was used. Six different flour blends were formulated, cookies were produced, their properties were analyzed. Functional properties such as water and oil absorption capacity, foam stability, and emulsion capacity were measured. Proximate composition, including protein, fiber, fat, and carbohydrate content, was determined alongside anti-nutritional factors like tannins, phytates, and saponins. Sensory evaluation was conducted using a 9-point hedonic scale. The results show that cookies made with amaranth and maize had improved protein (up to 16.21%), fiber, and fat content compared to 100% wheat cookies. Functional properties were enhanced, and most blends remained acceptable in taste and texture. The blend with 80% wheat, 10% maize, and 10% amaranth was most preferred. This study shows that nutritious and acceptable cookies can be developed using local flour blends, with potential to improve food quality and accessibility.

Farms & Frontlines: Reimagining Agriculture in the Wake of American Wars

Max Terzano, Host, *Farms & Frontlines*, New Hampshire, United States

This paper explores how the United States' post-World War II military-industrial complex profoundly shaped the modern American food system—from the use of synthetic fertilizers and pesticides to the industrialization of processed foods and the creation of farm subsidies. It argues that wartime technologies and ideologies were repurposed for agriculture, resulting in ecological degradation, dietary shifts, and policy frameworks that prioritize scale over sustainability. Drawing on this history, the paper proposes a bold reimagining: redirecting defense infrastructure and resources toward regenerative agriculture. By leveraging the end of recent military operations, it outlines a “peace dividend for the land” through policy reform, academic partnerships, and ecological investment. This vision invites scholars, policymakers, and activists to consider how national security could be rooted in soil health, biodiversity, and food sovereignty.

Fed Up with Food Waste: Making Change One Household At a Time

Melissa Randall Houghton. Student, MA in Food Studies and MSLIS in Library and Information Science, New York University, New York, United States

According to the UN, one-third of all food produced globally is lost or wasted. To combat this, many organizations advise households to reduce food waste through meal planning and composting. However, these measures have not inspired widespread change. Our communities are not taking enough action, whether due to the fear and guilt associated with climate change, lack of knowledge about food waste, or mere indifference to it. As I've progressed through my dual degree at NYU in Food Studies and Library Science, I've come to believe that food waste can be reduced by understanding and tapping into our habits. My capstone, a handbook titled *The Little Book of Food Waste*, uses a framework that categorizes individuals as Emotional, Creative, Adventurous, Pragmatic, or Rigid Eaters based on shopping, organization, cooking, and eating patterns, as well as their knowledge of expiration dates and composting. I have also been conducting research via a Typeform survey titled "What Type of Eater Are You?" Like "The Five Love Languages" and Myers Briggs, this quiz could inspire individuals to surpass the food waste challenges that prevent action. I believe the resulting handbook will be a behavioral blueprint that empowers individuals to be more strategic about their food. I present actionable takeaways from the handbook. I also share QR codes that direct to the quiz and a link to the website.

History as a Heuristic: Jane Addams and the Temporal Dimensions of Food Justice in Social Work

Carla Silva. Student, PhD, City University of New York, Graduate Center, New York, United States

Since its emergence in the late 1800s, the social work profession in the United States (US) has engaged with food-related challenges, addressing systemic issues such as food safety legislation and access to nourishment. Today, social work remains pivotal in food security efforts, implementing policies through food assistance and entitlement programs. However, this work is often limited to managing episodic food crises at the individual or household level. By avoiding macro-level advocacy for systemic reform, social work inadvertently perpetuates food injustice and neglects its potential role in transforming inequitable food systems. This paper argues for a critical reexamination of social work's historical involvement in food activism in the US, particularly given the enduring global food crisis and the exportation of Global North social work frameworks to the Global South. Using Jane Addams and the Progressive Era food crisis as exemplars, the paper explores how Addams' advocacy for food justice can inform contemporary social work practices. Through a documentary analysis of archival materials, specifically Addams' 1918 address to the National Conference on Social Work, this research positions her interventions as a heuristic tool for reimagining the profession's role in food justice. Recognizing the temporal significance of Addams' advocacy, this paper calls for social workers to adopt more progressive, macro-centered approaches that prioritize food justice. By drawing lessons from historical exemplars, the profession can better align with its ethical commitment to equity and systemic change in the face of global food challenges.

Indigenous Food Wisdom Guiding Food Policy in British Columbia and Beyond: Insights from NGOs

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 will 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).

Insights on Kapampangan Culinary Heritage from Fr. Diego Bergaño's 1732 Vocabulario de Pampango en Romance

John Edward Edquilag Alfonso. Associate Professor, Professional and General Education, National University, Philippines

Due to the scarcity of historical records documenting pre-colonial and indigenous Filipino culture, scholars primarily rely on sources authored by Spanish colonizers. Dictionaries compiled during the early Spanish occupation are particularly valuable, as they capture indigenous cultural practices through terms and their definitions. This study examines Fr. Diego Bergaño's 1732 Kapampangan-Spanish Dictionary, highlighting culinary terms that reveal insights into sustainable food practices among the Kapampangan people. The identified terms are categorized into dishes and drinks, ingredients, cooking methods and techniques, cooking tools and equipment, descriptions of taste, and associated culinary practices and beliefs. These categorizations serve as a foundation for interpreting Kapampangan culinary heritage, demonstrating how traditional food practices embraced sustainability, such as utilizing local ingredients, minimizing waste, and adopting efficient cooking methods. This analysis also provides insights into how these historical sustainable practices could inform contemporary culinary innovations, entrepreneurship, and community development. More than a mere lexicographical tool used to find definitions of words, Bergaño's Kapampangan-Spanish dictionary emerges as a valuable resource for understanding indigenous sustainability principles embedded in the culinary culture of the Kapampangan people. It is a treasure trove of information about traditional and indigenous pre-colonial Kapampangan culture, mainly if the terms are appropriately categorized and contextualized, in an otherwise undocumented period of Philippine history.

Neo-Colonialism - Struggles of Cultural Food Exposure : A Look into Smaller Nations

Ryan Tao, Student, BA, New York University, New York, United States

The dominance of First-World countries extends beyond economic, political, and social spheres, affecting even more subtle micro-cultural influences, such as food. This dominance creates an intrinsic cycle that smaller, less influential countries cannot escape, preventing them from establishing themselves as global destinations and cultural forces. The reach of their culture and food remains limited to a small audience. What factors can we investigate to understand why this is the case, and perhaps suggest a future of cultural openness and development for these nations? Looking to the past to inform potential future changes, this paper explores the process of neo-colonialism that emerged directly after smaller nations declared independence from their colonizers. This provides insight into how colonial legacies have led smaller countries to depend on larger, more established nations, thus limiting their development. Not only is history examined, but attention is also given to present-day efforts by smaller nations to break free from these cultural constraints in their attempts to make a mark in the gastronomic world (e.g., Jamaica, Thailand). This paper draws on research articles, interviews, personal connections, experiences, observations, and book publications to trace the colonial and neo-colonial influences on food culture in smaller nations, while proposing solutions for how these countries can distinguish themselves globally.

2025 Special Focus

Okra: Culture, Cooking, and Religious Connections

Andre Taylor, Student, Doctor of Philosophy, College of William & Mary, Virginia, United States

The green (sometimes maroon), long, octagon shaped pod known as okra is a staple in some southern American dishes. Stews, rice dishes, or simply fried are the obvious ways of examining okra; however, the complexity of okra far exceeds its physical state. The history, origins, and connections to other areas of life outside of gastronomy. This research focuses on the historical nature of okra and how it became such a staple in southern cooking in the southern region of the United States. Furthermore, this research examines the role okra played in the spread of Christianity in Africa, predating any religious indoctrination by European actors. This research focuses on references from the bible point to okra as an agent in the spread of Christianity.

Policy Cravings: How Food Quality, Affordability, and Laws Shape Global Health Outcomes

Maria Burns, Director, Technology Leadership & Innovation Management, Information Science Technology, University of Houston, Texas, United States

This paper examines the intersection of food quality, affordability, and public health outcomes across global food systems, with particular attention to how food politics and policies shape nutritional landscapes and community eating practices. Using mixed-methods data collection—including policy document analysis, regulatory database mining with R and Python, and historic event modeling—this research reveals significant disparities in food system governance and their downstream effects on population health. Our findings demonstrate dramatic regulatory and nutritional quality divergences between jurisdictions, which correlate positively with regional life expectancy and health outcomes. These disparities illuminate critical questions about food system sustainability and highlight the urgent need for improved public understanding of nutrition within diverse cultural contexts. The study contributes to ongoing debates about navigating food system politics and policies by examining how regulatory frameworks either support or undermine equitable access to quality nutrition. Through comparative analysis of continental food systems, we reveal how policy interventions can either perpetuate or address systemic inequalities in food access and quality. Our research suggests that sustainable food systems require not only technological and agricultural innovations but also fundamental shifts in how communities understand, access, and engage with nutritional resources. This work advances scholarship at the intersection of food politics, public health policy, and community nutrition practices, offering insights for researchers, policymakers, and practitioners working toward more equitable and sustainable food futures.

Rastafari 'Ital' Nutrition as a Decolonised Palate

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

This paper positions Rastafari Ital nutrition and praxis as a decolonial intervention towards achieving healing and wholeness of formerly colonised people, constructing, in the process a palate of wellness in the Caribbean. Rastafari's decolonial approach acknowledges and resists the role of food in colonised spaces as an object that was once meant to keep the mills of the plantations churning out staple products amongst the colonised and enslaved Indigenous and Black populations. The foods that were imported by the enslavers was food that was unwholesome and low in nutritional properties. For enslaved people located in places such as Jamaica, planter management allowed them small parcels of marginal land, provision grounds, to grow food to supplement the imported food supplied by the plantation. In a valiant effort that marked the tenacity of the enslaved Africans, provision grounds provided nutritious foods, eventually becoming spaces that Sylvia Wynter (1971) argues would foster, promote and transfer rituals, music, food practices and community. The provision grounds emerged along the interstices of the plantation as a space that would reaffirm blackness, healing and wholeness, themselves nascent, emergent, decolonial thoughts. Rastafari Ital nutrition and praxis represent a coherent, logical articulation of these early practices. Utilising auto-ethnography, observation and semiotic readings of Rastafari food and rituals, this paper firmly situates Rastafari Ital nutrition as a step in the direction of a decolonised palate of wellness.

Seeds of Power: From the 'Green' Revolution to Indigenous Food Sovereignty

Szilvia Csevár, Lecturer/Researcher, LAW, The Hague University of Applied Sciences, Zuid-Holland, Netherlands

Hillary Renick, President, California Indian Land Institute, California, United States

Yasmine Rugarli, Founder & Director, United Rising, Utrecht, Netherlands

Food security remains a critical global challenge. The ongoing climate crisis, intensive profit-driven agricultural methods, and exclusionary practices have led to serious ecological and socio-economic consequences, such as soil erosion, loss of biodiversity, malnutrition or diet-related diseases. Availability and accessibility of healthy and culturally appropriate food options is largely influenced by capitalist agriculture production, and thus remains considerably limited to traditionally disenfranchised communities, pushing them further to the margins. Therefore, inclusively achieving food security requires addressing the concentration of economic power across the food chain—a disparity that food sovereignty seeks to highlight by calling for a more democratic approach. Following a critical reflection on the so-called 'green' revolution in the 20th century, this paper takes stock of recent developments aimed at a reform of international environmental law. Indigenous case studies, such as the Guarani and Kaiowá in Brazil or the Māori in Aotearoa New Zealand, reveal how modern agricultural practices not only drive environmental harm but also exacerbate colonial inequalities rooted in historical exploitation. There is an urgent need to transform our food systems through intersectional and decolonial approaches that recognize Indigenous rights to land and prioritise cultural practices in terms of food choices, as well as food acquisition and preparation. International law must become sufficiently nimble to affect such discussions and corresponding actions on all levels to achieve a nature-friendly and socially secure and fair food systems that reconcile food production with nature regeneration.

The Association between Children’s Reported Access to Food and Their Subjective Well-being: A Cross-national Perspective

Daphna Gross Manos, Senior Lecturer, Tel Hai College, Israel

Food insecurity is a growing global concern that affects not only low-income countries, but also those with strong economies. While we know from previous research that food insecurity in childhood is linked to negative mental health outcomes, far fewer studies have looked at how it relates to positive outcomes—like children’s subjective well-being—especially across different countries. In our study, we address this gap by analyzing data from the third wave of the Children’s Worlds Survey. This included responses from around 48,000 10-year-old children in 34 countries. What we found is quite striking: even occasional experiences of limited access to food are linked to lower subjective well-being, across all types of well-being measures. And importantly, this pattern isn’t limited to poorer countries—it’s widespread, even in wealthier ones. Using multilevel analysis, we also found that the link between food access and subjective well-being holds even after accounting for broader economic circumstances, measured by the Deprivation Scale. But the strength of this association varies by country. For example, in India, the correlation is very weak—almost negligible—whereas in Russia, it’s much stronger and statistically significant. These findings suggest that ensuring regular access to food is crucial not just for children’s physical health, but also for their emotional and psychological well-being. In closing, we reflect on how these insights might inform both national and international policy aimed at reducing food insecurity and promoting child well-being.

The Continuing Relevance of Labour in Critical Food Studies: Past, Present, Future

Ronald Mize, Professor and Coordinator, Ethnic Studies, Oregon State University, Oregon, United States

As a voluminous scholarly literature develops around food studies, this paper intercedes by asking the question: what about labour? At every level, from production to consumption, labour relations are fundamental to the burgeoning literature on critical food studies. The author draws from his scholarly career researching the central role of immigrant labour in North American food systems. In two areas, the utilization of migrant agricultural labour as well as immigrant labour employed in the restaurant industry, the author identifies the centrality of exploitative working conditions, everyday comparative racializations, and gendered division of labour that mutually inform the North American food web.

The Impact of Food Review Vlogs on Regional Image : Taking 'Axing's Chinese Food Tour' as an Example

Youyou Guitard Wu, Researcher, Literature, Philosophy and Language, Université de Nîme, France

With the rise of new media, food review vlogs have become one of the effective windows for regional image, stimulating viewers' interest of unknown area. Food as a one of the most humane symbols in a society has become a core element for the public to understand and feel an unknown place. The symbol itself and the value it conveys together constitute a comprehensive impression of a region, shaping the place into a concrete space that is communicable, perceptible and experienceable. Through food, we peer into the close interactions and connections between people, thereby reach the profound humanistic connotation of the region. Indeed, people's emotions and behaviors can waken similar experiences in others, the viewers can condense their own emotions while watching and unconsciously develop empathy towards the people living in another corner of the world. Food vlogger AXing appears as a city wanderer (flâneur), through the medium of the "innocent object" - food, his vlogs, among others, deconstruct the stereotypes and prejudiced barriers that viewers have formed about unfamiliar regions due to ideology, making the originally invisible personal experience become the material for visibility and communicability, which encourages the real connections with regions while guiding viewers to think independently. Only by leveraging its unique advantage of connecting real space and virtual space, using video as a medium to lead viewers into a physical space to experience the worldly life, can the long-term development and positive impact of food vlogs on creating a genuine image of regions be achieved.

The Influence of Malay Food on International Students

Abdullah Muhamed Yusoff, Lecturer, Hospitality, Universiti Malaysia, Kelantan, Malaysia

Food is recognized as an expression of identity and as something that can evoke feelings that create emotions. Yet, it is a common problem among international student is that they prefer to choose their national foods instead of trying new ones. A quantitative method is used to complete this research. Simple random sampling is used to collect and analyse data with Statistical Package for Social Science (SPSS) version 26. The resulting find supports all the variables. The results indicate that many factors lead international students to attempt to try Malay food. Although Malaysia is considered a food paradise, there is still a lot of work that needs to be done to make Malaysia's food culture globally recognised and maintain its uniqueness to ensure that the food quality doesn't drain out over generations. Hopefully, the information provided during this research can help the relevant parties to introduce Malaysia's food culture, which in turn will make Malaysia globally recognised.

The Market Economy and Zero Hunger: A Panel Data Analysis

Subhanil Banerjee, Professor, School of Business, Dr. D.Y. Patil B-School, Pune, Maharashtra, India
Atul Kumar, Dean and Professor, School of Business, Dr. D.Y. Patil B-School, Maharashtra, India

Over the last three decades, most of the countries of the world have opted for a free market economy. The liberalization, privatization and globalization model (LPG) with a strong belief in market forces also needs to accommodate the Sustainable Development Goals with a set deadline of 2030. Zero hunger all over the world is one of the most important sustainable development goals and is considered sustainable development goal 2. The pivotal question in this background is whether the growing importance of market forces reflected through higher trade, ease of doing business, and many others can lead to zero hunger or global food security. Again, why do some countries with a trade surplus in food trade fail to ensure adequate food for their own people and end up at the lower quantile of the global hunger index? To investigate the mentioned research questions, the present paper considers select countries of the world over a specific period subject to the availability of the data regarding relevant variables and opts for a panel data analysis. In this endeavour the paper carefully avoids any spatial and temporal bias.

The Millet Food Revolution Led by Women Self-Help Groups in India: Harnessing Millet-Based Entrepreneurship to Revive Ancient Grains and Indigenous Foods of the Future

Swasti Pachauri, Lecturer, Jeb E Brooks School of Public Policy, Cornell University, New York, United States

Women-led Self-Help Groups (SHGs) in rural India are emerging as key grassroots agents of change, working toward nutritional security, economic independence through millet-based cafés, and ecological resilience. Millets, once staple ancient grains in Indian diets that are drought-resistant and suitable for the Indian climate, were displaced in the 1960s by the Green Revolution's emphasis on monocropping of wheat and rice. With the revolution of millet entrepreneurship gaining momentum, rural women, once fighting for economic independence, are now creating visible local food infrastructure and accessible spaces—women-run canteens, cafés, and community kitchens—in Indian states empowering themselves by generating livelihoods and preparing millet recipes that appeal to a wider urban palate. This paper explores how the hitherto invisibility of women in Indian agriculture is now being challenged by women-led Self-Help Groups (SHGs), which are creating autonomous spaces within India's local food systems — despite contributing nearly 80% of agricultural work and lacking ownership of land, the key determinant of rural poverty. The recent push by the United Nations and the Government of India has brought millets back into focus, with 2023 commemorated as the International Year of Millets, thus bringing traditional Indian millets to global events like the G20. The paper explores how the revival of millets is recreating food spaces, with women emerging as successful millet entrepreneurs. As stewards of indigenous food systems, women are creating decentralized millet cafés and seed banks, while strengthening philosophies of seed-to-table, nurturing their political, social, and economic agency, and addressing concerns of food sovereignty.

The Veggie Option: How Regional/Ethnic Cuisines Are Adapting Tradition for Plant-based Consumers

Hayden Bidinger, Student, M.A, the University of Chicago, Illinois, United States

Through an ethnography of regional/ethnic restaurants and their staff in Chicago, this paper explores how regional cuisines are adapting their culinary traditions, conventions, and perceptions to accommodate customers who abstain from eating animal products. The purpose of this endeavor is to shine a light on the relationship between culture and food, specifically how the latter is significant for ethnic and community identity and how diverse groups navigate the increasing prevalence of plant-based dietary philosophies in the United States.

A Rural Food Environment: Insights from a Developing Country

Munashe Kurehwatira. Student, PhD in Rural Development, University of Venda, South Africa

The overlapping crises of climate change, conflicts, public health and economic downturns have exposed the fragility that already exists in the global and local food environments. Disruptions in the food environment have underscored the need to understand the food environments in various contexts to create conditions that enable and encourage rural households to choose healthy diets. However, there is a paucity of information on how much food households are accessing from local food environments as well as the characteristics of these food environments in developing countries. Therefore, this paper characterises the rural food environment in Zimbabwe. Characterising local food environments provides a better understanding of the dynamics of a rural food environment and generates context-specific information that is important in enhancing local food environments to deliver healthy diets. The paper highlights the rural food environment typology during overlapping crises. This information is important for the formulation of context specific interventions, policies and strategies for building local resilience.

Antibacterial Packaging Based on Cu-ZnO/PDA Nanocomposite Coating for Food Contact Applications

Francesca Coccia, Researcher, DISEGS, University of Chieti-Pescara, Italy, Italy

We explore the potential application of a nanostructured CuO-ZnO core-shell system stabilized by polydopamine (PDA), originally developed for antibacterial textile coatings, as a functional component in active food packaging. Building on our previously reported results (demonstrating high antibacterial efficacy against *S. aureus* and *K. pneumoniae*, low nanoparticle release, and stable adhesion on polymeric substrates) we propose its adaptation onto food-grade PLA or PE transparent films via ultrasonic-assisted coating. The resulting nanocomposite layer is expected to inhibit microbial growth on food surfaces, especially in high-risk foods such as fresh meat, fish, and minimally processed vegetables (IV gamma). Unlike conventional antimicrobial systems, our approach enables non-invasive protection without direct food additives, supporting shelf-life extension and food safety, while maintaining compatibility with biodegradable or recyclable packaging formats. Preliminary evaluations suggest migration rates well below EFSA limits, making this strategy promising for further validation in real food-contact scenarios. This work paves the way for next-generation antibacterial packaging solutions, combining nanotechnology, green chemistry, and regulatory compliance.

Antioxidant and Antimicrobial Activity of Carica Papaya Extracts in Minimally Processed Fresh Produce: Screening of Bioactive Compounds

Lilian Kafuko, Student, Doctorate, University of Pretoria, Gauteng, South Africa

Fruits and vegetables are significant contributors to global food waste, representing 60% of the total. During processing, storage and transportation, fruits and vegetables become susceptible to microbiological contamination, resulting in spoilage and rendering them unfit for sale and consumption. To combat microbial contamination and extend the shelf life of fresh produce, post-harvest technologies and chemical preservatives (additives) have traditionally been utilised, though this has raised concerns among consumers. Consequently, there is a growing interest in employing plant-derived compounds as alternatives to synthetic preservatives. Active secondary metabolites found in plants exhibit antioxidant and antimicrobial properties, making them valuable for applications in the food industry. Additionally, bioactive compounds derived from fruit and vegetable waste can significantly prolong the shelf life of minimally processed fresh-cut produce, increasing their market appeal. Our study was centred around the papaya peel. The objectives of the study were to investigate the antioxidant and antimicrobial properties of the crude extract from papaya peel, as well as to identify the bioactive compounds present in the crude extract of papaya peel.

Assessment of Household Dietary Patterns and Sustainability in Kenya Using the ReDD and Human Trophic Level Indices

Kipkoech Brian, Agriculture, Free University of Bolzano, Bolzano, Italy

Food security is a significant global challenge, particularly in developing countries like Kenya. Access to sufficient, safe, and nutritious food is fundamental to achieving the United Nations' Sustainable Development Goals (SDGs). Moreover, adopting a sustainable diet that considers health and environmental impacts is preferable to focusing solely on caloric intake. Here, we use Kenya Integrated Household Budgets Survey (KIHBS) 2015-16 data to assess household consumption. Two dietary indices were used: the ReDD index, which evaluates multidimensional caloric deprivation, and the HTL index, which measures the energy intensity of diet composition and reflects the relative amounts of plant- as opposed to animal-based products. Our findings show that 48% of Kenya's population is deprived of a healthy, diverse, and sustainable diet, with the majority being in rural areas 51% and 48% in urban areas. Additionally, Northern counties suffered more deprivation than other regions. Furthermore, at least all households are deprived of one or more essential food groups. The sustainability index HTL revealed that most households consumed unsustainable diets, with values ranging from 2.09 to 2.2. Pastoralist counties showed consumption characterized by high animal product diets while exhibiting higher deprivation of essential diets. In addition, quantile regression results suggest heterogenous effects of key household characteristics predictors such as household size, education, income, and food expenditure on HTL and deprivation scores. These results highlight the need for policies that promote sufficient and diverse calorie intake while addressing environmental sustainability, particularly in the most food-insecure regions.

Capturing Consumer Attitudes for Change: Developing a Psychometric Scale to inform Sustainable Red Meat Consumption Campaigns in South Africa

Marina Fourie, Food & Nutrition Consultant, Inqurated Consulting, South Africa
Hanri Taljaard Swart, Lecturer, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Nadene Marx-Pienaar, Senior Lecturer, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Red meat is a dietary component deeply embedded in cultural norms and plays an essential role in human development and health, particularly among populations affected by malnutrition and the double burden of disease. However, it is often positioned as a “problematic staple” due to its potential health risks and environmental impact when overconsumed or when production practices are poorly managed. Promoting sustainable red meat consumption therefore requires a deeper understanding of consumer attitudes, which are inherently multidimensional. According to the ABC model of attitudes—*affective* (emotional responses), *behavioural* (intentions and actions), and *cognitive* (beliefs and knowledge)—attitudes directly shape consumers’ willingness and intention to adopt more sustainable behaviours. This study applies the ABC model to develop a psychometric scale tailored to the South African context. The initial survey was piloted and then distributed in two phases. Data from the first phase were used to refine the scale through item-to-total correlations, exploratory factor analysis (EFA), internal consistency testing (Cronbach’s alpha), and confirmatory factor analysis (CFA), ensuring reliability and structural validity. The second survey included additional measures to confirm convergent validity. The resulting scale offers a practical and cost-effective tool for identifying key attitudinal constructs that can be targeted in consumer education campaigns and messaging strategies to support more sustainable red meat consumption behaviours among South Africans.

Changing the Beliefs of the People Living in the Federal Capital Territory (FCT) of Abuja, Nigeria (Cattles/Fulani) on Land Grazing

Michael Oke, Executive Director, International Development, Michael Adedotun Oke Foundation/ Talent Upgrade Global Concept, Abuja Capital Territory, Nigeria

Abattoirs in Gwagwalada, Abuja, serve as critical hubs for livestock processing and meat distribution within the region's food system, connecting producers, middlemen, and consumers across various Nigerian states. While facilitating a vital economic activity, their operational practices often present significant environmental and public health challenges that directly intersect with ecological systems, climate resilience, and justice. This study observed the typical activities, infrastructure, and value chain dynamics within these abattoirs through visual aids and interviews with approximately fifty meat buyers and five producers/workers. Our findings reveal that the current practices, including inadequate water supply (largely purchased), unsanitary slaughtering methods (e.g., tire-based skin removal), and poor waste management (e.g., blood collection for sale, unmanaged processing effluents), contribute to environmental contamination and inefficient resource use. The prevalent use of rudimentary transportation and storage methods further exacerbates contamination risks along the value chain, impacting food safety and potentially public health. These operational deficiencies compromise the ecological integrity of surrounding areas through localized pollution, affecting water bodies and soil, and undermine the resilience of the meat supply chain against environmental shocks. Furthermore, the reliance on precarious and often unhygienic practices raises concerns about climate justice, as vulnerable workers and communities may disproportionately bear the burden of environmental degradation and health risks associated with inadequate infrastructure. Our paper advocates for urgent interventions, including the development of standardized, climate-resilient abattoir infrastructure with efficient waste treatment and water management systems. We recommend discouraging hazardous processing methods, investing in modern meat transportation and preservation technologies

Chef Strategies for Sourcing Indigenous Ingredients in South African Restaurants

Slindile Ngiba, Student, Master's, University of Johannesburg, Gauteng, South Africa

Mxolisi Masina, Lecturer, Culinary, University of Johannesburg, Gauteng, South Africa

Daryl Hewson, Lecturer, School of Tourism & Hospitality, University of Johannesburg, Gauteng, South Africa

South African restaurants increasingly explore the integration of indigenous ingredients, navigating a complex landscape of challenges and cultural opportunities. This study investigates how chefs manage sourcing obstacles and what enables them to incorporate indigenous foods into their menus. The research identifies practical strategies that support both sustainability and cultural authenticity in culinary practice. This work is relevant for its potential to inform procurement policies and enhance scholarly understanding of indigenous food systems in the context of sustainable gastronomy. Situated within the fields of culinary arts, food policy, and cultural heritage studies, the study adopts a qualitative methodology. Semi-structured interviews were conducted with ten chefs from restaurants specializing in indigenous cuisine. Using thematic analysis via ATLAS.ti, the study identifies constraints such as limited access to reliable suppliers and the seasonal nature of many ingredients. Conversely, it reveals enabling factors, including partnerships with local farmers and the revival of traditional food knowledge. The results, though constrained by sample size and regional scope, highlight chefs' pivotal role in promoting indigenous ingredients through strategic sourcing and collaboration. This research concludes that fostering such partnerships can contribute significantly to sustainability, offering broader implications for educational programming, policy-making, and further exploration of indigenous value chains.

Chemistry Education and Enhancement of Agricultural Production: Implications for Food Security in Nigeria

Tolulope Philip Omotoso, Unit Head, Science Laboratory Technology, Federal Polytechnic, Ile-Oluji, Ondo State Nigeria, Ondo, Nigeria

This paper discussed the indispensable role of chemistry education in agricultural production and food security in the context of economic realities in Nigeria. Nigeria is faced with food crisis as a result of internal problems of insecurity, political conflicts, poor youth orientation, and dwindling national economy among others. The price of staple foodstuff such as rice, garri, maize, wheat are beyond the average Nigerians. The imbalance between agricultural food supply and food intake has forced the growing population to increasingly become dependent on imported foods. The challenges of food security demand effective application of Chemistry Education to change students' orientation and mind-set towards applying the scientific knowledge and skills acquired to agricultural production and other agricultural businesses. The situation calls for a real exploit of the scientific knowledge via crop improvement; smarter use of agro chemicals like fertilizers, pesticides, fungicides and effective management to ensure increased productivity and food security. Chemistry education constitutes an excellent tool to catalyze the development of the necessary know-how, creative skills and attitudes among youths for enhancement of agricultural productivity. The onus of this study therefore, lies in the identification and support processes and linkages that promote technological and attitudinal change towards agricultural production as well as the implications of using chemistry education to attain food security in Nigeria.

Co-innovation as a Promising Approach to Sustainable Agricultural Transitions: The Case of Organic Management in Reduced Tillage Systems on Uruguayan Family Farms

Morgane Batkai, Researcher and Writer, The Foodscapes Collective

The impact of climate change and intensification of agricultural systems in Uruguay has led to a degradation of soil quality, increased soil erosion and poor water retention. Reduced tillage (RT) is a promising solution to addressing these problems, and is critical in supporting sustainable agricultural transitions. However, implementing RT remains challenging for family farmers due to higher labor demands and weed management, reducing the likelihood of adoption. A project led by the Universidad de la Republica Uruguay aims to explore organic management of RT systems using a co-innovation process. Local family farmers, agricultural technicians and research institutes are involved at all stages of the project that seeks to promote social learning by emphasizing information exchange and participation. The main research questions reflect Reed's elements of social learning to explore how co-innovation impacts learning: to what extent have participants demonstrated knowledge and understanding of RT systems? And, has the change in understanding resulted from social interactions? 18 semi-structured interviews were conducted with key stakeholders, and a nominal group technique was applied to identify RT practices. Preliminary results indicate that participants are actively involved and demonstrate considerable knowledge regarding RT. Farmers are either implementing RT, or have future plans to do so, while agricultural technicians indicated that they share their knowledge to other networks. These findings reflect the potential of a co-innovation process, and further research will explore the diffusion of RT knowledge beyond this project to examine it's impact on large-scale sustainable agricultural transitions in Uruguay.

Cultural Eating in the Globalized Era - Food Sustainability and the Indian Diaspora in the U.S.: Steering Through Tradition, Nostalgia and Environmental Impact

Tanushree Kulkarni, Advisor, Marketing & Communications, ALMA School for Italian Culinary Arts, Tennessee, United States

The paper looks into the intersection of food and cultural eating habits, sustainability, the Indian diaspora in the United States, and its relation to globalization. The Indian diaspora makes up over 5% of the American population, making it the country's second largest immigrant group. Despite adaptations to local taste and an upsurge in transnational Indian cuisine, a focus on cultural identity, rituals and social eating demands an increased reliance on imported ingredients, adoption of processed foods and a subsequent increase in food miles. This raises some important questions about the sustainability of food systems within diasporic communities due to their dependency on global food supply chains. The paper looks at how the Indian diaspora negotiates the challenges of sourcing culturally significant foods, balancing the use of local produce with the importation of specialty ingredients. It also reviews the environmental implications of such food choices in terms of measurable carbon footprint related to food imports and the sustainability of maintaining culturally specific diets in a foreign context. Through this, the paper considers the larger implications of such cultural eating practices in a globalized world. Eventually, the research should underscore the need to go more towards sustainable and locally sourced solutions in diaspora communities while still preserving cultural food heritage.

Diet and Feeding Strategies of Four Freshwater Fish from the Zat Basin (Morocco): Ontogenetic Shift and Seasonal Variation

Abdelilah Ahnich, Student, PhD, Polydisciplinary Faculty, Sultan Moulay Slimane University, Morocco

Conservation and effective management of freshwater ecosystems require detailed insights into species-specific dietary strategies, resource partitioning and ecological interactions, including competition for shared resources. This study investigates seasonal dietary shifts within four barbel species (*Atlantor reinii*, *Luciobarbus magniatlantis*, *Luciobarbus ksibi* and *Carasobarbus fritschii*) in the Zat Basin (Morocco). The study's objective is to inform conservation and ecosystem management planning that should be considered for threatened species, such as *A. reinii* and *L. magniatlantis*. We evaluated feeding strategies and niche partitioning across species and seasons using stomach content analysis and alimentary indices, including Dietary Index (DI) and occurrence (OC). *L. ksibi* demonstrated the highest insect consumption (OC = 51.11%, DI = 0.84%). *L. magniatlantis* showed the most diverse animal prey composition, with the highest Mollusca occurrence (OC = 76.67%, DI = 0.59%), substantial insect intake (OC = 54.07%, DI = 1.43%) and significant Arachnida presence (OC = 60%, DI = 0.54%). *A. reinii* displayed the highest selectivity for insects (DI = 1.14%). *C. fritschii* exhibited moderate insect consumption (OC = 36.30%, DI = 0.88%) and an equal preference for Mollusca and Tubellaria (both OC = 53.33%, DI = 0.38% and 0.64%, respectively). NMDS analyses revealed partial dietary overlap among species, with *A. reinii* and *C. fritschii* exhibiting distinct clustering, while *L. ksibi* and *L. magniatlantis* displayed broader nutritional niches. This study highlights species-specific dietary flexibility, emphasising the importance of adaptive foraging strategies in conservation planning and the ecological resilience of freshwater fish in Mediterranean streams.

Does Increased Productivity Ensure Food Security and Food Sovereignty? : Case Study - Productivity, Food Security, and Gender Participation within the Framework of the “SUSTENTA” Project in Nampula Province, Mozambique

Arcenia Notilija Vilanculo, Food Studies, Syracuse Urban Food Forest Project, New York, United States

In recent years, Mozambique has reported impressive agricultural growth, most notably a 7.4% increase in agricultural GDP following the rollout of the World Bank-funded SUSTENTA project. Yet, during the same period, food insecurity increased, rising from 68.4% to 73.7%. This disconnect prompts me to ask: Does higher productivity lead to greater food security? And whose voices are being included in the process? This research draws on qualitative interviews with farmers and experts, conducted in two districts in Nampula, as well as policy analysis and literature review. The findings reveal a troubling gap between government-led project goals and the actual experiences of smallholder farmers, especially farmers. While the project aims to improve productivity and value-chain integration, issues like unequal land access, limited decision-making power, and lack of transparency in program implementation continue to undermine both food security and sovereignty. Women, who make up the majority of the agricultural workforce, remain significantly underrepresented in leadership roles and access to resources. This study also highlights how local needs, agroecological conditions, and cultural dynamics are often overlooked in favor of standardized, top-down models. This study argues that meaningful inclusion, transparency, and gender equity are not optional, but are essential to the success and sustainability of food reforms.

Effects of Zinc and Selenium on Some Biochemical Parameters in Water Deficit *Vigna unguiculata* and *Zea Mays* Seedlings: Responses to Micronutrient Supplementation under Drought

Semiu Ajiboso, Professor , Biochemistry, Nasarawa State University Keffi, Nassarawa, Nigeria

Effects of zinc and selenium on some biochemical parameters in water deficit *Vigna unguiculata* and *Zea mays* seedlings were investigated. Plant seedlings were exposed to water deficit condition for 14 days. The relative water content (RWC) in whole plant tissues was reduced from 78.6% (normal) to 59.0% (water deficit) and 70.1% (normal) to 37.3% (water deficit) for *Vigna unguiculata* and *Zea mays* samples respectively. Selenium treated samples showed higher RWC values for both normal and water deficit samples. Under water deficit condition, general increase in the levels of the biochemical parameters investigated was recorded. Effects of water deficit were more pronounced in the *Zea mays* sample than *Vigna unguiculata* sample. At $p > 0.05$, Water deficit samples showed significant increase in MDA level and antioxidant enzymes activities, the activity of selenium reducing water deficit effects reached statistical significant and was also found remarkable due its non - accumulation in the plants seedlings. In this investigation, water deficit condition induced 7 times, 10 times and 12 times increases in Fe, P and N contents respectively in water deficit *Vigna unguiculata* seedlings. The was deficit *Zea mays* Seedlings also showed 6 times and 5times increases of P and N contents respectively. Water deficit *Vigna unguiculata* seedlings treated with selenium solution once in a week returned beck to full turgor after 6 days of daily rehydration. Rehydration caused significant reductions in MDA level and antioxidant enzymes activities. The use of antioxidant micronutrients mostly selenium is therefore recommended for farming under water deficit condition.

Establishing Safe Pre-Harvest Intervals and Maximum Residue Limits for Spinetoram and Emamectin Benzoate in Chinese Kale

Chanita Thongsam, Professional Senior Scientist, Agricultural Production Science Research and Development Division, Department of Agriculture, Krung Thep Maha Nakhon [Bangkok], Thailand

This study evaluated the residue behavior of two insecticides, spinetoram and emamectin benzoate, in Chinese kale (*Brassica oleracea* var. *alboglabra*) under Good Agricultural Practice (GAP) conditions to support the establishment of Maximum Residue Limits (MRLs) and Pre-Harvest Intervals (PHIs) for national and international standards. Field trials were conducted in Kanchanaburi, Nakhon Pathom, and Suphanburi provinces in Thailand. Spinetoram (1.2% W/V SC) was applied twice at 60 mL per 20 L of water every 5 days. Samples collected at 0, 1, 3, 5, 7, 10, and 14 days after the final application (DALA) were analyzed by LC-MS/MS (LOQ 0.05 mg/kg). Residue levels declined from 6.0–15.0 mg/kg on day 0 to ≤ 0.19 mg/kg by day 14. No residues were detected in untreated controls. A PHI of 3 days was established, and an MRL of 10 mg/kg is proposed for spinetoram in Chinese kale. Emamectin benzoate (1.92% W/V EC) was applied twice at 20 mL per 20 L every 7 days. Samples collected at the same intervals were analyzed by LC-MS/MS (LOQ 0.005 mg/kg; LOD 0.002 mg/kg). Residues declined rapidly, falling below the LOQ from day 3 onward. A PHI of 3 days and an MRL of 0.3 mg/kg are proposed. These findings provide a scientific basis for setting Thai MRLs and support their adoption under ASEAN and Codex standards. The results further demonstrate the potential of spinetoram and emamectin benzoate as safe and effective options for Chinese kale production, enhancing compliance with international food safety requirements and supporting international trade.

Farmers' Awareness, Perceptions and Management of Maize Lethal Necrosis Disease in Kenya: A Knowledge, Attitudes, and Practices Approach

Joseph Kimani, Student, Masters in Agricultural and Applied Economics, University of Nairobi, Kenya

Maize lethal necrosis (MLN) disease significantly challenges maize production and food security in Kenya. Effective management relies on farmers' ability to identify the disease, their knowledge of it, and access to information. However, data on these factors is scarce. This study surveyed 398 maize farmers across five agroecological zones (AEZs): Moist mid-Altitude (MMA), Dry Mid Altitudes (DTA), Moist Transitional (MT), Highland Tropics (HTs), and Dry Transitional (DT), using a stratified two-stage cluster sampling design. Data were gathered through structured questionnaires in computer-assisted telephone interviews (CATIs) with the SurveyCTO tool, analyzed via multivariable logistic regression in STATA software. Findings showed that 44% of farmers had heard of MLN and 41% were aware of it, with significant variations across AEZs. Awareness of MLN-tolerant varieties was at 20%, and knowledge was highest in the Moist Transitional Zone (47%). Chlorotic mottle and leaf necrosis were the most recognized symptoms (90%), while shortened internodes were least recognized (14%). Of the surveyed farmers, 60% monitored MLN, with the most common management strategy being uprooting infected plants, followed by burying them (27%) or using them as livestock feed (21%). Key factors affecting MLN awareness included education, group membership, access to MLN information, and extension services. The results were validated with machine learning using Lasso logit regression. This study highlights the need to disseminate MLN information to improve monitoring and awareness for effective management. It is recommended to utilize existing platforms for sharing MLN-related information with farmers.

Food Production and Sustainability

Food Security Thematic Analysis Using Atlas.ti in Sustainable Livelihoods Ecosystem

Jim Matsho, Student, Business School, Tshwane University of Technology (TUT), Kwazulu-Natal, South Africa

The growing population estimated to reach 10 billion by the year 2100 brings challenge in sustaining community livelihoods. The goal of this is to identify key recommendations emanating from doctoral studies in addressing lack of food security in South Africa. The study is anchored on the Global Strategic Framework. The literature review analysed using Atlas.ti software, including the following, analyse, synthesise, and report writing after coding the data. Additionally, findings divulge that despite challenges to achieve sustainable livelihoods, community members have resorted in the traditional food system of farming. Furthermore, sustaining food security will contribute positively to reducing hunger (SDG 2).

Food Security and Economic Development in Nigeria: Food Supply as Vehicle for Development

Ademola Isaac Agbona, Head of Entrepreneurship Unit, Science Laboratory Technology, Federal Polytechnic, Ile-Oluji, Ondo State Nigeria, Ondo, Nigeria

The study examined food security and economic development in Nigeria. To this effect, time series data for 39 years (1980-2018) was employed from CBN bulletin (2018) and World Bank development indicators. Macroeconomic variables such as; per capita income (endogenous variable); food production index, food importation bill and agriculture contribution to GDP was used as the exogenous variables. The study used Auto Regressive Distributed Lag (ARDL) analysis in analyzing the long run and short run of the data. However, from the result food production index had a positive insignificant long run relationship with economic development. This is because food production is expected to increase the productivity of the economy, reduce the importation of staple foods, and increase a nation's foreign earning. Nigeria however is still a net importer of food, thus its insignificant relationship with economic development in Nigeria. The study hence concludes that food security significantly impact on Nigeria's economic development. And it was recommended that Nigeria should reduce its food import bill, as that will afford the opportunity to utilize foreign reserve on more capital intensive imports. The government should direct and prioritize the agricultural sector, as that will not just ensure it attains food security, but will increase employment, and income to the populace.

Fostering the Acceptance of Sustainable Agricultural Technologies: Unveiling the influence of Entrepreneurial Orientation on Tissue Culture Plants Adoption

Brian Senyange, Doctoral Fellow, Department of Agricultural Economics, Ghent University, Oost-Vlaanderen (nl), Belgium

Plant tissue culture biotechnology represents a sustainable strategy for climate change adaptation as it enables the propagation of disease-free plants with specific desired traits. Despite their considerable benefits, the adoption of tissue culture plants (TCPs) remains very low, particularly in developing countries. While previous research on innovation adoption has largely focused on technological, knowledge-based and institutional factors, there is little research on farmer readiness, i.e. how intrinsic characteristics of farmers relate to their perceptions of the impact of an innovation. This study uses the psychological and behavioral insights of entrepreneurial orientation (EO) and the technology acceptance model (TAM) to examine how traits such as innovativeness, proactiveness, and risk tolerance influence farmers' adoption of TCPs. Furthermore, it examines how these factors interact with technological characteristics (perceived ease of use) and economic benefits (perceived usefulness). The study draws on an interdisciplinary framework and uses a quantitative survey methodology targeting market-oriented coffee and banana farmers in Uganda. By uncovering these often overlooked motivators, the study extends a new framework that integrates entrepreneurial insights to better understand farmers' attitudes towards new technologies. This multifaceted approach offers both theoretical contributions to the study of agricultural technology adoption and practical strategies for scaling up sustainable practices in the food sector.

Generation Z in Crisis: Hungry for Change

Lesego Marule, Student, PhD Candidate, University of Pretoria, Gauteng, South Africa

Nadene Marx-Pienaar, Senior Lecturer, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

The SDGs seek to reach the most vulnerable populations to promote peace and inclusive societies. Efforts, however, are lacking as global corporate food regimes have often crippled marginalised groups' abilities to address poverty, hunger and obtain nutritious food. Promotion of sustainable food consumption experiences barriers in the availability of and access to food. Food insecurity and hunger are not only about the absence of food but also the scarcity of nutritionally adequate food, the prevalence of calorie-dense options like sugar-rich and unhealthy foods. Specific attention must be called toward hunger and food insecurity as experienced by Generation Z and students in tertiary institutions. Certain food provision initiatives exist; however, aspects of stigma related to hunger hinder adoption, as individuals do not want to be regarded as needy or poor, and thus would rather suffer for the sake of fitting in and belonging than to be honest about their needs. The food environment, particularly as it relates to the Generation Z cohort, needs to be explored and understood. Addressing the burden of food insecurity is not only a health concern but also a socioeconomic issue that threatens educational outcomes, long-term productivity, and overall well-being. Through innovative touchpoints, participants have the potential to drive transitions as ambassadors or influencers for sustainable consumption. Innovative touchpoints as sustainably driven interventions hold the potential to bridge the gap between knowledge and action toward sustainable consumption of food.

Global Food Sufficiency and Its Interdependence with Technology : A Case for Self-organizing Inclusive Networks

Forouzan Golshani, Professor and former Dean, College of Engineering, California State University, Long Beach, California, United States

By correlating the global calorie gap, measured as calories produced minus calories consumed, with population growth around the world, we can get a glimpse of the inevitable tipping point of food shortage. Since food production involves numerous sectors such as growers/packers/shippers, food importers, food distributors, retail and grocery, restaurant operators and consumer goods outlets, data sharing across these industries is a crucial necessity. Further, since food production is so closely intertwined with water, energy and environmental concerns, global food cannot be studied in isolation. A blockchain-inspired Internet of Things (IoT) architecture can not only provide a platform for data sharing but also contribute to increased food efficiency, clearer transparency, reduced possibility of tampering, and improved safety of the overall food supply chain. The concept of securing food-related value tokens on a decentralized public ledger by means of a security mechanism, such as those in use in the cryptocurrency domain, not only can offer exceptional benefits in virtually every aspect of food industry from farm to fork, but more importantly can provide innovative localized solutions to food insufficiency. Known as blockchains, these distributed information systems offer tamper-proofing, decentralized consensus and control, and transaction transparency on a global platform that has no barriers to entry – even for small farmers.

Green Revolutions?: Food Politics, Energy Dependency, and Agricultural Change in Bulgaria, 1960-2025

Mary Neuburger, Professor, History, University of Texas, Texas, United States
Evan Samsky, Student, Dual-master's of Global Policy Analysis and Russian, East European, and Eurasian Studies, University of Texas, Texas, United States

This paper explores dramatic shifts in Bulgaria's industrial vs. green agricultural practices from 1960 to 2025. By combining data and metadata analysis, historical methods, and policy studies approaches, we offer a periodization of food system transformation, driven by shifts in political culture, geopolitics, energy dependency, trade relations, and, most recently, the EU's Common Agricultural Policy (CAP). This research has profound implications for understanding the evolution of green agricultural policies on the margins of Europe (in the shadow of the Soviet Union and later Russia), where during the communist era "green revolution" meant the rise of chemical and energy-dependent industrialized agriculture. Under late communism, a new kind of "green" revolution pushed back against such practices, as the environmental impact of fertilizer and pesticide use in Bulgaria became abundantly clear. Indeed, the Bulgarian green movement played a critical role in the collapse of communism in 1989. In the post-communist era, green agriculture has considerable support and EU subsidies, but a green revolution is slow in coming as it faces new constraints—such as poverty, the rise of Eurosceptic far-right politics, local pushback and the interests of the local petrochemical industry. Given the 2024 farmer protests in Bulgaria (and the EU), this research has profound implications for understanding regional attitudes towards green agriculture, the future of CAP 2023-27's Green Deal alignment, and whether the CAP will be able to earnestly implement green agriculture while supporting rural prosperity in EU margins.

Impact of Climate Change on Food Security: A Threat to Africa

Arijit Banerjee, College Teacher, Commerce, Shibpur Dinobundhoo Institution, West Bengal, India

Africa's most pressing issues in recent years have been the effects of climate change on food security. Climate change's disruption of weather patterns and agricultural output results in food insecurity. In this paper, we measure the impact of climate change on food security using a food security Index (FSI) and various econometric models. Food security data was taken from the Food and Agriculture Organization's (FAO) statistics database, while climate displacement data was taken from the Internal Displacement Monitoring Centre's (IDMC) database from 2000-2023. FSI was created using principal component analysis (PCA) from 11 variable factors and panel data. FSI is used as a dependent variable, and climate change is treated as an independent variable. Climate change is measured by forest fires and fossil fuels CO₂ emissions. The stationarity of the panel data has been checked through the ADF test. The cointegration technique has been used to determine whether or not there is any long-term relationship between Climate change and FSI. According to the cointegration analysis, food security and climate change have a negative long-term relationship. Based on the results, we used the VECM to help the model adjust for any deviations from this equilibrium in the short term, ensuring that over time, the variables tend to move back towards their shared equilibrium. In the next stage, the Granger causality test was done to know whether CO₂ emission Granger causes FSI or climate change can provide statistically significant information to predict future values of FSI in the Granger causality framework.

Impact of Climate Change on Sustainable Food Production in Nigeria

Oluwakemi Seun Spencer, Head of Entrepreneurship Unit, Science Laboratory Technology, Federal Polytechnic, Ile-Oluji, Ondo State Nigeria, Ondo, Nigeria

The interconnectedness of climate change and food production is profound. The direct effect of climate change on food production can come in diverse ways, including changes in average rainfall, temperatures, extreme climate, and changes in terms of pest and disease manifestation. Thus, understanding the Impact of climate on food production in Nigeria necessitated this research. The methodology adopted a systematic literature review to locate and broadly synthesize research on climate change, the food security situation in Nigeria, the significant Influence of climate change on food production, and the threats posed by climate variations on quality food production in Nigeria. Two inclusion criteria were created to screen for relevant studies from the literature: (1) journal articles published between 2000 and 2021 and (2) keywords that are related to the issue under consideration. This approach uncovered 47 articles published between 2000-2022 and 4 online expert opinion articles appropriately referenced.

Incorporation of Palm Weevil Larvae (*Rhynchophorus Phoenicis*) in the Production of Smoked Pork-Type Sausages

Desmond Owusu, Student, Masters in Animal Husbandry Engineering, University of Debrecen, Hungary

The global interest in insects as alternative protein sources has prompted research into their integration into various food products. This study investigates the proximate composition, pH, cooking loss, colorimetric properties, and sensory characteristics of smoked pork sausage formulated with varying proportions of Palm Weevil Larvae (PWL) and *Rhynchophorus phoenicis* Fabricius. Five sausage formulations were developed with PWL to pork ratios of 0%:100%, 15%:75%, 30%:70%, 45%:55%, and 50%:50%. Significant differences ($p < 0.05$) were observed in moisture content, with the 15% PWL formulation (T2) exhibiting the lowest moisture content (56.39%). Crude protein content increased significantly ($p < 0.05$) in the 30% PWL (T3) and 45% PWL (T4) treatments. A significant variation ($p < 0.05$) in crude fat content was also detected among the treatments, while ash content did not differ significantly ($p > 0.05$). The pH values ranged from 8.37 to 7.76 across treatments T0 through T4, with significant differences ($p < 0.05$) observed. Instrumental colorimetric analysis revealed that sausages containing PWL differed significantly ($p < 0.05$) from the control. Sensory evaluation further indicated significant differences ($p < 0.005$) between the control and all PWL-containing treatments. Although the study provided valuable insights, challenges such as the unappealing coloration of sausages with higher PWL levels and excessive moisture content in PWL-containing sausages require further investigation. The findings suggest that Palm Weevil Larvae can be feasibly incorporated into smoked pork sausage production at a ratio of 30% PWL to 70% pork.

Indigenous Territorial Struggles, Environmental Defense, and Organic Coffee Production Sustainable Practices

Consuelo Guayara Sanchez, Student, Ph.D., The University of Iowa, Iowa, United States

This paper examines the interconnections between current sustainable environmental and social practices in organic coffee production by Indigenous and small-scale organic coffee producers, members of ASPROCAFE, in Caldas, Colombia, along with their struggles and resistance in defending their territories and the environment. This work draws upon fieldwork conducted during the summers of 2016 to 2019, as well as the summers of 2022, 2023, and 2024, and the winter breaks of 2019 and 2022 in Colombia. I conducted oral histories, in-depth semi-structured interviews, and plot walks. Focusing on the specificities of the indigenous agricultural practices, as well as material and representational practices in Indigenous communities' struggles and resistance in processes of Land Reclamation, territorial integrity, and environmental care shifts the focus to decolonial conceptualizations and sources of history.

Influence of Solvents on Phytochemical Contents in Fluted Pumpkin Leaf Extracts

Jacob Olalekan Arawande, Reader, Science Laboratory Technology, University of Medical Sciences, Ondo, Nigeria

Akinyinka Akinnusotu, University of Medical Sciences, Ondo City, Nigeria

C.O. Ayodele, University of Medical Sciences, Ondo City, Nigeria

Phytochemicals extraction for medicinal usefulness depends on the nature of solvents used. The rinsed leaves of fluted pumpkin were cut into smaller pieces for easy air drying, ground and sieved to give 40 mm mesh size powder. The focus of this research is to separately use five solvents (acetone, chloroform, water, methanol and ethyl acetate) to extract phytochemicals from fluted pumpkin leaves, and investigate the extractive values of each solvent as well as qualitatively screened each solvent extract for nine phytochemicals (flavonoid, carotenoid, phenol, oxalate, tannin, saponin, alkaloid, phytate and ascorbic acid) using standard procedures. The leaves of fluted pumpkin were obtained, rinsed, cut into smaller pieces, air-dried, ground into powdery sample, and sieved with 40 mm mesh size. 20 g of powdered fluted pumpkin leaf was separately extracted using 200 mL of five different solvents for 72 h. The extractive values (%) in methanol, water, acetone, ethyl acetate and chloroform were 9.95 ± 0.78 , 8.80 ± 0.00 , 6.36 ± 0.27 , 5.84 ± 0.22 and 5.71 ± 0.68 respectively. The extractive values of the fluted pumpkin leaf were highest in methanol and water but least in chloroform and ethyl acetate. The raw fluted pumpkin leaves contained seven out of nine phytochemicals screened for and this amounted to 77.8% detectable phytochemicals. Methanol and water extracts contained 77.8% detectable phytochemicals as contained in the raw fluted pumpkin leaves. Acetone, ethyl acetate and chloroform extracts of fluted pumpkin leaves had 66.7%, 55.6% and 44.4% detectable phytochemicals accordingly. Methanol, water and acetone were better solvents in extracting bioactive ingredients from fluted pumpkin leaves.

Molluscan Aquaculture - A Sustainable Source of Protein?: Challenges Promoting the Environmental Benefits of Shellfish Production Practices

Steven Richards, Director, SC Center for Cooperative and Enterprise Development, Cooperative Extension Service, Clemson University, South Carolina, United States

Marzieh Motalleb, Associate Professor, Forestry and Environmental Conservation, Clemson University, South Carolina, United States

For some individuals and cultures, it may be considered “common knowledge” that oysters and clams filter and clean water as well as provide habitat for other sea life. However, in recent clam and oyster consumption surveys in the U.S., it appears that many consumers are unaware of potential environmental benefits of clam and oyster aquaculture. As the world grapples with sourcing proteins in an environmentally responsible manner, is there a potential to raise awareness and perhaps shift consumption toward sustainably farmed molluscan proteins? Three different surveys of consumers in the Eastern United States collected perceptions of farm raised oysters and clams as well as their general perception of aquaculture. Questions regarding whether farm raised oyster or clams were “good for the environment” were asked of both consumers and non-consumers. Results showed that most responses were in the “maybe yes, maybe no” category, raising the question of whether these benefits have been adequately communicated. And, upon further investigation, the authors have found that communicating these benefits is much more complicated than first imagined. The implications of these studies are discussed as well as the overall challenge of promoting sustainable food systems to the public in an approachable and understandable manner.

Paddy Field Livelihood Complex as a Sustainable Food System for the Monsoon Asia

Takakazu Yumoto, President, Japan Food Studies College, Osaka, Japan

Rice which began to be cultivated in the Yangtze River basin between the 8th and 6th millennia B.C., has spread throughout the Monsoon Asia at the end of the Warring States Period in China. Paddy fields are thought to have first appeared in the tropics and subtropics in low marshy areas behind natural levees of rivers. The modified landscape provided alternative habitats for fish and shellfish, insects, and migratory birds such as ducks and geese, which originally inhabited the low marshlands. Paddy farmers used paddy fields not only as a place to grow and harvest rice, but also as a place to efficiently collect animal protein sources. This combination of rice paddy cultivation and paddy fishing-hunting which forms the “paddy field livelihood complex” is thought to have spread throughout the Monsoon Asia. Periodic flooding brings various nutrients from upstream in rice paddies and washes away pathogens and salt, preventing nitrogen and other nutrients from leaching into groundwater, crop failure, and salt damage. This is the reason why paddy rice cultivation in the Yangtze River basin in China has continued year after year for 7,000 years without any continuous crop damage. Paddy fields also stop rainwater and cover the topsoil with water, thereby preventing soil runoff caused by rain and wind, and mitigating the temporary increase in water level caused by flooding. The Monsoon Asia region accounts for 14% of the world’s land area, yet it feeds 60% of the world’s population, thanks to the paddy field livelihood complex.

Philippine Rice Liberalization in Comparative Perspective

Jamie Davidson, Associate Professor, Political Science, NUS, Central Singapore, Singapore

In a surprising move, in 2018 President Rodrigo Duterte of the Philippines opened his country's rice imports to free trade. Liberalization overturned nearly five decades of protectionism. The conventional wisdom maintains that Duterte's fear of inflationary pressure pushed him to enact the drastic policy change. Even so, this answer fails to address other pressing questions: Why did past inflationary episodes not convince Duterte's predecessors to open the country's rice imports? More interestingly, why have not the country's regional rice deficit neighbors that also have experienced rising rice prices of late not follow Duterte's lead? This paper will explore several key factors that explain why the Philippines was the most likely case to pursue institutional change, more so than Indonesia and Malaysia. Such historical and contemporary factors include differing nationalist trajectories, legacies of Green Revolution performance, the role of civil society, the institutional power of executive authority, the influence of technocrats, the structure of electoral competition, and lastly, degrees of exogenous pressure.

Production and Quality Evaluation of Composite Flour Blends From Maize, Tignuts and Watermelon Rind for Nutrient-Dense and Sustainable Pap Production

Ohijeagbon Oladoyin Rebecca, Lecturer, Food Science, Ladoke Akintola University of Technology, Ogbomoso, Oyo, Nigeria

Mariam Adisa, Barts Health NHS Trust, Royal London Hospital

Moses Ayodele Ojo, Senior Lecturer, Food Science, Ladoke Akintola University of Technology, Ogbomoso, Oyo, Nigeria

Addressing global food insecurity and malnutrition requires innovative ways to enhance the nutritional profile of staple foods. Pap, traditionally made from maize, is limited in nutrient diversity. This study investigates the production and quality evaluation of pap flour incorporating tiger nut and watermelon rind with yellow maize, to improve nutritional content and promote sustainable food security. Yellow maize grains were processed through cleaning, soaking drying, milling, and sieving, while tiger nut tubers (*Cyperus esculentus*) were washed, roasted at 85°C for 24 hours, milled, and sieved into a fine flour. Watermelon rind (*Citrullus lanatus*), often discarded as waste, was separated from fresh fruit, washed, dried, milled, and sieved to obtain a fine powder. Three flour samples were formulated as 100% maize, 100% tiger nut, and 100% watermelon rind. Proximate and microbial analyses were performed, and sensory evaluation assessed the palatability of pap made from composite flour blends. The results revealed the following proximate composition ranges: Crude Protein (22.750–34.130%), Crude Fiber (4.000–15.300%), Crude Fat (1.500–1.600%), Ash (1.400–3.100%), and Moisture Content (3.200–6.000%). Microbial analysis indicated Total Viable Count (TVC) from 8.1×10^5 CFU/ml to 14.95×10^5 CFU/ml and Total Fungal Count (TFC) from 15.5×10^4 to 20.0×10^4 CFU/ml, remaining within safe limits. Sensory testing showed preference for pap made with a blend of 70% maize, 20% tiger nut, and 10% watermelon rind flour, which enhanced taste, texture, and nutritional value. This study highlights the potential of enriching maize-based pap with tiger nut and watermelon rind, improving nutrient density.

Resilient Culinary Supply Chains: A Case Study from a Five-Star Hotel Group in Sandton, South Africa

James Khoza, Student, Masters in Hospitality and Tourism, University of Johannesburg, Gauteng, South Africa

Cynthia Mabaso, Lecturer, Hospitality, University of Johannesburg, Gauteng, South Africa

Daryl Hewson, Lecturer, School of Tourism & Hospitality, University of Johannesburg, Gauteng, South Africa

The COVID-19 pandemic dramatically reshaped guest dining preferences in luxury hotels, introducing new pressures on restaurant operations and their supply chains. This study investigates the challenges experienced by food suppliers to a 5-star hotel complex in Sandton, South Africa, and explores the strategies they developed to support dynamic menu adaptations in a post-pandemic environment. The aim of the research was to identify the primary disruptions faced by suppliers and evaluate the responsive strategies used to meet shifting culinary demands. The findings offer practical value for improving the responsiveness and resilience of food supply chains and contribute theoretically to the discourse on supply chain agility in the hospitality industry. The research is situated within the academic fields of hospitality management, food systems, and supply chain studies, with a focus on culinary strategic management and adaptive menu planning. A qualitative case study methodology was adopted, with data collected through semi-structured interviews involving twelve food suppliers servicing the hotel group. Thematic analysis identified recurring issues such as logistical bottlenecks, poor demand forecasting, perishability, and inadequate communication between chefs and suppliers. Suppliers frequently encountered challenges including unpredictable ordering patterns, minimal lead times, intensified competition, and weather-related disruptions. A key limitation of this study is its focus on a single hotel complex, which may not be generalizable across broader hotel networks. The study concludes that enhanced supplier collaboration, predictive analytics, and capacity-building investments are critical to ensuring flexible, adaptive food systems. Future research should consider integrated planning models and broader stakeholder perspectives.

Rooted in Tradition, Growing for Tomorrow: Sustainable Food Production in India through the Lens of Past Practices

Sujata Kalkal, Student, M.Phil/PhD, Department of English and Cultural Studies, Panjab University, Chandigarh, India

India's agricultural landscape is a tapestry woven with centuries of rich traditions and knowledge that have sustained its diverse communities. This paper explores India's historical agricultural practices, emphasizing their relevance in building a sustainable food production system for the future. From the ancient water management techniques of the Harappan civilization to the diverse crop rotations and agroforestry practices of indigenous farming communities, India's agricultural traditions hold valuable lessons in resilience and ecological balance. The research critically examines these traditional systems, analysing how they contribute to soil conservation, water preservation, and biodiversity. These are increasingly vital in time-honoured, globally-emphasizing climate change and modern agricultural challenges. By integrating these time-honored practices with modern technologies and policies, the paper proposes a holistic approach to food production that promotes environmental sustainability, food security, and economic equity. Through case studies from different regions of India, the research demonstrates the potential for a synergistic relationship between traditional knowledge and contemporary innovations. Ultimately, this paper aims to offer actionable insights for policymakers, practitioners, and researchers committed to advancing sustainable food systems in India, while drawing lessons that can be applied on a global scale to ensure a sustainable agricultural future.

Small Scale Food Milling Industries in Dschang Cameroon: Socio-economic and Technical Characteristics Assessment

Nsah Ko Tchoumbooue, Lecturer, College of Technology, University of Buea,
South-West, Cameroon

In Africa, food security is directly related to food milling industries. Lack of hygiene and contamination during food processing could be one of the main causes of increasing cancer disease in African countries. Food processing inventory should be done to reduce such problems with the aim of good decision-making and improve the healthy quality of food consumed. The aim of this work is to assess food industries based on technical and socioeconomical analysis. A survey was then conducted on 100 food milling industries in Dschang city town. Descriptive analyses were performed using SPSS 21.0. Results show women are more involved in food milling activities. Almost all the food milling industries (92.6%) possess Hammer mill and Flattener mill machines to grind dry foodstuffs and wet foodstuffs respectively. Machine capacity is low which varies from the highest value of 30 kg per hour to the lowest value of 10 kg per hour. Based on the number of working machines, nine categories of industries were identified. The lifespan of those machines ranges from 5 to 7 years. None of the machines in industries possess the manual operation to carry out maintenance and provide healthy practices in food milling. Around 90% of the milling machines are made from metals and iron materials with industrial paints that could have negative effects on food quality. Laws to relate the lifespan and machine design should be put in place in order to protect consumers from food spoilage and intoxication by bacterial and ferrous contamination.

Sustainable Development and Tourism Food Consumption in the Canary Islands

Carmelo J. León, Professor, Applied Economics, University of Las Palmas de Gran Canaria, Las Palmas, Spain

Javier De León Ledesma, Professor, Universidad de Las Palmas de Gran Canaria

Tourism is an increasingly important industry around the world. Sustainable tourism implies the management of tourist destinations and tourist services with the aim of balancing the economic, social and environmental impacts. Since food makes an essential element of tourism services, the management of food services in tourism should be in accordance with the principles of sustainability. Thus, the question of the sustainability of food services in tourism boils down to the sustainable management approach to the production and consumption of food services that are provided to tourists at a destination. This paper studies the preferences of tourists for sustainable food service production practices in the tourist industry. The application is based in the Canary Islands, which is a destination receiving about 17 million tourists per year. The results show that tourists have preferences for local source of raw materials for the production of food services, and care about the environmental impacts of food production. The evidence underscores that there are market opportunities for the innovation in the sustainable management of the production of food services in tourism.

The Recycled Economy: Stalls of Spinach

Sapana Sewpersad, Student, PhD Candidate, University of the Witwatersrand, Gauteng, South Africa

This paper explores Johannesburg's Kerk Street Market through the ethnographic account of Zanele, a vendor who began selling spinach and green foods during COVID-19. Amid economic inequality, health emergencies, and urban transformation, Kerk Street emerges as a site of entangled ecologies where social, economic, and environmental factors intersect. Tracing Zanele's experiences from 2014 to the pandemic's aftermath, I examine how informal vendors navigate economic precarity and reimagine sustainable futures. Drawing on Weiss (2012, 2016) conceptualization of waste, I illustrate how discarded materials and surplus produce are creatively repurposed to sustain livelihoods and stabilize prices. This recycled economy highlights indigenous knowledge systems and resourcefulness, as vendors cultivate networks of exchange that challenge conventional notions of value and waste. Zanele's practice of providing food waste to other farms without expectation of remuneration reveals an ethics of coexistence that disrupts capitalist frameworks. Acts of giving without return complicate understandings of reciprocity, sociality, and economic resilience within urban landscapes. Through these narratives, I argue that Kerk Street Market serves as a living archive of entangled ecologies—where resilience, creativity, and care converge to navigate crises and envision alternative futures. This paper contributes to broader discussions of memory, place, and sustainability by foregrounding how informal economies reshape connections to place and community within Johannesburg's evolving urban landscape.

Using the Rapid Market Appraisal to Identify the Availability of Pork Menu Items in Gauteng

Matokelo Nthejane, Student, Masters in Consumer Sciences (Food Management), University of Pretoria, South Africa

Nadene Marx-Pienaar, Senior Lecturer, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Gerrie Elizabeth du Rand, Associate Professor, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

The limited availability of pork menu items in many foodservice units in Gauteng, coupled with rapid changes in consumer behaviour, highlights the need to improve the competitiveness of the South African pork industry. Rapid Market Appraisal (RMA) is a cost-effective and time-efficient approach used to collect both qualitative and quantitative data from various foodservice units across Gauteng. The use of RMA makes it possible to review in-depth online information to gain contextual insight within a specific period, and to collect market information that helps to identify and innovate new customer products. The RMA approach was used to determine and describe current pork menu items available in Gauteng foodservice units. Both fresh and processed pork menu items and their descriptions were identified. Data collection was done online using adapted infodemiology and infoveillance techniques to record the availability of the current pork menu items from each selected foodservice unit. Foodservice units were selected, their menus reviewed, and the availability of both fresh and processed pork menu items determined. A realistic overview of the availability of the various menu items was captured by executing the RMA. This process portrayed the notable lack of variety of fresh pork menu items in Gauteng's foodservice environment. The process offers in-depth insights to stakeholders, including foodservice units' managers, chefs, and consumers. It provides practical, up-to-date information to help address gaps in fresh pork menu item offerings.

Fertilizing Sustainability: Storylines of Practice and Power in Benin's Agrifood System Transition

Richaela Primus, PhD Candidate, Industrial Engineering and Innovation Sciences, Eindhoven University of Technology, Netherlands

The effects of 20th century Green Revolution technologies, particularly synthetic fertilizers, continue to shape agricultural practices in the Global South, despite their significant contribution to soil health deterioration. For many smallholder farmers in sub-Saharan Africa, the application of synthetic fertilizers represents a low-risk assurance of short-term productivity amidst unpredictable challenges posed by climate change, natural disasters, political instability, financial crises, and pest and disease outbreaks. While previous studies combining transitions theory and practice theory indicate that farmers' practices are embedded in political and institutional power relations, fewer studies examine these dynamics in the context of the temporal evolution of discourse within broader agrifood system transitions. To address this gap, this study explores how power dynamics shape the evolution of fertilization practices. Using Benin as an influential case, the analysis draws on discourse analysis of primary and secondary literature, supported by insights from qualitative fieldwork. Eight dominant narratives and associated actors are identified, encompassing positive, negative, and neutral perspectives on fertilizer use, each sustained by distinct institutional and political influences. The analysis reveals a persistent duality in which storylines promoting productivity coexist with narratives advocating reduced chemical inputs toward more sustainable agroecological practices. This coexistence generates a hybridized space in which smallholder farmers serve as fertilization mediators, navigating between sustainable and unsustainable practices based on contextual pressures and opportunities. By examining how certain narratives gain prominence while others remain marginalized, the study highlights critical intervention points for reimagining sustainable agrifood production across West Africa and the broader Global South.

Development and Validity Testing of Community-based Nutrition Education Material for a Maize-subsistence Community of the Eastern Cape Province: IYCF Education Material

Vhutshilo Makwarela, Senior Lecturer, Hospitality Management, University of Mpumalanga, Mpumalanga, South Africa

Nutrition education can contribute to improving knowledge, practices and perceptions of mothers/caregivers towards infant and young child feeding (IYCF). Including mothers/caregivers during development and validation ensures community ownership and improves compliance. Community-based IYCF education programmes support behavioural change and help communities use locally available food thus improving dietary habits and quality of life. We describe the development and validation (content and face validity) of community-based, cultural-specific IYCF education material for mothers/caregivers in rural maize-subsistence farming communities in the Amathole District, Eastern Cape Province, South Africa. An exploratory study was conducted by the research team using a literature review, secondary quantitative and qualitative data, and focus group discussions (FGDs). The Health Belief Model was used to formulate a conceptual framework to guide the development of a cultural-specific IYCF education material. Content and face validity testing on the educational material was done by an expert committee of 15 members (from the community and IYCF experts) using electronic correspondence and FGDs. Results: The education material includes an education manual containing IYCF education content for training peer-to-peer educators. A tablecloth depicting easy-to-understand, Xhosa information and photographs regarding breastfeeding, complementary feeding, cleaning utensils, oral rehydration solution, safe preparation of formula milk and two Xhosa songs regarding breastfeeding and oral rehydration solution. Validated community-based cultural-specific IYCF material based on the Health Belief Model was developed to be implemented as part of a sustainable peer-to-peer education programme.

Does Cuba's Local Agricultural Innovation Project (PIAL) Affect Food Accessibility?: Case Study of Mediverde Farm

Makenna Robbins, Student, Masters in Food Studies, New York University, New York, United States

Most research on food security focuses on helping people get food once they are already insecure, or specific nutritional needs. However, this research proposes that by focusing on how people access nutritious food is a better measurement for food security since it gives populations more autonomy allowing them to have the resources to stay food secure. This research examines the Proyecto de Innovación Agropecuaria Local (PIAL) and its possible effect on food security through increasing accessibility of sustainable food to Cubans in Old Havana. P.I.A.L. a program in Cuba strives to achieve food security for the Cuban people, through local agricultural/ community based projects. One way to see if this program is increasing food security is by measuring the accessibility of its' products. Therefore, this research examines the possible effects that PIAL has on food accessibility for Cuban residents. The primary geographic focus is on the municipality of Old Havana because it is one of the most populated municipalities in Cuba. This makes food accessibility essential to feed the population, but the lack of resources (oil, gas, transportation) in Cuba makes it hard to implement an accessible food system. Specifically, I analyze a case study of Mediverde Farm, a PIAL urban farm in Old Havana, to understand the extent to which PIAL is achieving the goal of increasing food accessibility. This research used a mixed-method approach through a survey and interviews to analyze socioeconomic factors affecting food accessibility.

Emotional Food Ecologies: Reframing Eating as Care, Connection, and Ritual in Digital Media

Dorothea Burato, Adjunct Professor - Food Communication, Department of Food and Drug, University of Parma, Parma, Italy

In times of social isolation, emotional precarity, and digital hyperconnection, food has increasingly become an emotional language in contemporary media. From mukbang videos and comfort cooking to therapeutic recipe-sharing on TikTok and Instagram, digital food practices act as tools for self-care, relational mediation, and community-building. Yet, these practices are often moralised or medicalised, lacking a framework that captures their symbolic and affective complexity. This poster presents the early stages of a research project exploring the concept of emotional food ecologies to understand how digital food cultures shape new forms of sociality, care, and agency. Bridging media studies, digital anthropology, and cultural psychology, the project aims to: connect food and affect studies in digital environments; map emerging affective rituals and narratives; develop critical tools for educators, creators, and policymakers. The poster outlines the theoretical foundations and preview selected case studies and initial directions for analysis.

Empowering Socially Marginalized Communities to Access Safe Food and Nutrition Services for Health and Overall Social Well-being

Jhabindra Bhandari, Student, MPhil-PhD Scholar, Central Department of Anthropology, Tribhuvan University, Bagmati, Nepal

Food insecurity is a significant development challenge in Nepal. Therefore, child malnutrition situation is still alarming. Considering this situation, Nepal has launched food security and multi-sectoral nutrition plan at federal, province and local level to enhance the capacity of local governments in participatory and inclusive planning for nutrition-specific and nutrition-sensitive interventions so that poor, socially marginalized and vulnerable populations have easy access to safe and nutritious food and services in the communities. The purpose of this research is to explore the implementation status of food diversity and multi-sectoral nutrition initiatives at the local level, and identify the opportunities and challenges in accessing food and nutrition services by the marginalized communities in particular. Local governments have started participatory planning and implementation of food and nutrition-sensitive interventions in coordination with other sectors such as health, agriculture, livestock, education, water and sanitation and urban development. The mapping of poor and socially marginalized populations has been conducted in coordination with health workers, local government officials, political leaders, civil society organizations, media and local communities. Participatory review and in-depth interview with key stakeholders reveals that food and nutrition-friendly local governance has been instrumental in empowering marginalized communities to access food and nutrition services to mothers with malnourished children. Local knowledge, and practices for food systems and healthy diets have significantly improved, and it has not only profound impacts on the health and nutrition status of mothers and children, but also have contributed to overall social well-being of families in the communities.

Examining Food Insecurity between 2021 and 2024 among US College Students

Andrea M. Brace, Associate Professor, Director, Public Health, Fairleigh Dickenson University, New Jersey, United States
Sarah Napper, Auburn University at Montgomery
Diadrey-Anne Sealy, Assistant Professor, Loma Linda University
Todd Matthews, Associate Professor and Department Chair, Sociology, Criminology and Criminal Justice, Sacred Heart University, CT, United States

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 in 2021 and 2024. Data are from a national sample of college students from the Spring 2021 and Spring 2024 National College Health Assessment III (NCHAIII) and include descriptive, correlative analyses, and independent samples t-tests comparing 2021 to 2024. Questions 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. Analyses explore the relationship between FI and Body Mass Index, enrollment status, and degree level, international status, as well as other subgroups. 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.

Experimental and Theoretical Studies on Ethanolic Extracts of *Ageratum conyzoides* Leaf as Potential Antibiotic Drugs

Kehinde Abraham Odelade, Lecturer/Researcher, Science Laboratory Technology, Federal Polytechnic Ayede, Oyo State, Nigeria

The study investigates the phytochemical profile and antibacterial potentials of ethanolic leaf extract of *Ageratum conyzoides* Linn using in vitro and in silico approaches. The qualitative phytochemical components of *A. conyzoides* were extracted using cold extraction (ethanol) method. These components included alkaloids, tannins, and others. *Ageratum conyzoides* crude extract was also evaluated for its antibacterial properties against a number of clinical isolates, including *Escherichia coli* and *Staphylococcus aureus*. Graphpad Prism 5 and the 2-way ANOVA technique were used to statistically examine the antibacterial activity at various doses. Statistical comparison was also made between ethanolic *A. conyzoides* extracts and common antibiotic discs including gentamycin, azithromycin, ciprofloxacin, levofloxacin. The phytochemicals present in the studied plants were docked against tyrosyl-tRNA synthetase (PDB ID: 1jjj) (gram+ bacteria) and type IIA topoisomerase (PDB ID: 2xct) (gram- bacteria). The phytochemical screenings revealed the presence of some secondary metabolites such as alkaloids, flavonoids, saponins, anthraquinones, terpenoids. *Ageratum conyzoides* crude extract significantly inhibited the growth of *Escherichia coli*, *Staphylococcus aureus*, *Salmonella typhi* and *Streptococcus pneumoniae*. Statistically, ethanolic *A. conyzoides* extract was significant when compared with gentamycin, azithromycin, ciprofloxacin, levofloxacin, and others. Also, the phytochemicals in *A. conyzoides* significantly inhibited tyrosyl-tRNA synthetase (PDB ID: 1jjj) and type IIA topoisomerase (PDB ID: 2xct) which are drug targets in bacteria therapy. The study revealed that *A. conyzoides* was potent against pathogenic bacterial isolates, and activity could be linked to the phytochemicals analyzed. Therefore, the leaves of *A. conyzoides* could serve as templates for the production of novel antibiotics.

Exploring Attitudes Toward Effervescent Supplements and Perceptions of Black Ginger Among Middle-Aged Thai Consumers

Woraphong Janetanakit, Student, PhD Candidate, Chulalongkorn University, Krung Thep Maha Nakhon [Bangkok], Thailand

This study explores middle-aged Thai consumers' attitudes toward effervescent supplements and their perceptions of black ginger (*Kaempferia parviflora*) as a potential active ingredient, with the aim of informing the development of a Thai herbal effervescent tablet. The objective was to identify key decision-making factors that influence supplement consumption and openness to herbal-based effervescent formats. The research is practically relevant for improving the acceptance of herbal supplements through innovative delivery formats, and theoretically significant for its contribution to consumer behavior and functional food studies. Situated within the fields of food studies and health consumer behavior, the study employed qualitative methods through focus group discussions with eight Thai participants aged 45–59. All participants had prior experience with herbal dietary supplements, though most were familiar only with vitamin-based effervescent products. Thematic analysis revealed five primary factors influencing supplement adoption: personal health concerns, influence of peer or medical recommendations, format convenience, trust in product claims, and the perceived authenticity of herbal ingredients. Black ginger was generally associated with energy and circulatory benefits, but concerns were noted regarding taste, sugar content, and misleading advertising. Effervescent formats were viewed as convenient and enjoyable, particularly when paired with appealing flavors. Participants expressed a willingness to try herbal effervescent products if supported by scientific validation and credible endorsements. The findings underscore the importance of combining traditional herbal knowledge with effective delivery formats and trustworthy communication. These insights offer practical direction for product development and marketing strategies that honor local wisdom while aligning with modern wellness trends.

Exploring the Role of Digital Marketing Strategies for Encouraging Sustainable and Healthy Eating Practices: Case of Generation Z in Turkey

Isin Yazicioglu, Student, PhD, University College Cork, Ireland

Joe Bogue, Professor, Cork University Business School, University College Cork, Cork, Ireland

Lana Repar, Lecturer in Food Business, Department of Food Business and Development, University College Cork, Cork, Ireland

A global transition to sustainable and healthy eating (S&HE) is vital to change the current food systems, which are linked to environmental degradation, climate change, and the growing burden of diet-related diseases. Digital marketing can potentially influence consumer food choices and raise awareness for responsible consumption. This research focuses on Generation Z (Gen Z), a key consumer segment forecasted to surpass 2 billion people by 2030. Born between 1997 and 2012, Gen Z is a digitally oriented, health-conscious and environmentally concerned generation, which may play a critical role in transforming food systems. There is scant literature on how Gen Z perceives S&HE - a healthy, balanced diet with low environmental impacts - and how digital marketing can be leveraged to encourage Gen Z towards S&HE. This study explores the impact of digital marketing strategies on shaping S&HE behaviours among Gen Z in Turkey, an emerging economy, with a rich culinary heritage but changing consumption patterns, alongside increasing diabetes and obesity prevalence. 17 interviews and 5 focus group discussions were conducted with a convenience sample of participants, aged 18-26, living in the Istanbul area. A thematic analysis revealed limited understanding of the sustainability component and an opportunity to enhance Gen Z's awareness and knowledge of S&HE via targeted digital marketing strategies. Findings enrich existing literature on consumer behaviour within the field of digital marketing and sustainability. Implications are of value to policymakers and marketers to craft effective promotion strategies, addressing Gen Z's expectations to support a more sustainable and healthier future.

Fast Food, Health and Environment among the Indigenous Communities of Northeast India

Jagdish Lal Dawar, Retired Professor, History and Ethnography, Mizoram University, Haryana, India

The northeastern region comprises of the states of Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland and Tripura. It has the international boundary with Bhutan, China, Myanmar and Bangladesh. Fast foods are those foods which are pre-packaged snack food. Chocolates, carbonated soft drinks and burgers are all examples of fast food. These are typically highly processed foods with a focus on making them tasty provide lots of calories and energy but of little nutritious content. Government of India introduced various economic reforms in 1991. It included substantial deregulation of industry. In fact, there was restructuring of Indian food Industry. As a result, various international food franchises got foothold in the Indian market. These franchises started entering in various regions of northeast India mainly from the first decade of this century. The people are currently facing an obesity epidemic, which put people at risk for chronic diseases like heart disease and diabetes. We explore how fast food is not only detrimental to our health but also to the ecosystem. The northeast India has witnessed an alarming growth in solid waste generation during last few decades. In India, solid wastes are disposed or dumped in barren lands and are irresponsibly managed. Proper recycling of plastic packaging does not occur which leads more to pollution.

Food Safety Knowledge, Attitudes, and Practices Regarding the Chicken Processors in Southern Region of Mozambique

Noemia Mugabe, Student, Master, University of Pretoria, Maputo, Mozambique

In emerging markets, informal processing of chickens in poor conditions has increased. Slaughter is the key stage where pathogenic germs can spread from slaughter houses, the surroundings, equipment, and washing water. Pathogens in chicken meat are also caused by microbial contamination of processors' excrement, equipment, and surfaces during or after processing. This study evaluated the food safety knowledge, attitudes, and practices of chicken processors and handlers in relation to their socio-demographic characteristics. A cross-sectional study surveyed 119 municipal market chicken processors using a structured questionnaire to gather data on food safety knowledge, attitudes, and practices in chicken processing. Data analysis was conducted using SPSS version 27. About 70% of participants had not taken food safety training, 100% did not have a chicken processing license, and 100% relied on this industry for revenue. Education affected processors' practices and 100% of processors did not store carcasses in refrigerators. Only 38.7% of processors were unaware of the avoid working when sick, and 31.1% had slaughtered sick chickens. Research indicates a negative correlation ($r = -0.220$, $P < 0.05$) between knowledge and attitudes, highlighting the need for instructional and motivating programs to enhance food safety during chicken processing. We concluded that informal processing threatens public health and food safety because to insufficient knowledge, attitudes, and hygienic standards due to a lack of slaughter training, infrastructure, and inspection. Processors should train in hygiene and food safety, invest in equipped infrastructure and cold systems, environmental sanitation, set laws, and monitor their application to decrease chicken contamination.

Food Security and Dietary Intake of a Cohort of South African Students during COVID-19

Juanita Jonker, Lecturer, Health Sciences, Central University of Technology, Free State, South Africa

Food insecurity among students was a global concern even before the coronavirus disease 2019 (COVID-19). Food security is having access to sufficient, safe and nutritious food at all times. The COVID-19 containment measures negatively influenced economies, impacting citizens' food security. This study investigates the food security of a cohort of South African students during the COVID-19 pandemic. The sample included Health Science students from a university in Central South Africa. A mixed-method study was performed using questionnaires and focus group discussions. The questionnaire and focus group discussions investigated similar areas and were supported by literature questionnaires. Ethical clearance was obtained. Food insecurity existed among 84% of questionnaire participants. Questionnaire participants' dietary intake changed, with mainly a decrease in sugary and salty snacks. Focus group participants indicated an increase in starchy food and reverted to binge eating. Dietary intake changes were because of availability and limited resources, for example money and electricity. Few participants were aware of or utilized available support services. The isolated, confined and extreme (ICE) environment that resulted from COVID-19 negatively impacted students' nutritional status, especially food security. Institutions should implement measures to maintain students' nutritional status during ICE events. This study provides significant insights into the dietary intake and food security of a cohort of Health Science students during COVID-19. It highlights the need for improved institutional and government food relief interventions during future pandemics. Therefore, this study contributes to the second sustainable development goal namely: zero hunger.

Food as Medicine: Sickle Cell Maladies and Sorghum Treatments

Nadra Hashim, Reviewer, *Journal of Agriculture, Food Systems, and Community Development*, Kentucky, United States

Recently, there has been popular attention and medical research focused on the connection between blood type, genetic profile and nutrition. The wide-spread commercial success of books such as: “Eat for your [Blood] Type,” and the more recent and niche “Tay-Sachs Disease Diet Cookbook,” indicating the growing influence of the “Food as Medicine” movement. This paper explores significant developments in two areas that appear unrelated: [1] innovation in sickle cell generation Therapy and [2] research about the chemical profile of sorghum grain. Analysis covers three distinct areas, which address current sickle cell origin, history, and innovation. After a discussion of past treatments, the paper reviews both the highly experimental chemical-pharmaceutical treatments, which includes gene therapy, such as stem cell treatment and gene editing, as well as mid-level medical treatments including blood transfusions and medicines for treatment of the condition and for its symptoms. The paper then pivots to the history of non-traditional medicine, sometimes called homeopathic treatment. This study includes the use of various plant-based, home-made medicines. The final section examines research by the medical community, considering one particular food based dietary prevention/treatment for Sickle-cell anemia - namely Sorghum. This discussion includes the development Sorghum based medicines for the its anti-sickling properties for treatment of anemia (notably, but not exclusively in West Africa) from RD to application in humans - preventing mortality in children, as treatment instead of surgery where growths (fibroid) and organ failure (notably kidneys) is a factor.

Food for Thought - Analyzing Food Literacy of Undergraduate Students in Germany

Michaela Nuebling, Professor, Department Head, Faculty of Business Administration, Hotel and Restaurant Management, Baden-Württemberg Cooperative State University, Ravensburg, Germany
Thomas Dobbstein, Honary Research Professor at Durban University of Technology, Professor at Baden-Württemberg Cooperative State University, Baden-Württemberg, Germany

Food literacy plays a critical role in shaping the dietary behaviors and health outcomes of young adults, particularly students navigating the transition to independent living. This study investigates the level of food literacy among undergraduate students in Germany, explores how it influences actual eating behavior, and identifies where interventions should be targeted. The practical relevance lies in promoting students' ability to plan, select, prepare and eat healthy food, while the theoretical contribution includes refining the measurement of self-perceived food literacy and clarifying the role of its individual dimensions. Situated within the fields of public health, nutritional education, and behavioral science, this research contributes to a better understanding of health-related competencies. Using a quantitative approach, we analyzed 905 responses from students collected in 08/2024. Statistical methods included t-tests, chi-squared tests, and regression analysis. Findings reveal that 54% of respondents demonstrate inadequate or problematic food literacy, with the most critical deficits in comparing healthy alternatives, smart snacking, and meal planning or social and conscious eating. High food literacy is positively associated with healthier eating behaviors, such as lower frequenting the university canteen or avoiding ready-made meals. We developed targeted interventions, including cooking workshops tailored to student needs. Our results confirm that self-perceived food significantly shapes students' eating habits. However, while average levels do not deviate far from the general population, a key challenge lies in engaging students with the lowest food literacy and addressing varying levels of interest - those who stand to benefit most but are least inclined to participate.

In Situ Microbial Viability Assessment of Key Foodborne Contaminants During Hydration-Dehydration Cycles in Edible Drupes

Hari Sannamuri, Food Science, University of Central Oklahoma, United States

Ensuring the microbiological safety of low-moisture foods, particularly tree nuts, remains a critical challenge in food processing. This study quantitatively investigated the kinetic behavior and persistence of prominent foodborne pathogens (*Salmonella* spp., *Listeria monocytogenes*, and Shiga toxin-producing *Escherichia coli*) within *Prunus dulcis* kernels subjected to typical industrial hydration (soaking) and subsequent dehydration (drying) regimes. Artificially contaminated samples were processed under controlled environmental conditions, and microbial populations were enumerated at discrete time points to elucidate growth potential and survival dynamics. Results indicated significant variability in pathogen response to moisture management interventions, with specific critical control points identified where microbial proliferation or enhanced resistance could occur. These findings provide crucial data for enhancing process validation protocols and refining risk mitigation strategies within the tree nut industry, contributing to improved public health outcomes by characterizing pathogen fate during postharvest processing.

Microbiological Assessment of Locust Bean Condiment Sold in Sokoto Metropolis

Yazeed Muhammad Zayyan, Lecturer, Department of Microbiology, Sokoto State University, Sokoto, Nigeria, Sokoto, Nigeria

This study isolated and identified microorganisms associated with locust bean condiments sold in Sokoto metropolis. Samples were collected from three markets and subjected to standard microbiological techniques. Bacterial load quantification revealed counts ranging from 1.1×10^2 to 1.6×10^2 cfu/g. Isolation and biochemical characterization led to the identification of *Bacillus subtilis*, *Lactobacillus plantarum*, *Escherichia coli*, *Bacillus cereus*, and *Staphylococcus aureus*. Fungal isolates included *Fusarium*, *Candida*, *Saccharomyces*, *Aspergillus*, and *Penicillium*. The presence of *Escherichia coli* is indicative of potential fecal contamination, emphasizing the need for hygienic practices during production. While *Bacillus* species are commonly associated with fermented legume seeds, their abundance in this study warrants further investigation. The isolated microorganisms collectively contribute to the flavor and texture of the condiment, but their potential impact on product safety requires additional assessment. This study highlights the importance of microbial quality control in the production of locust bean condiments to ensure consumer safety.

Nutrient Adequacy of Street Food Consumption Among University Undergraduate Students

Olubunmi Alabi, Student, Master of Science in Human Nutrition and Dietetics, Human Nutrition and Dietetics Department, University of Ibadan, Ibadan, Nigeria, Oyo, Nigeria

Imosi Olatunji, Assistant Lecturer, Department of Nutrition and Dietetics, Ladoko Akintola University of Technology, Ogbomoso, Oyo, Nigeria

Street foods are prepared or cooked by vendors in a street or other public location for immediate consumption. In the global food system context, street foods are an essential part of urban food systems that offer convenient options for countless people worldwide. Street food consumption is prevalent among students due to its convenience and accessibility. The objective of this study was to assess the nutritional content of street foods and their contribution to students' dietary intake. Structured questionnaires and 24-hour dietary recalls were used to collect data from a sample of 200 students selected through random sampling. The findings indicate that most respondents (50.5%) were aged between 15 and 21, and 74.3% consumed street foods at least once or twice a week. According to the Recommended Daily Allowance (RDA) of 2,000 kcal per day, the average calorie intake from street foods was 1,174 kcal, which is 58.7% of the recommended daily allowance (RDA) for females and 1,380 kcal per day, meeting only 55.22% of the RDA for males, with excess carbohydrate consumption (150.5% of RDA and 175.06% of RDA) for females and males, respectively, and deficiencies in calcium and vitamins. Inadequate intake of calcium, iron, and vitamins was noted, particularly for vitamin B2, vitamin C, vitamin D, and vitamin E. The study concluded that while street foods offer convenience, they do not provide sufficient nutrition for optimal growth and development in this population, potentially leading to long-term health risks such as micronutrient deficiencies and chronic diseases.

Restaurant Deliveries in the Time of the Pandemic: A California Case Study

Jean Daniel Saphores, Professor, Civil and Environmental Engineering,
University of California, Irvine, California, United States

This study presents an in-depth analysis of California's restaurant meal delivery market, focusing on the transformative impact of the COVID-19 pandemic. We analyze an online meal delivery dataset from NielsenIQ's online panel, which encompasses over 26,000 customers and 160,000 transactions, to examine the evolving trends in meal delivery services across three major Metropolitan Statistical Areas (MSAs) in California: Los Angeles-Long Beach-Anaheim, San Francisco-Oakland-Berkeley, and Riverside-San Bernardino-Ontario. Our results show a significant surge in meal delivery demand during the pandemic, followed by a noticeable decrease as the pandemic eased in 2022. Results from our spatial Durbin model highlight varying relationships between meal delivery demand and factors such as age group, education, income, and race across different MSAs and time periods. Regardless of the region and time, some variables consistently influence meal delivery demand, including urban classification, the number of jobs in an area, and the number of restaurants offering delivery services. Overall, our results outline the important role of meal delivery services in improving food accessibility, particularly in socioeconomically vulnerable communities. Meal delivery provided a crucial means of accessing diverse food options during the COVID-19 pandemic. These findings demonstrate the potential of meal delivery to address gaps in food accessibility during challenging times.

Running on Empty: The Hidden Disconnect Between Healthy Eating Knowledge and Sports Performance in Pre-teens

Nadine Du Piesanie, Part-Time Lecturer, Consumer and Food Sciences,
University of Pretoria, Gauteng, South Africa

Louis Pienaar, Head: Credit Model Innovation, Nedbank, Gauteng, South Africa

Nadine Sonnenberg, University of Pretoria

Nadene Marx-Pienaar, Senior Lecturer, Consumer and Food Sciences, University
of Pretoria, Gauteng, South Africa

This case study examines the complex interplay between food literacy, consumer behaviour, and physical performance in Generation Alpha children. Using a mixed-methods approach, we assessed the food literacy and activity levels of children aged 9–11 through observations, a structured questionnaire, and wearable sports performance trackers. While the majority of participants demonstrated moderate to high physical activity levels, sports tracking data revealed that a significant portion experienced early fatigue, raising concerns about their dietary choices and overall nutritional adequacy. Despite exhibiting a basic understanding of healthy eating concepts, such as balanced meals and hydration, many children struggled to apply this knowledge in practice. Observations and self-reports pointed to a saturated food environment shaped by marketing strategies targeting young consumers—promoting convenience snacks, sugary drinks, and ultra-processed products as desirable and aspirational. These marketing influences, combined with limited parental guidance and constrained access to healthy alternatives, appear to shape the food-related behaviours of children more strongly than nutrition education alone. The findings highlight a critical gap between what children know about food and how they behave as young consumers in a highly commodified food landscape. Food literacy, in this context, must be redefined to include critical thinking about food marketing, brand influence, and the ability to navigate persuasive consumer environments. Bridging this knowledge-behaviour gap will require not only educational interventions but also broader regulatory and parental strategies that empower children to make informed, health-conscious food decisions in a market-driven world

SISTAHS - Exploring the Intersections of Race, Place, and Sustainance Among Black Women Farmers in the U.S. and Ghana

Hamidah Sharif-Amanyi, Associate Professor, Public Health, Fort Valley State University, Georgia, United States

The purpose of this paper is to share findings from the SISTAHS (Sisters Through Agriculture, Health, and Sustenance) Study, a cross-cultural, community-based research project examining the relationship between food insecurity, health, and agricultural practices among Black women farmers in the Southern United States and Southern Ghana. This study uses qualitative methods, including semi-structured interviews, participant observation, and focus groups, to explore how structural inequities, cultural identity, and local food systems shape nutrition and health outcomes in rural communities. Preliminary findings reveal shared challenges related to land access, climate vulnerability, and resource scarcity, alongside common strengths such as community organizing, ancestral farming practices, and food-sharing networks. The research highlights the critical role of Black women farmers as agents of health and sustainability, offering insights for policy, nutrition education, and culturally responsive food interventions. The implications underscore the importance of centering marginalized voices in global discussions of food justice and public health.

Supplementation of Various Dietary Polysaccharides in Milk and Their Impact on Postprandial Appetite, and Glycemic Responses

Muhammad Umair Arshad, Professor of Food Science, Government College University Faisalabad, Punjab, Pakistan

This study investigates the postprandial glycemic and satiety responses to different dietary polysaccharides added to milk (2% M.F.). The objective was to assess their effects on postprandial blood glucose levels, appetite, and subsequent food intake. Using a repeated-measures design, 30 healthy females (18–30 years) consumed 250 mL of either plain milk (control) or milk supplemented with carrageenan (2.5 g), guar gum (2.5 g), or alginate (2.5 g), followed by an ad libitum pizza meal after 120 minutes. Both alginate and guar gum reduced caloric intake at the subsequent meal. Additionally, they significantly suppressed post-treatment (0–120 min) blood glucose levels and average appetite ($p < 0.0001$), with guar gum having a more pronounced effect. Alginate also resulted in lower blood glucose levels ($p < 0.0001$) compared to the control and carrageenan. These findings suggest that milk supplemented with alginate or guar gum may aid in the short-term regulation of postprandial glycemia and satiety.

Synthesis of Galacto-Oligosaccharides in Lactose and Their Influence on Various Biomarkers of Colon Carcinogenesis

Naureen Naeem, Associate Professor, Forensic Sciences, Lahore Garrison University, Punjab, Pakistan

Bisma Naeem, Lecturer, Computer Science, Lahore Garrison University, Punjab, Pakistan

Prebiotics are ingredients selectively fermented by the intestinal microbiota that promote changes in its structure and/or metabolism, conferring health benefits to the host. This research focused on prebiotics production, specifically β (1-4) GOS, and their potential role in colorectal cancer (CRC). We present studies on a potential role in CRC progression to finally describe the current state of β (1-4) GOS generation for industrial production. Research was carried out in two phases, production of prebiotic galacto-oligosaccharide and assessment of their protective role against colon cancer in Male Sprague Dawley rats. Results: Greatest percentage of enzyme activity was observed at 6.5 pH and 37°C. Transgalactosylation process was carried out at 37°C by the use of enzymes with three different concentrations. The animals body mass belonging to galacto-oligosaccharides (Group G2, G3 and G4) increased suggestively higher as associated to control group (G1). Effect of prebiotic treatment had significant effects on organ weights; liver, heart, spleen as well as small intestine length. Conclusively treated galacto-oligosaccharides groups and inulin group had significantly lowest aberrant crypt foci (ACF) counts per colon in contrast to controlled animals (G1 and G5). Present results were found to be defensive in contradiction of colon cancer. More research is needed at DNA level to explore the mutations at gene levels.

The Double Burden of Malnutrition: An Analysis of Dietary Diversity and Coping Strategies in a Rural South African Community

Ayanda Hlekwane, Student, Master of Applied Sciences, Durban Univesrity of Technology, Kwazulu-Natal, South Africa

Nutrition is crucial for health and well-being, particularly in rural communities where access to a diverse of nutritious foods may be restricted. In KwaZulu-Natal, South Africa, rural populations face challenges related to dietary variety and nutrition, often resorting to coping strategies to mitigate food insecurity and nutritional deficiencies. The objective of this study was to evaluate the nutritional status, dietary diversity, and coping strategies employed by a rural community in KwaZulu-Natal. A sample of 118 households from the Mangangeni community was selected through a snowball sampling methodology. Data were collected via home visits utilizing a 24-hour dietary recall, a food frequency questionnaire, and an assessment of food coping strategies during four seasons of the year. The findings revealed significant nutritional concerns, characterized by both excessive and insufficient nutrient consumption. Analysis of the 24-hour dietary recall and FFQ indicated a high intake of carbohydrates, with the diet predominantly consisting of carbohydrates and heavily reliant on starchy staple foods. Nutrient imbalances suggested instances of overnutrition and undernutrition, with the community exhibiting a moderate Food Variety Score (FVS), indicating limited diversity in food consumption. Specifically, there was inadequate intake of animal-derived products, such as eggs and dairy. Furthermore, households adopted eight coping strategies to address food shortages, with the strategy of relying on less preferred, lower-cost food being the most frequently employed across all households. These coping strategies further exacerbate the deficiency in dietary diversity. The results underscore a significant malnutrition issue within this community, directly linked to dietary practices and coping mechanisms.

The Impact of Culinary Medicine Curriculum on Nutrition Outcomes and Dietary Decision-Making in a Vulnerable Minority Youth Population

Marisa Fat, Student, M.D., Anne Burnett Marion School of Medicine at TCU, Texas, United States

Childhood obesity affects 14.7 million U.S. children, with higher rates among Hispanic (26.2%) and non-Hispanic Black (24.8%) youth compared to White children (16.6%). It increases risks for type 2 diabetes, hypertension, and other chronic illnesses, along with reduced self-esteem and quality of life. Early intervention is essential. Trimble Tech High School serves a population that is 92.2% economically disadvantaged and 81.9% Hispanic, underscoring the need for targeted nutrition education. A two-part course was developed for Trimble Tech students, combining nutrition education with hands-on meal preparation. The program included a presentation on chronic diseases and realistic dietary modifications, followed by cooking sessions incorporating the ingredients highlighted during the presentation. Each student received a cookbook containing recipes, nutritional information, and local cost breakdowns for ingredients. Pre- and post-session surveys were administered to assess baseline knowledge, socioeconomic status, dietary decision-making, and participant confidence. Preliminary findings suggest most students previously cooked at home less than once per week. Vegetable intake was most often reported as 2-5 days/week; fruit intake as 1-2 days/week. Sugar-sweetened beverages were consumed approximately 3-5 days/week. Students shared their families would be more likely to cook if given healthy, affordable recipes. Many planned to share what they learned and recreate meals at home using provided ingredients. By blending nutrition education with practical tools for home use, this program seeks to empower students to make informed dietary choices, with potential long-term health benefits for themselves and their families.

The Influence of Food Environments and Income Levels on the Prevalence of Food Insecurity among Poor Urban Communities in the KwaZulu-Natal Province of South Africa

Zodidi Cebiso, Student, PhD, University of KwaZulu-Natal, Kwazulu-Natal, South Africa

Tafadzwanashe Mabhaudhi, Professor of Climate Change, Food Systems and Health, Department of Population Health, London School of Hygiene and Tropical Medicine, United Kingdom

Maxwell Mudhara, Professor, School of Agriculture and Science, University of KwaZulu-Natal, Kwazulu-Natal, South Africa

Mjabuliseni Ngidi, Academic and or Researcher, Department of Agricultural Extension and Centre for Transformative Agricultural Food Systems, University of KwaZulu-Natal, Kwazulu-Natal, South Africa

Food insecurity remains a critical public health issue, especially among socio-economically disadvantaged urban populations. Limited research has explored how individuals navigate their local food environments to make daily food-related decisions, the factors influencing these choices, and the outcomes on food security. This study investigates how food environments and household income affect the prevalence and severity of food insecurity in four low-income communities within Msunduzi Local Municipality, KwaZulu-Natal, South Africa. Data were collected from 384 respondents through structured surveys and analyzed using Rasch modelling and a Generalized Linear Regression Model (GLM). Findings reveal significant disparities in food purchasing behaviors linked to food security and income levels. Food-insecure, lower-income households predominantly rely on informal vendors such as local shops and street vendors, which offer limited variety and smaller quantities at higher prices. In contrast, higher-income, food-secure households frequently shop at formal retail outlets, benefiting from broader food options and cost savings through bulk purchases. Regression results show food insecurity is negatively associated with access to formal outlets and positively associated with reliance on informal vendors and higher purchasing frequency. Income and distance to formal outlets also significantly predict food insecurity. These findings highlight how spatial and economic barriers within local food environments shape daily food purchasing decisions and contribute to food insecurity among low-income populations. To address these challenges, policies should improve access to affordable, diverse food options in underserved areas and support economic empowerment initiatives for vulnerable households.

The Lifestyle Risk and Resilience Inventory: Combining the Delphi Technique with Brislin's Cross-cultural Instrument Development to Assess Individual and Household Lifestyles among the Andean Kichwas

Vanessa Chee, Assistant Professor, Global and Community Health, George Mason University, Virginia, United States

Cross-cultural instrument development is a complex process that requires the input of diverse stakeholders to ensure content validity, internal reliability, and cultural relevance. This study outlines the process of integrating mixed methods to design and test a pilot instrument, the Lifestyle Risk and Resilience Inventory among the Kichwas of the Andes Highlands. The mixed methods design utilized was a convergent sequential design which took place in four phases. Pilot quantitative results were analyzed in SPSS and triangulated with ethnographic findings using applied thematic analysis. Results indicate congruence between ethnographic and quantitative findings. The process of developing the LIRRI can be instructive to lifestyle researchers, particularly those who wish to create evidence-based interventions, treatment and policy.

The Unexpected Cost of College: A Case Study of the Impact of Food Insecurity on a University Campus

Laura Racovita, Professor of Social Work/ Dean, Social Work, Southern Adventist University, Tennessee, United States

According to the 2021 USDA Food Security Report, 10.2 percent of households in the US were food insecure at some point in 2021 (USDA, 2022). Other surveys studying food insecurity in low-income adults in the US showed that as high as 44% were food insecure, with the highest incidences among Blacks, Hispanics, or households with children living at home (Owens et al, 2020; Wolfson & Leung, 2020). Research suggests that food insecurity among college students has a weighted estimate of 41% (Nikolaus, et al, 2020). One of the ways in which colleges and universities have tried to alleviate food insecurity was to establish on-site food pantries (Broton & Goldrick-Rab, 2016). Considering the prevalence of food insecurity among college students, this paper reports the results of a research study conducted to determine the food insecurity levels at a faith-based university in the US. The survey is using the USDA Adult Food Security Survey scale items utilizing a quantitative, non-experimental research design with a non-probability convenience sampling method. As the current body of literature focuses on food insecurity mostly among college students attending public institutions, it is important to understand the perspective of students enrolled in a private, faith-based university. The results of the study are framed in the experiences with the on-campus food pantry, as well as recommendations to address food insecurity at the policy and practice levels applicable to other institutions of higher education addressing student needs in a post-pandemic society.

Wheat Flour Fortification for Post-COVID Nutritional Support to Vulnerable Segments through Food Distribution Networks in Pakistan

Muhammad Umair Arshad, Professor, Food Science, Government College University Faisalabad, Pakistan, Pakistan

Food and Nutrition Security is heavily threatened by the onset of COVID-19 pandemic, and Pakistan is no more exception. The most vulnerable segments including women and low wage workers are mainly relying on free or subsidized meals served by public and private sector managed food distribution networks (FDNs). These FDNs are mainly relying on wheat flour, which could be used as fortification vehicle to provide essential nutrients after fortification for Zn, Fe, Folic acid and B12, during post COVID period. This project was planned to ensure that wheat flour, procured by selected FDNs, was replaced with high quality fortified wheat flour in daily distribution meals. This pilot project executed through different private sector FDNs, and their regular wheat flour was replaced with quality fortified wheat flour. Alongside the provision and monitoring of quality fortified wheat flour, supplied to FDNs, the fortification quality was also assessed for fortification compliance, through analysis of added iron content. For a total of 858 people from these flour mills, FDNs and provincial regulatory authorities were capacitated to provide quality fortified flour. Around 1,722 tons of quality fortified flour was produced by selected flour mills and 8.6 million fortified meals were served to 61.50% male and 38.50% female. The added iron in case of all flour mills comply with the recommended fortification standards of Punjab Food Authority i.e. ≥ 15 mg/kg. Micronutrient fortified wheat flour provision to vulnerable populations through these FDNs is one of the best strategy to compliment the basic nutrition.

A Critical Resemiotisation Discourse Analysis of Maize Product Advertisements in South Africa

Nandi Hlengiwe Mhlongo, Student, PhD Candidate in Linguistics, University of the Western Cape, Western Cape, South Africa

This study has two primary objectives. First, it investigates how maize products are framed in consumption narratives within multicultural South Africa. Second, it examines the semiotic resources and strategies employed to label and market these maize products. By focusing on these aims, the research addresses a specific gap in how staple foods are discussed and represented in the media, particularly in advertisements. This is an interesting gap to examine because maize is a common staple food throughout Africa and has been consumed by most Africans as their primary source of starch since the colonial era. A review of the literature reveals that the subject of food consumption is of interest to many scholars and has been studied across various fields, with most of the research focusing on healthy consumption, food security, fast-food consumption, and eating practices related to lifestyle choices. A gap remains in research concerning staple food consumption discourses. The research employs a qualitative research design, utilising document analysis paired with purposive sampling to carefully select advertisements from YouTube based on their ability to elucidate consumption discourses around maize products and meals. Using critical resemitisation discourse analysis as the theoretical framework, the study reveals the types of semiotics employed in the advertisements and their meanings. The paper concludes that, in contemporary society, where advertising is ubiquitous and a vital component of consumer culture, discourse analysis of advertisements has become imperative for extracting meaningful insights into how the media influences society and disseminates ideologically loaded food semiotic resources.

A Framework-Guided Investigation of Batswana Culinary Practices in South Africa

Moliehi Mohapinyane, Student, Masters, University of Pretoria, Gauteng, South Africa

Hennie Fisher, Senior Lecturer, Department of Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Gerrie Elizabeth du Rand, Associate Professor, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

South Africa is characterised by a variety of multicultural communities that interact through multiple languages, which influence one another's traditions and practices. There remains limited information regarding the culinary identity of these ethnic groups, and this may contribute to a blending of different cuisines, sometimes referred to as rainbow cuisines. Research suggests that food preparation, serving, and consumption practices can reflect group identity. This study explores and records the culinary identity of the Batswana people in South Africa to assess the applicability of the Sackett and Haynes framework for the academic preservation of South African food cultures. The framework presents a structured, evidence-based method that could be applied to other groups to address potential culinary cultural erosion. A case study using ethnographic methods was selected to examine the culinary identity of the Batswana. Data collection included face-to-face interviews with open-ended questionnaires, supplemented by Rapid Market Assessment and secondary sources from literature such as online resources, books, Geographic Information Systems (GIS) tools, government reports, and statistical databases. The findings highlight aspects of a region's culinary culture as shaped by geography, history, and traditional cuisine. Defining culinary identity contributes to cultural documentation and preservation and provides insights into local customs, which may support both local and international culinary tourism.

A North African Sheikh's Ultimo Gusto: Abū al-Faḥ al-Tūnisī's Poetic Defences of Coffee in Early Modern Damascus

Nizar Hermes, Student, PhD, University of Virginia, Virginia, United States

After providing brief biographical details on Abū al-Faḥ al-Tūnisī (d. 1576), a North African-explorer and his fascinating poems on coffee (qahwiyyāt), composed in Damascus to defend and celebrate coffee at the peak of the great coffee controversy. Accordingly, I demonstrate that Abū al-Faḥ al-Tūnisī's qahwiyyāt provides a nuanced perspective—communal and personal—on the historical debate surrounding coffee consumption and coffeehouse establishment in the late fifteenth and throughout the sixteenth century in the Islamic world, particularly in the Ottoman context. Drawing on Simon Leese's examination of Arabic tobacco poetry, I contend that Abū al-Faḥ, himself an 'arbiter[s] of the senses and of sensory experiences,' brilliantly transformed a predominantly polemical religious-legal discourse into a subject of poetic and inter-poetic experimentation.

A Semiotic Analysis of Fast-food Billboards as Indicators of Urban Hospitality and Economic Shifts in Zimbabwe

Lynn Mafoko, Senior Lecturer, Linguistics, University of the Western Cape, Western Cape, South Africa

The study is situated in the field of semiotic landscapes to understand food as a meaning-making resource within the “Zimbabwe is Open for Business” policy, a slogan aimed at attracting investors and efforts to recover from the economic woes. The study problematises the realities of the fast food industry. Fast food consumption is often promoted as a symbol of popular culture and a metaphor for economic growth in African countries. The study employs qualitative methods and collects data along Airport Road in Harare. The study profiles the growth of fast-food shops in Zimbabwe, how this growth is metaphorically used as evidence of a growing economy by examining the semiotic resources and strategies used to position the fast foodscapes in billboard advertising and the implications of such advertising in Zimbabwe’s recovering economy. Using a critical multimodal analysis framework, the findings reveal that the road is lined with billboards for fast-food shops. These fast-foodscapes’ billboards now serve as a testament to economic changes. The findings suggest that fast-food billboards, which have become more prominent after previous economic downturns, serve as a sign of economic change. These billboards use strategic visual angles, imperative calls to action, repetition, colour, English language, and key lexical choices to attract and engage potential customers. The study concludes that Harare leverages fast-foodscapes and global pop culture discourse through billboard advertising to signal both economic recovery and hospitality to local and global visitors.

A Tale of Dialogical Gastro-Connections: Kimchi Diplomacy in Great Britain Under Review

Michela Siuni, PhD Researcher, Department of Anthropology, SOAS, University of London, United Kingdom

Over the past decade, Korean food has been growing in popularity around the world. This is largely due to the ongoing South Korean state-led gastrodiploamacy campaigns that systematically promote Korean culinary heritage abroad. While scholars have identified this governmental operation as a successful nation branding effort, none has explored the practical processes through which ideas and philosophies around Korean food are translated and adapted in different regions. Europe has been particularly overlooked. Combining in-person interviews with a thematic and linguistic analysis of the print and digital material published by Korean governmental organisations with offices in Great Britain, this paper investigates how these state entities have shaped and tailored the portrayal of Korean cuisine in the region. Specific references to taste and aesthetics are highlighted and so are recurring themes and contradictions. Whilst anchored to traditional culinary knowledge, the promotional practices showcase an openness towards reinvention and personalisation. The notion of dialogical gastro-connections is here introduced to explain the practical ways through which cultural information and messages about Korean food are exchanged between governmental organisations and their audiences, and continuously evolve. Ultimately, this paper posits that this newly created notion serves as a way to discern both the applicability and the importance of establishing dialogue-based cultural relations through food for any country or community interested in leveraging their culinary traditions abroad.

African Wild Rosemary (*Eriocephalus africanus*) and Golden Sage (*Salvia aurea*) as Culinary Herbs: Trainee Chefs' Views

Hennie Fisher, Senior Lecturer, Department of Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Richard Hay, Curator: Future Africa Indigenous and Orphan Crops Collection, Future Africa, University of Pretoria, Gauteng, South Africa

Over the last century, approximately 75% of global crop genetic diversity was lost as farmers adopted higher-yielding, genetically uniform cultivars of a few species over local landraces of a wider range of species. Today, only six of the world's 400,000 plant species account for 57% of the 9.5 billion tonnes of primary crop production. Overreliance on a few crop species reduces resilience within the food system by limiting cropping options for farmers and increasing vulnerability to natural disasters, pests, and disease outbreaks. Enhancing food system diversity increases resilience while raising health outcomes for consumers. This work focuses on combating global dietary homogenisation by screening consumer acceptance of underutilised plant species amongst young consumers and determining if exposure to novel plant species through the teaching and learning environment is likely to alter future cooking behaviours. BConsumer Sciences and BSc Culinary Science students (n= 38) were provided with two recipes and instructed to execute each recipe in duplicate, one with two standard commercial herb species (*Salvia Rosmarinus* and *Salvia officinalis*) and one with two alternative indigenous species (*Eriocephalus africanus* and *Salvia aurea*) of a similar flavour profile sourced from the Future Africa Indigenous and Orphan Crops Collection. Herbs and spices are classified as part of "Flavourings", as one of the four pillars of Cuisine. All participants reported that they would enjoy having more indigenous herbs incorporated into the practical curriculum, and 90% (34) reported that using indigenous herbs increased their attitude towards the practical curriculum positively.

Beauty and Her Feast: Domestic Expectations Impact on Women's Experiences in Professional Kitchens

Peyton McConnell, Student, Sociology, The University of North Carolina at Chapel Hill, North Carolina, United States

There is a dearth of research on women's role in professional kitchens and how domestic expectations of women influence women's experience in professional kitchens. Professional kitchens are masculinized spaces that lead women to face many barriers regarding work in professional kitchens. At the same time, women are expected to be in charge of all food-related activities for their private families and execute the planning, shopping, prepping, cooking, and serving of family meals. Professional kitchen culture is male-dominated which results in a masculine work environment where women are sexualized, forced to prove their competency, and seen as generally unfit. Through 16 in-depth interviews with women who work in professional kitchens, I explore the consequences of the assumption that women belong in the kitchen - as long as it isn't a professional one - has on the work environment. I wish to know more about the barriers that prevent women from advancing to higher positions, such as chef, in professional kitchens and I want to explore the tools women chefs used to overcome these barriers. This study examines how women navigate the masculine and male-dominated workplace environment of professional kitchens. I ask about challenges that arise from this and how these women navigate them. Additionally, I explore how women navigate their own domestic duties and family while working in professional kitchens. I consider how societal expectations of women in domestic kitchens negatively impact women chefs' career advancement, workplace experiences, and work/family balance.

Beyond the Table: Turkish Cuisine as a Lens on Religion, Gender, and Society

Fadime Apaydin, Student, Ph.D., University of California, Riverside, California, United States

Have you ever heard of the domino effect? President Eisenhower put it in his well-known 1954 statement: “You have a row of dominoes set up, you knock over the first one, and what happens to the last one is the certainty that it will go over very quickly.” Eisenhower introduced the term as a Cold War strategy, but who could deny that it also applies to societies or our lives? So indeed, a single decision or minor change in our lives can sometimes rapidly and drastically alter the trajectory of our lives. For example, Turkish society has had two major breaking moments that have had a huge impact on its destiny: embracing a new lifestyle and a new religion. The Turks, who were a nomadic Asian nation that adopted the religions of Tengrism and Shamanism, both settled down and adopted Islam, a monotheistic religion, around 800 AD. In parallel with changes in their lifestyle and religion, they experienced fundamental changes in their dietary preferences as well as other aspects of their lives. In this context, Turkish cuisine and dietary preferences were heavily influenced by the society’s historical background, cultural values, and religious transformations. The purpose of this paper, in the case of Turkey, is to examine the dietary preferences of Turkish society, with a focus on the religious and socio- cultural factors that have influenced Turkish cuisine, the relationships between gender and dietary habits, and the role of food culture in maintaining societal solidarity.

Bringing Home the Bacon: Reconnecting Young South African Consumers to Locally Produced Pork

Gerrie Elizabeth du Rand, Associate Professor, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Nadine Du Piesanie, Part-Time Lecturer, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Nadene Marx-Pienaar, Senior Lecturer, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Across Africa, rapid urbanisation and changing dietary patterns are contributing to a growing disconnect between younger generations and their culinary heritage. In South Africa, this is evident in the low consumption of locally produced pork—despite pork being the second most consumed meat globally. This trend reflects broader challenges related to shifting consumer perceptions, loss of indigenous food literacy, and declining trust in local food systems. The growing preference for convenience-driven, Westernised diets further contributes to the erosion of traditional cooking skills and the underutilisation of sustainable local products. This study explored South African consumers' prioritisation of extrinsic product attributes in relation to locally produced pork, with a focus on the influence of food literacy. Exploratory factor analysis identified nine key dimensions, including: Clean Label Attributes, Ethical and Sustainable Farming Practices, Brand Strength, Product Presentation, Traceable Labelling, Food Safety, Retailer Credibility, Affordability, and Product Origin. Food presentation ($M = 4.07$) and food safety assurance ($M = 3.90$) emerged as the most valued attributes, while origin ($M = 2.78$) and traceability ($M = 3.09$) were less prioritised. Demographic differences were significant: women, lower-income groups, and less formally educated respondents placed greater emphasis on transparency, affordability, and retailer trust—indicating increased risk aversion likely linked to lower food literacy. These insights suggest opportunities to reposition local pork as a culturally relevant, sustainable, and health-conscious choice. By leveraging ethical narratives, transparent labelling, and engaging merchandising, stakeholders can enhance food literacy, strengthen local agriculture, and reconnect consumers—especially Gen Z—with South Africa's rich culinary heritage.

Collecting and Sharing Black Culinary History in Museums

Joanne Hyppolite, Supervisory Curator of the African Diaspora, MRC 1403, National Museum of African American History and Culture, District of Columbia, United States

Foodways have become a significant area of interpretation in museums globally. This paper shares three ways in which the National Museum of African American History and Culture (NMAAHC) in Washington, D.C., has provided visitors with options to learn more about and engage with Black culinary food practices: programs, exhibition content, and the acquisition of key collection objects such as the Ebony Test Kitchen.

Culinary Histories of Bengal Partition and Pice Hotels: Futures of Food and a Popular Culture of Memory

Aayushi Chatterjee, Ph.D Scholar, Humanities and Social Sciences, Indian Institute of Technology, Indore, India, Madhya Pradesh, India
Dishari Chattaraj, Assistant Professor, School of Humanities and Social Sciences, Indian Institute of Technology Indore, Madhya Pradesh, India

The 1947 Partition of India made an incision dividing the British Indian Bengal Province into ‘epar’ (this side) Bangla and ‘opar’ (that side) Bangla. The residues of this impacted identity disintegration coupled with the migration of women as brides from that side to this from the rural to urban centres, carrying with them their regional knowledge of food. This paper takes interest in this historical moment and attempts to study the futures of food and the culinary landscapes it carved for West Bengal in India, influencing both the food consumed in private and in public. Through ethnographic engagements with pice hotels in Kolkata city and a parallel close reading of visual material that imagines post-partition domesticities shaped by food, the paper deciphers the gastropolitics (Appadurai 1981) that surfaced through the movement of sustainable palates from ‘opar’ to ‘epar.’ The paper, therefore, treats food as a carrier of memory that mourns the shifting landscapes of home, ‘heritagizing’ experiences in its intangibility. Placing our qualitative data in the context of the ambiguity of identity implicit in the experience of migrants from East Bengal who negotiated their sense of belonging through the route of food, this paper will contend that this repository of experience can uncover the narrative tensions and traditions that shape the ‘Bengal’ identity in South Asia. The paper also addresses the ways the regional film industry increasingly utilizes the virtuosity of food in popular culture to visualize this epoch— especially through the OTT series *Indubala Bhaater Hotel* (Indubala’s Rice Hotel).

Does Traditionalism Inhibit Plant-Based Diet Adoption? : A Regional Comparative Study from China

Yuanke Zhou, Student, Master of Science, National University of Singapore, South West, Singapore

Zhiyuan Wang, Student, Bachelor of Management, Xinjiang Agricultural University, Xinjiang, China

Fanyue Zeng, Student, Bachelor of Management, Xinjiang Agricultural University, Xinjiang, C

Dietary choices reflect deeper sociocultural values. This study examines how traditionalist value orientations influence resistance to plant-based diets in China. Drawing on Meat-related Cognitive Dissonance, this study proposes that individuals who seek to preserve their food identity and lifestyle are more likely to engage in moral disengagement when exposed to ethical concerns about meat consumption, which lowers their intention to adopt plant-based diets. This research addresses a gap in transition to more sustainable consumption, which have rarely incorporated cultural and value-based contexts. The study further provides insight into the challenges and opportunities of promoting plant-based diets in China. Data were collected from a western region with strong food traditions and an eastern region with greater dietary diversity in China. Participants completed measures of value orientation, moral disengagement, and dietary intention, and were exposed to negative information related to meat. Bootstrap-based mediation analysis was conducted for each region. In western China, traditionalist orientation significantly predicted lower plant-based diet intention via moral disengagement. No significant effect was found in the eastern sample. In western China, where food traditions and identity are deeply embedded, individuals may rely more on psychological defense mechanisms, which shape their resistance to novel (plant-based) dietary practices. It offers strategies for promoting plant-based diets in diverse Chinese settings, emphasizing the importance of reframing plant-based narratives in symbolically loaded environments to enhance cultural fit, which can be implemented in other similar contexts globally.

Ethnoracism and White Palatability: The Erasure of Black African Gastronomies in the Global Media

Adwoa Fofie, Independent Researcher, Writer, Visual Artist, ., Ghana

The art of eating is political; food is political. Because food has linkages to your history, and identity, and is unique to your culture, it is a prime tool for othering. Every societal construct has White supremacy ingrained into it. Whiteness and White palatability have become the omniscient value barometer that determines and assigns worth. This paper analyzes the representation of Black African gastronomies in the global media and emphasizes the complicity of the media in the calculated miscategorization of the cuisines to spotlight Whiteness. I show how Whiteness weaponizes food to further enact colonial violence and ethnoracial racism. I do this by analyzing the White hegemony of the culinary media; prestigious food lists; the concept of fine dining and restaurants at large; and the politics of spice. I deliberately center the Michelin guide as it is the most prestigious food list and argue that by excluding African chefs and African and ‘ethnic’ cuisines from positions of prestige, they are purporting racism, being anti-black, and courting White palatability. I assess the forceful, mostly unneeded domination of Whiteness in the culinary ecosystem as it has been in other spaces for centuries and the innate desire to extirpate other cultures.

Everybody Eats : Developing Real Time Strategies for Effective Public Policy Advocacy

William Kling, Assistant Director Chaddick Institute/ Retired Clinical Assistant Professor, School of Public Service/ School of Public Health, DePaul University/ University of Illinois Chicago, Illinois, United States

Dr. Kling has extensive experience advocating for action-oriented food policy change and will lead the workshop on collecting, analyzing, assimilating and delivering relevant information to public officials and stakeholders involved in food policy change. Participants will define their food policy issue; develop a plan for collecting relevant information; identifying key policy champions; identifying stakeholders; developing a marketing and messaging approach to the issue and drafting a rudimentary “fact sheet” on the issue. Dr. Kling will facilitate the workshop utilizing an engaged project based pedagogy which he has utilized many times in the past for workshops.

Exploring the Sociocultural and Socio-Emotional Role of Traditional Food Beliefs and Practices in Philippine Wakes

Nina An Kayla Resurreccion, Junior Research Associate, Office of Research and Publication, University of the Philippines School of Urban and Regional Planning, Philippines

When an individual experiences a loss within their family or community, they enter a temporary state of confusion or disorder. To restore the balance disrupted by this loss, they engage in death rituals, such as wakes, which serve as physical spaces for mourning where family and community gather to honor the deceased. In the Philippines, wakes are typically held in the family home and feature a variety of food for visitors. Our behaviors during wakes are shaped by societal norms and cultural traditions. These unwritten customs guide our actions and expectations in such contexts, and in the Philippines, many of these practices revolve around food. Both the hosting family and visitors adhere to these traditions to avoid misfortune to themselves and others. Although traditional beliefs are sometimes viewed as irrational or lacking an empirical basis, they continue to be practiced and are integral to cultural identity. Anthropological and sociological perspectives highlight the importance of studying these beliefs and practices within their broader sociocultural context, to help understand the meanings associated with these beliefs and practices. Through surveys and interviews, this study seeks to explore the sociocultural significance of traditional food beliefs and practices during wakes, and to uncover the underlying meanings associated with these customs and document them to preserve Filipino heritage. By exploring these beliefs and practices, the study highlights their role in maintaining social cohesion and cultural continuity, while also strengthening communal bonds through the shared experience of grief during times of loss.

Feeding Legitimacy: The Political Consequences of Food Aid in Conflict-affected Agricultural South Asian States

Anna Garner, Student, Ph.D., Columbia University, New York, United States
Nechama Huba, PhD Student, Political Science, Duke University, United States

Political scientists have long looked at internal conflict within states and the impact of natural disasters. The impact of natural disasters are felt unevenly around the world with undeveloped states bearing the brunt of the destruction and cost. One of the ways that natural disasters harm societies unequally is if societies are agricultural. Food conflict—disputes over access to and control of essential food resources—can significantly influence internal stability, especially when coupled with natural disasters that compromise agricultural output or disrupt supply chains. We examine Bangladesh, India, Sri Lanka, Pakistan, Myanmar, Nepal in agricultural-majority states and look at the state level to disaggregate which localities have had natural disasters and which have experienced more conflict in wake. We posit that states that are dependent on agriculture with existing conflict are likely to see an increase in said conflict when there is a natural disaster because food supply will be disrupted, leading to widespread instability. As conflict worsens, the distributors of food aid (state versus non-state actor groups) have the potential to gain legitimacy in the specific region.

Feeding with Compassion - Ubuntu and the Ethics of Care in U.S. Food Pantries: A Case Study from Benton County, Oregon

Gabriel Ayayia, Student, PhD Student (Biological and Ecological Engineering Environmental Science), Oregon State University, Oregon, United States

This paper explores how the African ethic of Ubuntu—rooted in the belief that “a person is a person through other people”—can enhance the culture of compassion in food pantry systems. Drawing on a mixed-methods case study of five food pantries in Benton County, Oregon, the study analyzes how clients, volunteers, and staff experience and interpret care, empathy, and relational well-being in the context of hunger relief. Quantitative survey data (N=386) and observational insights are interpreted through the Ubuntu lens to assess whether current food assistance models foster human dignity and interconnectedness. The paper argues that food pantries should not merely distribute goods but actively cultivate spaces of mutual recognition and shared humanity. Ubuntu, as an ethical framework, offers a transformative approach to food justice—one that centers compassion as a structural value, not just an interpersonal virtue.

Flavors of a Nation: A History of Basque Cuisine (1850-2025)

Ludger Mees, Professor, Contemporary History, University of the Basque Country, Bilbao, Vizcaya, Spain

The Basque Country, located along the Spanish-French border, has a long history of cultural distinctiveness. Since the late 19th century, the region has also been home to a strong Basque nationalist movement. Today, the Basque Country is internationally renowned for its excellent cuisine. Many neutral observers consider it the best and most innovative cuisine in Spain. The area around San Sebastián ranks second on the Michelin international ranking, which measures the number of Michelin stars per inhabitant. Only Kyoto and its surroundings rank higher. This paper analyzes the amazing story behind Basque gastronomy's global triumph from the mid-19th century to the present day. The analysis begins with the late 19th century discussion sparked by Spanish intellectuals about Spanish cuisine, which was criticized for being overly influenced by French standards of fine dining. A key point of this debate was determining whether a genuine Spanish national cuisine exists or if Spanish cuisine is merely the sum of its regional cuisines. Given the predominant influence of French cuisine also in Basque restaurants since the late 19th century, this paper addresses some crucial questions: When and why did BASQUE cuisine become visible as a symbol of premium gastronomy? How did this cuisine fit into the narrative of SPANISH national cuisine? Who were the drivers behind this success? What made the New Basque Cuisine movement so successful since the late 1970s? The paper discusses these questions with the aim of contributing to our knowledge of the relationship between cuisine and national identities.

Food Safety Knowledge of Restaurant Workers in South Africa: The Invisible and Perpetual Problem

Zelmari Coetzee, Student, PhD Food Management, University of Pretoria, Gauteng, South Africa

Food Safety in South Africa's restaurant sector has received minimal academic attention. Thousands of foodborne illnesses remain unreported, leaving restaurant workers unaware of the effects of their unsafe practices. Since all foodborne illness can be traced to human behaviour, it is preventable. The R638 Food Acceptability Regulation updated training guidelines in 2018, yet many workers have not obtained any or adequate food safety training and lack basic skills. This is partially caused by ignorance and poor enforcement of laws, absence of minimum food safety criteria for training courses and the cost and time of training. Even after training a significant number of workers from disadvantaged backgrounds practise home cooking habits in the workplace. Indicating that food safety knowledge is not adequately internalised and suggest that knowledge and skills are not being transferred to the next generation outside of the workplace. Existing studies identified training as both the problem and solution. The researcher argues that training programs need to be standardised and customised. Food service workers often face physical, technological, mental, financial, literacy and other challenges that they, trainers and employers are unaware of, leading to ineffective training. The study uses both qualitative and quantitative methods to explore and describe the obstacles that restaurant workers and trainers face with the food safety training system. Furthermore, the study addresses the vague terminology of the R638 food handler regulations in terms of training requirements for food service workers by proposing specific criteria and minimum standards for all food safety training programs.

Food and Regional Identity: The Case of the Province of Álava (Basque Country, Spain)

Santiago De Pablo Contreras, Professor, Department of Contemporary History, University of the Basque Country, Álava, Spain

Álava is one of the three provinces that make up the Autonomous Community of the Basque Country, a region in northern Spain bordering France. The Basque Country is internationally recognized both for its strong nationalist political movement and for the excellence of its cuisine. Located in the southern part of the Basque territory, Álava has traditionally been the least nationalist and the least “ethnically” Basque of the three provinces. This distinction is also reflected in its culinary traditions. Álava’s food culture has historically centered around products such as wine from the Rioja Alavesa region, wheat, sugar beets, potatoes, and broad beans. These foodways have become integral to Álava’s identity, to the extent that its inhabitants were once pejoratively labeled by northern Basques as *babazorros* (broad bean eaters) or *patateros* (potato eaters), since both foods were associated with poverty and underdevelopment. In a similar way, according to Ira Torrresi, the food-related epithets ‘macaroni’ or ‘spaghetti (eater)’ were some of the earliest derogatory designation of Italian-Americans. However, people from Álava have since reappropriated these terms, transforming them into symbols of regional pride and identity. Today, for instance, the term *babazorro* is primarily associated with the province’s main football team, Deportivo Alavés. This paper explores how local food has come to serve as a marker of regional identity in Álava, in dialogue with broader Basque and Spanish identities. The paper also analyzes the origins of these food-related epithets and examines how their meanings have evolved from insults into symbols of local distinctiveness.

Food as a Means of Connection between the Living and the Dead and the Times

Julia Ferry, Student, PhD Candidate, University of São Paulo, São Paulo, Brazil

In this paper, I explore how food can serve as a means through which the living connect with the dead by offering them food daily. To illustrate this, I draw on the example of mourning experienced by my Brazilian-Japanese family, in which my grandmother cooks every day and feeds our deceased at her Shinto altar. From this example, I argue that this gesture creates a collaborative relationship between the living and the dead, where the former dedicate food to the latter, and the latter provide hope and care in return. Moreover, this gesture inaugurates a mode of mourning that, through the sharing of food, reveals itself not as a temporary process but as an infinite continuity - one that not only involves working through the past but also constitutes a continuous act of maintaining the present and the future.

Foraging and Biocultural Capital: Toward Nutritional and Intergenerational Resilience in Community Food Systems

Anne C. Bellows, Professor, Nutrition and Food Studies, Syracuse University, New York, United States

Extrapolating from Bourdieu's theory of cultural capital, this paper presentation introduces biocultural capital as capacity and asset to steward land, food, and knowledge in public commons for present and future generations. At the nexus of nutrition, planetary health and cultural well-being, foraging can support community-based biocultural capital in developing local self-determination and dignity with regard to local food sovereignty and nutrition security. This case study in Syracuse, New York, USA investigates how community partners and interested residents identify strategies to build biocultural capital through community-based foraging knowledge, networks, and practice.

From Soil to Surplus: How Food Security Displaces Food Sovereignty in Rural South Africa, 30 Years after Apartheid

Edmore Ntini, Senior Lecturer & Chair of the SRHDC, Development Studies - Community Development, University of KwaZulu-Natal - Howard College, Kwazulu-Natal, South Africa

South Africa's rural subsistence communities struggle not merely for food but the right to define food on their terms. Under the dominant banner of food security, this paper interrogates post-Apartheid food policy, displacing food sovereignty as a political and cultural imperative. It argues that this displacement is not incidental, but part of an intentional epistemic reordering in which technocratic, market-driven approaches to agriculture and nutrition overwrite traditional, communal, and land-based knowledge systems. Using a qualitative methodology grounded in policy analysis, discourse tracing, and cultural critique, the paper draws on extant literature and secondary data, including case studies from rural provinces, to explore how development discourses reframe rural subsistence deficiency. The analysis reveals that the state's alignment with agro-industrial capital and international food security agendas marginalises community-based food systems, reduces local autonomy, and accelerates cultural erosion. Rather than empowering rural communities, food policies often institutionalise dependency, erasing intergenerational seed saving practices, communal farming, and ecological stewardship. The findings demonstrate that the dominance of food security discourse narrows the space for alternative agricultural imaginaries and undermines the cultural resilience of rural communities. The paper concludes that policy approaches must shift from measuring food availability to understanding food as a site of power, identity, and sovereignty. Reimagining food politics through a decolonial and sovereignty-centred lens offers a more just and sustainable framework for addressing rural development in South Africa. Thus, it calls for renewed critical attention to how policy discourses structure inclusion, exclusion, and knowledge legitimacy in post-Apartheid agrarian futures.

Halaal Certification Bodies and Media Representation: A Critical Interactive Metafunction Discourse Analysis in Food Politics and Culture

Ammaarah Seboa, Student, PhD in Linguistics, University of the Western Cape, South Africa

Halaal is a multifaceted concept encompassing Muslim dietary practices, including food selection, preparation, and consumption. Islamic dietary laws delineate halaal foods as permissible and haram as prohibited. Scholarship addressing halaal food discourses remains limited, with an emphasis primarily on foodways and branding. In South Africa, halaal certification was introduced in the 1960s, initially supervised by the Ulama and restricted to the meat industry, particularly slaughterhouses and abattoirs. In the 1970s, certification was extended to include the poultry industry. During the 1980s, it further expanded to cover other consumable products. This study considers the following questions: How do South African organisations involved in halaal certification ensure compliance with Islamic dietary laws? What strategic approaches and semiotic resources do these organisations use to engage with Muslim consumers? How are these organisations and halaal discourses represented in South African media? It employs a qualitative document analysis to collect the data from the halaal organisations' websites and news reports from South African newspapers and applies the Critical interactive metafunction discourse analysis as the theoretical framework. The findings name six groups that ensure South African food meets Sharia law: the South African National Halaal Authority (SANHA), Muslim Judicial Council (MJC), Majlisush Shura Al Islam (Shura), Islamic Council of South Africa (ICSA), National Independent Halaal Trust (NIHT), and Halaal Foundation of South Africa (HFSA). This includes the ideological strategic practices and meanings around the halaal presentations. This paper adds to the literature in food studies as well as language and communication studies.

How Our Stories of Food Consume Us: Working with Storytelling to Diversity Understandings of Food-Health Interrelationships and Strengthen Public Health Practices

Ursula King, Student, Doctor of Philosophy, Institute for Sustainable Futures, University of Technology Sydney, New South Wales, Australia

“An overflowing rubbish bin at the door of the lecture theatre groaned under the weight of empty energy drink cans, snack and chocolate wrappers. A daily collection of absent-minded discards left by the earnest medical students who filed in to absorb the teachings of the day. The irony did not escape me, I was just too busy memorising the voluminous facts required of becoming a medical doctor to worry about nutrition. Sugar, salt, fat and caffeine meant survival, so we studied, exercised to stay sane, ate cheap, filling food, and tried to keep up. After graduation, exercise evaporated but the sugar, salt, fat and caffeine became the relied upon staples of our burgeoning medical careers.” Western science-informed education is promoted as the best means of guiding healthy food choices with considerable public health dollars expended to this end. However, humans make decisions in socio-cultural contexts and science-derived education does not always resonate with people’s needs and lived experiences. This workshop introduces storytelling as a creative means of engaging with the complexities of human food-health interrelationships. Learning to work with reflective storytelling techniques enables our embodied narratives about food-health to interact with the ones proffered by food science and public health. Through a hands-on storytelling process, participants will experiment with what it is stories do, exploring concepts like choice, healthy and good. And how to harness the dimensional insights provided through reflective storytelling to progress human food-health interrelationships that are of sustainable benefit to both planet and people.

Integration of Contextual Content in Higher Education Food and Nutrition Literacy: A Situational Analysis of Students Perspectives

Sinenhlanhla Maphumulo, Student, PhD in Food and Nutrition, Durban
University of Technology, Kwazulu-Natal, South Africa

Exploration of the nature of students' knowledge related to food and nutrition literacy and perspectives on the transformation of learning material by the appreciation of culture and its contribution to quality education. The objectives of the exploratory study are to: understand the food and nutrition knowledge and skills of students in the undergraduate programme of the Consumer Sciences: Food and Nutrition Department at DUT. Student mobilizations across university campuses and the call to decolonize higher education is an urgent and familiar one. In South Africa, the “#mustfall” uproars were clear that universities have to change materially but also epistemically. This research is important when developing interventions for transformed academia that is inclusive and equitable and places students at the forefront of these developments. The research is rooted in the discipline of food and nutrition literacy in higher education and contributes to the development of a frameworks for decolonizing curriculum. The exploratory study applied the qualitative research method of focus group discussions. Students enrolled in the third-year undergraduate diplomas were included. The discussions following a validated and piloted moderation guide were recorded and then transcribed verbatim and translated. Inductive coding was applied, and thematic analysis was initiated through Atlas.ti 25. Key findings include: students rely on internet sources for nutrition information and use formally gained knowledge before referring to indigenous knowledge. Student perspectives on the cultural contextualization of learning material may prove beneficial to the understanding of theoretical concepts taught in higher education.

Localized Food Systems, Minimal Processing, and Edible Insects: The Potential of Asian Culinary Traditions in Formulating an Alternative Food Culture Strategy for Crickets

Timothy Bernd Wallace Seekings, Postdoctoral Fellow, Research Institute for the Humanities and Social Sciences, National Science and Technology Council, Taipei, Taiwan

As the search for sustainable food systems intensifies, edible insects have garnered increasing scholarly attention in recent years, with crickets being among the most discussed species. While the industrial strategy for increasing the role of crickets in food systems primarily involves treating them as functional ingredients in processed food products, traditional approaches regard them as food ingredients in their own right. However, literature discussing the cultural and culinary details of crickets as food is scant. In Taiwan, crickets have been used as both processed and traditional foods, yet their usage remains marginal, and literature is currently lacking. This study employed participatory action research and mixed methods to explore the culinary potential of crickets along traditional and modern approaches and assess consumer preferences for whole versus hidden crickets. Through collaborative inquiry, we elicited suitable Vietnamese and Japanese food traditions that are amenable to culinary innovation. Contrary to findings from Western contexts, the eaters in this study exhibited a clear preference for whole rather than hidden crickets. Our findings contribute to the development of a food culture strategy for crickets in Taiwan within the broader framework of sustainable food systems, offering valuable insights applicable to other ingredients, food traditions, and cultural contexts.

National Narratives and Power Disparities in Palestinian and Israeli Foodways

Nevine Abraham, Associate Teaching Professor, Languages, Cultures, and Applied Linguistics, Carnegie Mellon University, Pennsylvania, United States
Michal Friedman, Assistant Teaching Professor & Jack Buncher Professor of Jewish Studies, Carnegie Mellon University, Pennsylvania, United States

This paper critically examines culinary spaces in Palestine and Israel (and their diasporas) as sites of reimagining national, local and global identities –both as spaces that reflect power disparities and as expressions of territorial connection, food practices, diaspora, and migration. We approach this topic through on-site visits and interviews we conducted between 2019 and the spring of 2023. In Israeli culinary spaces in Tel Aviv and Philadelphia, we interviewed chefs and culinary curators engaged in reconfiguring the parameters of Israeli cuisine for local and global consumption, while attempting to embrace multiculturalism. Meanwhile, in the occupied West Bank, we interviewed Palestinian culinary artisans who reinscribe Palestinian heritage through food even though Israeli-imposed restrictions, the separation barrier, and escalating land dispossession and physical violence threaten their culinary businesses. We argue that these personal, familial, and institutional narratives are conflicting yet intertwined: Israeli culinary narratives, with their global-facing multiculturalism, often obscure structural barriers that exclude Palestinians, while imperiled Palestinian culinary businesses in the occupied West Bank practice *sumud* (perseverance) by navigating the perceived dichotomies of tradition and innovation. Our analysis underscores narratives that assert connections to the land and the urgent need for political recognition and repair. Crucially, this approach does not erase these connections or the land’s histories of dispossession, appropriation, and ethnic violence.

Navigating Challenges Faced by Festival Food Vendors in Obtaining Certificates of Acceptability

Dineo Bakotile Mabilu, Student, Masters in Tourism and Hospitality, University of Johannesburg, Gauteng, South Africa

Cynthia Mabaso, Lecturer, Hospitality, University of Johannesburg, Gauteng, South Africa

Daryl Hewson, Lecturer, School of Tourism & Hospitality, University of Johannesburg, Gauteng, South Africa

Food vendors play a vital role in food festivals, which contribute significantly to both the tourism and hospitality sectors. This study investigates the challenges food vendors face in obtaining the Certificate of Acceptability (CoA) a legal requirement for selling food at public events. Without a CoA, vendors were excluded from festival participation, which affects their income, forces them to remain in the informal food sector, and limits their opportunities for business growth. The research aims to understand the barriers to CoA access by food vendors and provide policy recommendations to support vendor inclusion. The practical contribution of the study lay in its potential to enhance economic opportunities for informal food vendors and to improve inclusivity in local food systems. The research also offered theoretical insight into regulatory accessibility and the transition from informal to formal business operations, situated within hospitality management, food systems, and public health regulation. A qualitative approach was adopted, using the socio-ecological model to examine how personal, social, organisational, community, and policy-level factors influenced vendor access to the CoA. The stakeholder engagement framework was applied to assess how CoA-related information was shared among vendors, organisers, and municipal health officials. Data was gathered through semi-structured interviews across three municipal districts in Gauteng: Johannesburg, Tshwane, and Emfuleni. The study identified key barriers, including procedural confusion, limited communication, and inadequate institutional support. A noted limitation was its regional scope. Recommendations included simplified application processes, stronger support systems, and improved stakeholder communication to aid food vendor formalisation.

Nudging Gen Z Towards More Sustainable Consumption Through Bespoke Media Touch Points

Nadene Marx-Pienaar, Senior Lecturer, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Nadine Du Piesanie, Part-Time Lecturer, Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

Lesego Marule, Student, PhD Candidate, University of Pretoria, Gauteng, South Africa

Generation Z (born 1997–2012), known for their digital fluency and environmental awareness, is emerging as a key demographic in driving sustainable consumption. This study explores how media touchpoints—such as social media, e-commerce, and in-store experiences—can influence Gen Z’s responses to unsustainable food consumption and encourage more sustainable choices. Two key objectives were addressed: firstly, to assess Gen Z’s knowledge, attitudes, and behaviours related to sustainability in food consumption; and secondly, to identify critical media touchpoints that could nudge this cohort toward more responsible practices. Findings indicate that Gen Z has a strong conceptual grasp of sustainability and a desire to support environmentally conscious and local products. However, barriers such as greenwashing, misleading advertising, and social influence complicate their ability to act consistently on these values. This study highlights the potential of strategic, values-based media engagement to shift Gen Z’s food purchasing behaviour. Digital and physical touchpoints, when used effectively, offer immersive and credible avenues for reinforcing sustainable consumption patterns. Crucially, this research underscores the broader implications for South Africa’s food system. By encouraging Gen Z to adopt sustainable food choices, there is potential to strengthen food security, support ethical and local production, and foster more resilient and equitable supply chains. These behavioural shifts align with national development priorities and contribute meaningfully to several Sustainable Development Goals (SDGs), particularly those related to responsible consumption, good health, and sustainable industry innovation.

Pasta Imperfect: Historical Revisions and Contemporary Anxieties at Bologna's Patron Saint Feast

sahar tavakoli, Postdoctoral Researcher, Philosophy, University of Milan, Milano, Italy

In early October of 2019, a menu alteration at Bologna's Feast of the Patron Saint provoked outrage among Italy's political and media classes. Interpreted by some as an attempt to rewrite national history and by others as evidence of a city-wide conversion to Islam, the controversy stemmed from a municipal decision to commission the manufacture of tortellini – a stuffed pasta typical of the city – filled with chicken rather than the more conventional pork. Critics of this decision collectively pointed to a single source as proof that the substitution violated tradition: a 16th-century recipe by the papal chef Bartolomeo Scappi, which many claimed served as the blueprint for all subsequent tortellini. A closer look at Scappi's text, however, complicates such assertions – first, because Scappi does not use any pork in his recipe, and second, because he does use chicken. In this presentation, I examine how, in the context of food and communal identity, the past is mobilised to shape the future, drawing on empirical research conducted in Bologna between 2022 and 2023. Using the notion of hauntology and the conceptual and methodological framework of Science and Technology Studies, I explore how food heritage is constructed, maintained, and instrumentalised in the present – that is, how the past is made in the contemporary, both to make sense of who we have been and to shape who we wish to become.

Performing Excess: Mukbang, Gendered Consumption, and the Cultural Politics of Food

Hyejin Kim, Senior Lecturer / Founding Convenor, Political Science Department and Global Studies Program, National University of Singapore, Singapore

This research examines the phenomenon of mukbang (먹방)—live-streamed broadcasts where hosts consume large quantities of food—through the lens of Food Studies, focusing on the intersections of gender, body politics, and cultural representation. Originating in South Korea, mukbang has evolved into a global digital phenomenon, with hosts consuming vast amounts of food while engaging with live audiences. Mukbang serves as a site where food consumption is not merely a biological act but a performative and symbolic practice that reflects and constructs gendered identities. By analyzing the portrayal of excessive eating, particularly among female hosts, this study explores how mukbang both challenges and reinforces societal norms surrounding femininity, body image, and the politics of consumption. Mukbang offers a unique lens to examine how food practices are mediated, consumed, and politicized in contemporary digital cultures. How does mukbang construct and perform gendered identities through food consumption? In what ways does mukbang challenge or reinforce societal norms related to body image and femininity? What are the implications of mukbang for understanding the cultural politics of food in a digital age? This study contributes to understanding how digital food practices mediate cultural norms and identities.

Reterritorialization of Food Among Zimbabwean Migrants: Case Study of Food Practices, Identity and Cultural Adaptation in Mayville, Durban, South Africa

Thandile Welile Kweyama, Student, Master of Social Science, University of KwaZulu Natal, Kwazulu-Natal, South Africa

Balungile Zondi, Senior Lecturer, Anthropology, University of KwaZulu-Natal, South Africa

In the context of the anthropology of food and the anthropology of space and time, food serves as an emotional anchor for many Southern African migrants, linking them to their ancestral roots even in foreign environments. This study investigates how Zimbabwean migrants in Mayville reterritorialize traditional food practices, reconstruct cultural identities, and adapt to new socio-cultural environments through food. Grounded in a qualitative research approach, the study explores how food becomes a medium for social adaptation, identity preservation, and cultural continuity in the migration context. A phenomenological research design was adopted to capture the lived experiences of participants from their own perspectives. Using purposive and snowball sampling techniques, 12 Zimbabwean migrants were selected for the study. Data was collected through unstructured interviews and focus group discussions, and analyzed using thematic analysis. The analysis is framed by Social Identity Theory and Epistemological Relativism, which together provide a lens for understanding how food practices shape and are shaped by migrants' sense of self and belonging. Findings reveal that Zimbabwean migrants creatively adapt traditional dishes using locally available ingredients, form food-sharing networks, and sustain cultural practices through culinary rituals despite economic hardship and precarious legal status. These adaptations are not merely survival strategies but meaningful, negotiated expressions of identity, resilience, and cultural continuity in a transnational setting.

Rights Off the Table: Exploring Food Relief Governance in Australia through a Human Rights Lens

Katherine Keane, PhD Candidate, Law School, Queensland University of Technology, Australia

The human right to adequate food imposes legal obligations on States to take necessary steps to ensure that everyone is free from hunger. These obligations include strengthening people's access to resources and means to ensure food security, and providing for fulfilment of the right to food directly where they are unable to do so for themselves. In Australia, the charitable provision of food aid, known as 'food relief', has become the major national response to food insecurity at the individual and household levels. Reliance on food relief has increased dramatically across the country in recent years. Yet despite the essential role that food relief plays in the Australian food security landscape, there is very limited legal scholarship on governance of the sector. My research fills gaps in existing scholarship by evaluating food relief governance in Australia through a human-rights lens. My research shows that the current reliance on charitable food relief does not meaningfully provide for food security for Australians, nor is it an effective way to achieve the right to food. Food relief as it is currently governed may in fact be considered part of the food insecurity problem.

Sacred Sustenance: Food Symbolism in *Megane* and *Babette's Feast* within Religious and Cultural Contexts

Suki Kwon, Professor, Art and Design, University of Dayton, Ohio, United States

Food serves as a powerful medium for cultural expression and spiritual fulfillment. This paper examines the symbolic role of food in the Japanese film *Megane* (2007) by Naoko Ogigami and the Danish film *Babette's Feast* (1987) by Gabriel Axel, analyzing their engagement with Daoist and Christian traditions, respectively. Through a comparative lens, the study explores how these films reflect Eastern and Western religious and aesthetic values while using food as a transformative agent. In *Megane*, *tasogare* (twilight) and *kaki-gori* (shaved ice) represent Daoist ideals of *wuwei* (effortless action) and *ziran* (natural spontaneity). The protagonist, Taeko, initially resists but ultimately embraces the minimalist way of life promoted by the enigmatic Sakura, mirroring Daoist notions of detachment and harmony. The film's cinematography, influenced by *Shan-shui* (mountain-water) painting, visually reinforces these themes. Conversely, *Babette's Feast* centers on Christian themes of sacrifice, grace, and redemption. Babette, a former chef, prepares a lavish meal for a strict Lutheran community, symbolizing the Eucharist and the transformative power of generosity. Axel's cinematography, inspired by Vermeer and Rembrandt, emphasizes Christian symbolism through *chiaroscuro* lighting and balanced compositions. Both films depict food as a medium for self-discovery and communal renewal, demonstrating how culinary traditions transcend their physical necessity to embody profound spiritual and artistic expression across cultures.

School Food Garden Project in Hawaii: A Case Study

Han Nee Chong, Assistant Professor of Education/Instructional Designer, School of Education, Hawaii Pacific University, Hawaii, United States

This case study explores the implementation of a school food garden project in Hilo, Hawaii, focusing on how such initiatives can connect students to their food sources and contribute to reducing food insecurity within the local community. The primary objective of the project was to help students build a connection between farming and food systems while fostering leadership in sustainable agriculture. Using the Design Thinking Process Learning Theory and Makerspace learning, students investigated, designed, and constructed a garden from scratch. The produce grown was donated to local food banks and organizations serving those facing food insecurity. The research outlines the key steps and challenges of initiating a school garden, highlights the benefits of experiential learning, and examines student outcomes related to food systems, sustainability, and community impact. The study's findings offer insights into long-term strategies for food education and suggest that integrating school gardens into education can empower students to become future leaders in addressing food insecurity.

Sensory Choices for Four GLV Seshebos

Richard Hay, Curator: Future Africa Indigenous and Orphan Crops Collection, Future Africa, University of Pretoria, Gauteng, South Africa
Hennie Fisher, Senior Lecturer, Department of Consumer and Food Sciences, University of Pretoria, Gauteng, South Africa

The global agri-food system is overly reliant on a small selection of edible plant species, leaving it vulnerable to external shocks and stressors. Transitions to simpler, less species-rich diets drive negative health outcomes amongst the population. South Africa, classed as food secure at a nation level, continues to experience elevated levels of food insecurity and ‘hidden-hunger’ (micro-nutrient deficiencies) at the household level. Increasing accessibility and consumption of leafy vegetables is one solution to building dietary diversity and nutrition while enhancing agri-food system resilience. In the South African context, indigenous or weedy edible leafy vegetables are often foraged locally around people’s homes, and referred to collectively as morogo, imifino, or muhuro. These species are not necessarily indigenous to South Africa, and many common, naturalised weed species, such as those of the genus *Amaranthus*, fall within this category. Such vegetables are cooked into simple vegetable stews, typically consisting of onions, tomatoes and seasoning. These vegetable stews are colloquially referred to as ‘seshebo,’ and are typically eaten with maize porridge (pap), rice, or samp. However, the use of indigenous species is declining, and even falling into disuse, largely attributed to urbanisation, globalisation, the desire for upward mobility and a preference for more conventional vegetable species such as cabbage and spinach, as the use of wild and weedy vegetables is often associated with poverty.

Sites of Refuge and Redemption: Filmic Representation of Food in Utopic and Dystopic Worlds

Quan Tran, Senior Lecturer and Senior Program Coordinator, Ethnicity, Race, and Migration Program, Yale University, Connecticut, United States

Although often overlooked, food plays a central role in past, present, and future cinematic representations of utopic and dystopic worlds. In utopias, food typically appears in abundance and excess, flaunting the wealth, skills, and pleasures of their creators, consumers, and environments. In dystopic settings, food scarcity dictates the decisions and actions of survivors. Through cultural analysis, this paper explores the intersections between food, race, class, and gender in the film *Downsizing* (2017), a future-oriented social satire film about human miniaturization as a solution to help the planet deal with the problem of global overpopulation. The paper investigates how food and food politics in the film reveal the evolving complexities of the human conditions in ideal and nightmarish worlds, where access to food or lack thereof determines the (im)possibilities of refuge and redemption.

Sustenance and Society - Food Politics and Cultural Identity in Grazia Deledda's Narratives: Exploring the Intersection of Tradition, Power, and Identity in Deledda's Depictions of Italian Life

Simonetta Milli Konewko Professor of Italian, Department of World Languages and Cultures, University of Wisconsin-Milwaukee, Wisconsin, United States

Grazia Deledda's literary works offer a profound examination of the intersection between food politics, cultural identity, and societal structures in Sardinia. By incorporating food into her narratives, Deledda highlights its role in shaping both individual and collective identities, using it as a lens to explore tradition, social hierarchy, and political power. Through depictions of communal meals, feasts, and food scarcity, she critiques the socio-political conditions of her time, revealing how food distribution and consumption are tied to power dynamics. Her narratives not only reinforce cultural heritage but also expose societal inequalities, making food a tool for both preservation and critique. Moreover, Deledda engages with the tension between traditional food practices and modern regulatory frameworks, emphasizing the impact of agricultural policies on local communities. This study demonstrates how Deledda's work contributes to current conversations about food sovereignty and the socio-political effects of food policies. By examining these themes, her narratives offer valuable insight into how food reflects broader cultural and political struggles, urging readers to reconsider food's enduring role in shaping societal realities and identity.

Taste as Archive: Embodied Memory and Culinary Change in Cape Town's Indonesian Diaspora

Amaal Salie, PhD Researcher, African Studies, Royal Netherlands Institute of Southeast Asian and Caribbean Studies (KITLV), Zuid-Holland, Netherlands

This paper shares conceptual and methodological reflections from a developing PhD study on culinary change across the Indonesian diaspora in South Africa. My research explores how culinary practices within the “Cape Malay” community function as embodied forms of memory and historical knowledge. At its core, I argue that taste is not a private or lesser sense as has been the dominant framing in much of Western scholarship (Mol, 2021), but a critical way of knowing. In contexts where colonial erasure has both framed and fragmented what we think of as the archive. Taste offers a mode of accessing and transmitting histories, of displacement, religious identity, and belonging, that are not always visible or textual. Drawing on the sensory turn in anthropology and cultural studies (Tompkins 2012; Pink 2009; Howes 2005; Sutton 2001), I propose a sensory ethnographic approach that treats taste (and food) not as a cultural detail, but as theory, method, and archive. While fieldwork has not yet begun, my research design combines embodied practice, oral instruction, and sensory memory in kitchens and homes with archival research into Cape slavery, migration, and Islamic foodways. Through this paper, I open a conversation about taste in research, not simply as a metaphor, but rather as a method and in doing so, attend to the body as a site of memory, meaning, and resistance.

The Heaping Plate Revolutions: Food Activism, Popular Communication and Decolonial Thinking in the Post-pandemic Brazil

Fernanda Favaro, Doctoral Student, School of Arts and Communication (K3), Malmö University, Skåne län, Sweden

Food movements that emerged during the hunger crisis related to the COVID-19 pandemic in Brazil have been marked by creative uses of food (and) media, and by drawing attention to the (neo)colonial and neoliberal roots of poverty and ecological destruction in the country. Contributing to the existing literature on the new field of food media, this research explores media and communication practices within Brazilian food movements and their relationships to counter-colonial, post-Anthropocene political imaginations. Using ethnography and creative research methods, such as gardening, cooking and eating, the study investigates activist groups' praxis embodying an agroecological shift, where the agri-food (food understood from cultivation to "waste" management) is approached as a catalyst for several socio-environmental transformations and reconciliations. Building on Latin American popular communication and decolonial theories, the project further explores the role of food as a radical medium/device for collective action in face of the current historical moment of necropolitical forces worldwide.

The Intersection of Food Insecurity and Reproductive Justice in India

Jasmine Fledderjohann, Professor in Sociology and Social Justice, Lancaster University, United Kingdom

Reproductive justice (RJ) is a social movement and framework for addressing structural barriers to the realisation of the rights to: 1) have a child; 2) not have a child; 3) parent children with dignity and safe and healthy environments; and 4) bodily autonomy. Previous work has theorised food insecurity—difficulties accessing enough safe and nutritious food to support a healthy life—is a threat to RJ. In this paper, we provide empirical evidence in support of this claim by analysing primary semi-structured interview data collected in December 2022-March 2023 from women in n=87 households in the Indian states of Uttar Pradesh and Goa. Using iterative thematic analysis informed by a RJ framework, we articulate multitudinous ways food insecurity threatens RJ rights. For example, many women reported self-sacrificing strategies for managing household food insecurity, e.g. neglecting their healthcare needs, taking on heavy manual labour, and reducing their own food consumption to ensure other household members' consumption. Because access to healthcare and adequate nutrition are essential for fecundity and health, neglecting these needs threatens the right to have a child, to not have a child, and to control one's own body. We explore many such pathways through which food insecurity threatens all four RJ rights, including exposure to domestic abuse and, linked to this, food as a tool of coercive control; creating impossible spending trade-offs between costs for food and other essentials (e.g. energy costs, adequate housing, medical treatment); and sacrifices in quality, quantity, and diversity of food items consumed.

The Language of the Kitchen: Food as a Gendered Discourse in 'Mrs.'

Manisha Mohanty, Assistant Professor, Department of Humanities and Social Sciences, Institute of Technical Education and Research, Siksha O Anusandhan University, Orissa, India

The Hindi film 'Mrs.' strategically utilizes the kitchen as a central space to explore the nuanced subordination of women within urban, educated middle-class Indian families. Employing Sherrie A. Inness's 'kitchen culture' as a theoretical framework, the film presents food not merely as sustenance but as a complex gendered discourse. Through close aerial shots of meticulously prepared meals, 'Mrs.' constructs a visual language that communicates a range of emotions—from trepidation and excitement to despair and resignation—effectively replacing the protagonist Richa's silenced voice. The film deconstructs the romanticized notions of 'maa ke haath ka khana' (food made by mother) and 'ghar ka khana,' (home food) exposing the invisible and undervalued labour that underlies these idealized representations. While the sumptuous food initially draws the viewer in, its repetitive preparation, depicted through close-ups of peeling, grinding, and stirring, serves to symbolize the protagonist's diminishing dreams and the monotony of her existence. This deliberate pacing and focus on culinary labour evoke a sense of meaninglessness and desperation, mirroring the lived experiences of many women confined to the kitchen. In this space, which is culturally coded as feminine, the women's identities are submerged, and their dreams are stifled under the compulsion to provide nourishment to others. Yet, it is also in the kitchen that Richa enacts her rebellion and embarks on an unconventional life path. This paper investigates how food, as a gendered discourse, in 'Mrs.' perpetuates and challenges societal expectations about women's domestic roles and highlights the casual devaluation of their culinary labour.

The New Robin Hood: Kinship and Reciprocity in India's Volunteer Food Network

Kale Sartor, Student, PhD, Deakin University, Victoria, Australia

Global food waste discourse often presents a dichotomy of ready-to-eat food wasted in the so-called “developed” world and food wasted in earlier stages of production in the “developing” world. Though partially grounded in empirical trends, this dichotomy overgeneralizes and obscures the nuances of food wastage in different cultural contexts. Drawing on frameworks of reciprocity and gift exchange, kinship and culture, charity and volunteerism, and relational poverty, this research shows how cultural values and relationships shape how food redistribution operates across diverse cultural settings. This research draws on ethnographic fieldwork in Jaipur, India, with a volunteer-only non-government organization, Robin Hood Army. The volunteers collect surplus ready-to-eat food and distribute it to people in need. Through participant observation, autoethnography, digital ethnography, and interviews, I investigated why and how this group operates. Motivated by cultural and religious imperatives against food waste, and supported by kinship structures that allow for flexible schedules, volunteers work to prevent food waste and feed their local communities. While they face many of the same barriers seen in the West, these volunteers also have different challenges and advantages. Using the example of India, this research argues that food redistribution is embedded in cultural and social systems that surpass the oversimplified narratives of charity and cross into reciprocity, kinship, and relational care. This framework challenges the “developed”/“developing” dichotomy and calls for greater cultural contextualization in global food waste and redistribution discourse.

Unequal Plates: Mapping Food Access Disparities and Public Policy Impact in Mexico City

Ana Laura González Alejo ,Associate Professor, Applied Geography, Escuela Nacional de Ciencias de la Tierra, Universidad Nacional Autónoma de México, Distrito Federal, Mexico

This research examines inequalities in food access in Mexico City through a spatio-temporal analysis focused on the changes recorded during the 2018–2024 period. This six-year term was marked by the implementation of public health policies aimed at improving food environments through the regulation of advertising, the imposition of taxes on sugary drinks, and the introduction of front-of-package warning labels on ultra-processed foods and beverages. These measures were complemented by programs designed to revitalize small-scale farming and promote food self-sufficiency. The research will utilize socioeconomic and accessibility indicators to identify various foodscapes, their distribution, and their evolution over time. The results aim to provide evidence of the effectiveness of public policies in reducing food inequalities and to assess the impact of these measures from a territorial perspective. This interdisciplinary approach integrates Geographic Information Systems (GIS) tools, spatial statistics, and longitudinal data to offer a comprehensive view of how political dynamics influence food environments and consumption patterns in one of the largest metropolises in Latin America.

“Mujhay Na Kha Jana!”: Women and Food in Faseeh Bari Khan’s “Burns Road Ki Nilofer”

Saba Khaliq, Student, MS English Literature, International Islamic University
Islamabad, Pakistan, Punjab, Pakistan

This paper is a materialist feminist study of Pakistani writer, Faseeh Bari Khan’s comedic telefilm, “Burns Road Ki Nilofer”, translated as “Nilofer of Burns Road”. A recurrent motif in Pakistani comedic telefilms is of women, both married and single, portrayed as beasts with voracious appetites and insatiable consumption patterns. This paper expounds how Khan’s female characters are portrayed as women of agency who, by claiming the right to comment on the desiring, economy and distribution of food, rise beyond their stereotypical representations of gluttonous eaters. Following Lisa Angelella’s scholarship on food and feminism, I posit that both Nilofer and her mother, Saeeda, try to negotiate their sense of selfhood and approach what it means to be a woman and a human via their conversations on food in the telefilm. My research aims to unravel the underlying dominant factor in their crippled sense of self while also retaining within it a muffled identification of female agency when the female characters consume as per their desiring. The void that women wish to fill while devouring great amounts of food, is occasioned by the absence of women’s positionality as a class in a patriarchal capitalist society where, as materialist feminist scholar Christine Delphy propounds, they are not made part of the system of “exchange of values” despite their domestic “labor” (“The Main Enemy” 73). Thus, this research reimagines womanhood and women’s exploitation in a domestic mode of production within Pakistani patriarchal capitalist cartographies.

“Not My Food Waste”: Global Perceptions and Practices of Household Food Waste

Johnine Mc Cartney, Assistant Professor of Marketing and Global Environment, Marketing, Western Connecticut State University, Connecticut, United States

Sustainable Food Consumption centers on consuming foods necessary for survival, while minimizing the use of resources. Currently, 1/3 of food produced for human consumption goes to waste, contributing to global warming and food insecurity. While food waste is often thought to be a developed world problem it is not. Household food waste has been increasing across middle- and lower-income countries. We answer the call to understand the household food waste problem beyond the industrialized world to conduct studies that encompass a wide range of countries and factors influencing food waste. In this paper, we contribute to the understanding of the global food waste problem in three key areas: 1) How does food waste figure into environmental concerns for citizens of different countries? 2) Who do citizens of different countries feel is responsible for food waste? 3) What are their current practices to reduce food waste in their own lives? The most striking finding shows that regardless of country, age, gender, or spiritual tendencies all participants reported that they wasted relatively little food, their community slightly more, and their country more. To address the problem of food waste, we must teach people about their contribution and empower them to act.

“Seek and She Shall Find” : Food Columnist Anne Long, the St. Petersburg Times and the Story of Home Cooks

Kimberly Voss, Professor, Journalism, University of Central Florida, Florida, United States

For 25 years, St. Petersburg Times (Florida) Food Columnist Anne Long connected her readers with recipes. Her column, “You Asked For It,” served as a resource for a changing food culture. She received an average of 50 letters each week and she said she knew many by their handwriting. She was a self-taught cook who worked to educate a cooking community. This study looks at how people communicate about food and the construction of food memories.

Attendance List

Nevine Abraham, Carnegie Mellon University, United States
Patricia Abrantes, Institute of Geography and Spatial Planning, Portugal
Abdelilah Ahnich, Polydisciplinary Faculty, Sultan Moulay Slimane University, Morocco
John Edward Edquilag Alfonso, National University, Philippines
Martina Arcadu, University of Genova, Italy
Morgane Batkai, Open University, Netherlands
Anne C. Bellows, Syracuse University, United States
Hayden Bidinger, the University of Chicago, United States
Andrea M. Brace, Fairleigh Dickenson University, United States
Chris Broodryk, University of Pretoria, South Africa
Dorothea Burato, University of Parma, Italy
Zodidi Cebiso, University of KwaZulu-Natal, South Africa
Zelmari Coetzee, University of Pretoria, South Africa
Ana María Corzo De Del Castillo, Hospital Militar III Arequipa, Peru
Szilvia Csevár, The Hague University of Applied Sciences, Netherlands
Santiago De Pablo Contreras, University of the Basque Country, Spain
Nadine Du Piesanie, University of Pretoria, South Africa
Gerrie Elizabeth du Rand, University of Pretoria, South Africa
Alba Du Toit, University of the Free State, South Africa
Gabriel Fassina Ladeia, UniCesumar, Brazil
Marisa Fat, Anne Burnett Marion School of Medicine at TCU, United States
Fernanda Favaro, Malmö University, Sweden
Hennie Fisher, University of Pretoria, South Africa
Jasmine Fledderjohann, Lancaster University, United Kingdom
Mildred Inna Marcela Flores Verástegui, Universidad Autónoma Agraria Anotnio Narro, Mexico
Marina Fourie, Inqurated Consulting, South Africa
Michal Friedman, Carnegie Mellon University, United States
Anna Garner, Columbia University, United States
Ana Laura González Alejo, Escuela Nacional de Ciencias de la Tierra, Universidad Nacional Autónoma de México, Mexico
Youyou Guitard Wu, Université de Nîme, France
Nadra Hashim, Journal of Agriculture, Food Systems, and Community Development, United States
Richard Hay, University of Pretoria, South Africa
Daryl Hewson, University of Johannesburg, South Africa
Nechama Huba, Duke University, United States
Juanita Jonker, Central University of Technology, South Africa
Lilian Kafuko, University of Pretoria, South Africa
Katherine Keane, Queensland University of Technology, Australia
Miles Kubheka
Munashe Kurehwatira, University of Venda, South Africa
Thandile Welile Kweyama, University of KwaZulu Natal, South Africa
Suki Kwon, University of Dayton, United States
Vera Labeur, The Hague University of Applied Sciences, Netherlands
Julie Latchem Hastings, Cardiff University, United Kingdom
Sonia Lorente, Autonomous University of Barcelona (UAB), Spain

Attendance List

Mónica E. Lugo Vélez, North Carolina State University, United States
Dineo Bakotile Mabilu, University of Johannesburg, South Africa
Lynn Mafofo, University of the Western Cape, South Africa
Lesego Marule, University of Pretoria, South Africa
Nadene Marx-Pienaar, University of Pretoria, South Africa
Jim Matsho, Tshwane University of Technology (TUT), South Africa
Eduard Maury, Universidad del Bío-Bío, Chile
Johnine Mc Cartney, Western Connecticut State University, United States
Peyton McConnell, The University of North Carolina at Chapel Hill, United States
Ludger Mees, University of the Basque Country, Bilbao, Spain
Nandi Hlengiwe Mhlongo, University of the Western Cape, South Africa
Simonetta Milli Konewko, University of Wisconsin-Milwaukee, United States
Ronald Mize, Oregon State University, United States
Manisha Mohanty, Institute of Technical Education and Research, Siksha O Anusandhan University, India
Moliehi Mohapinyane, University of Pretoria, South Africa
Noemia Mugabe, University of Pretoria, Mozambique
Kizza Stanley Muwanguzi
Lindelwe Ndlovu, University of Pretoria, South Africa
Mary Neuburger, University of Texas, United States
Slindile Ngiba, University of Johannesburg, South Africa
Matokelo Nthejane, University of Pretoria, South Africa
Michaela Nuebling, Baden-Württemberg Cooperative State University, Ravensburg, Germany
Omobolanle Omoteso, Rhodes University., South Africa
Swasti Pachauri, Cornell University, United States
Nicole Plummer, The University of the West Indies, Mona, Jamaica
Aaron Prater, Diablo Valley College, United States
Adeline Pretorius, University of Pretoria, South Africa
Richaela Primus, Eindhoven University of Technology, Netherlands
Laura Racovita, Southern Adventist University, United States
Ohijeagbon Oladoyin Rebecca, Ladoke Akintola University of Technology, Ogbomoso, Nigeria
Hillary Renick, California Indian Land Institute, United States
Steven Richards, Clemson University, United States
Guadalupe Sánchez Labra, Universidad Autónoma del Estado de Hidalgo, Mexico
Kale Sartor, Deakin University, Australia
Ammaarah Seboa, University of the Western Cape, South Africa
Timothy Bernd Wallace Seekings, Research Institute for the Humanities and Social Sciences, National Science and Technology Council, Taiwan
Oratile Charmaigne Sehoole, ,
Charmaigne Sehoole, University of Pretoria, South Africa
Sapana Sewpersad, University of the Witwatersrand, South Africa
Hamidah Sharif-Amanyi, Fort Valley State University, United States
Carla Silva, City University of New York, Graduate Center, United States
Michela Siuni, SOAS, University of London, United Kingdom
Ryan Tao, New York University, United States
Sahar Tavakoli, University of Milan, Italy

Attendance List


Bahira Trask, University of Delaware, United States
Nuria Trujillo, University of Cádiz, Spain
Rochelle Van Veijeren, University of Pretoria, South Africa
Arcenia Notilija Vilanculo, Syracuse Urban Food Forest Project, United States
Maria Villalpando Paez, University of California Berkeley, Mexico
Kimberly Voss, University of Central Florida, United States
Erik Wolf,
Isin Yazicioglu, University College Cork, Ireland
Takakazu Yumoto, Japan Food Studies College, Japan
Zehra Zawawi, University of Northern British Columbia, Canada
Yuanke Zhou, National University of Singapore, Singapore
Balungile Zondi, University of KwaZulu-Natal, South Africa

XV CONGRESO INTERNACIONAL SOBRE
ESTUDIOS NUTRICIONALES Y ALIMENTACIÓN

FED UP

APRENDER *DEL PASADO*
IMAGINAR *NUEVOS FUTUROS*



 Estudios Nutricionales

8-10 DE OCTUBRE DE **2025**

UNIVERSIDAD DE PRETORIA, PRETORIA
SUDÁFRICA

XV Congreso Internacional sobre Estudios Nutricionales y Alimentación

<https://estudiosnutricionales.com/acerca-de/historia/congreso-2025>

Edited by Hennie Fisher and Blanca Rosa Aguilar Uscanga

First published in 2025 in Champaign, Illinois, USA

by Common Ground Research Networks, NFP

www.cgnetworks.org

© 2025 Common Ground Research Networks

ISBN: 978-1-969318-56-6 (HBK)

ISBN: 978-1-969318-57-3 (PDF)

All rights reserved. Apart from fair dealing for the purpose of study, research, criticism, or review as permitted under the applicable copyright legislation, no part of this work may be reproduced by any process without written permission from the publisher. For permissions and other inquiries, please contact support@cgnetworks.org.



Cartas de bienvenida



Nuevo Pensamiento
Nuevas Prácticas
Nuevas Sociedades

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



Estimados participantes del Congreso:

Es un gran placer darles la bienvenida al **XXXII Congreso Internacional sobre Aprendizaje**. 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

Welkom. Siyakwamukela. Re a le amogela. Welcome.

On behalf of the Local Organising Committee in the Department of Consumer and Food Sciences at the University of Pretoria, it is our privilege to welcome you, our online delegates, to the Fifteenth International Conference on Food Studies.

Although you are joining us virtually, you are an integral part of this gathering. Convened by Common Ground Research Networks, this conference thrives on the exchange of ideas and perspectives, whether in person in Pretoria or connected from across the globe.

Our theme, Fed UP, is both a reflection and a challenge. It asks us to learn from the past, what worked and what did not, and to imagine food futures that are just, sustainable, and nourishing for all.

South Africa, even through your screen, offers a meaningful backdrop: a country rich in food heritage and creativity, but also facing affordability concerns, nutrition transitions, climate stress, and food loss and waste. These challenges mirror global realities, making our conversations urgent and relevant.

In the days ahead, you can expect:

- Fresh insights from researchers, practitioners, policymakers, educators, and creators.
- Interactive debate and discussion that invite your participation and reflection.
- Networking opportunities to connect with colleagues across borders.
- Inspiration where food heritage and innovation meet, even online.

This conference values every voice. Whether you are an early-career scholar or a seasoned leader, we encourage you to engage fully. The strength of this community lies in its diversity and collaboration across disciplines, geographies, and generations.

Thank you for making the effort to join us online. May the sessions inspire new thinking, the conversations open doors, and the connections you make here continue far beyond this week.

Here's to learning from the past and imagining new futures, together.

With warm South African regards,

On behalf of the Local Organising Committee,

Dr. Nadene Marx-Pienaar
University of Pretoria,





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 globales
- 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
- Celebridades 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

Universidad de Guadalajara, México (español)



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.

- **Blanca Rosa Aguilar Uscanga**, Universidad de Guadalajara, México (presidenta)
- **Juan Arturo Ragazzo Sánchez**, Instituto Tecnológico de Tepic, Nayarit, México
- **Montserrat Calderón Santoyo**, Instituto Tecnológico de Tepic, Nayarit, México
- **Alma Hortensia Martínez Preciado**, Universidad de Guadalajara, México
- **Josué Raymundo Solís Pacheco**, Universidad de Guadalajara, México
- **Angélica Villerruel López**, Universidad de Guadalajara, México
- **Adriana Macaria Macías Lamas**, Universidad de Guadalajara, México
- **José María Lagaron Caballero**, Instituto de Agroquímica y Tecnología de Alimentos, España
- **Marleni Aranda Saldaña**, Universidad de Alberta, Canadá
- **Simone Damasceno Gomes**, Universidade Estadual do Oeste do Paraná, Brasil



XV 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
- 2024 - Instituto Politécnico de Portalegre, Portalegre, Portugal

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





Nadene Marx-Pienaar
Lecturer, University of Pretoria,
South Africa



Adeline Pretorius
Lecturer, University of Pretoria,
South Africa



Nwabisa Mehlomakulu
Senior Lecturer, University of Pretoria,
South Africa



Lesego Marule
Lecturer, University of Pretoria,
South Africa



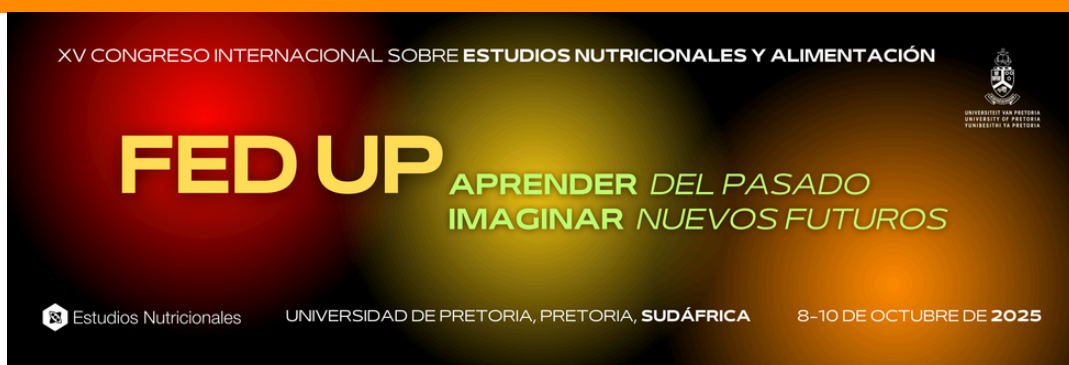
Gerrie du Rand
Associate Professor, University of Pretoria,
South Africa



Hennie Fisher
Lecturer, University of Pretoria,
South Africa



Nadine du Piesanie
Assistant Lecturer, University of Pretoria,
South Africa



"Fed Up": Aprender del pasado, imaginar nuevos futuros

El XV Congreso Internacional Sobre Estudios Nutricionales y Alimentación, «Fed Up: Aprender del pasado, imaginar nuevos futuros», se celebrará en el corazón de Pretoria (Sudáfrica). El congreso está dedicado a desentrañar los intrincados hilos de la alimentación, la cultura y la sostenibilidad que dan forma no sólo a nuestros paisajes locales, sino también al discurso alimentario mundial. En un mundo marcado por la abundancia y la escasez, este congreso sirve de foro para explorar las polifacéticas dimensiones de la alimentación en la sociedad contemporánea, trascendiendo fronteras y límites.

Invitamos a académicos, profesionales, responsables políticos y entusiastas de la alimentación a unirse a nosotros para dialogar con expertos de renombre y líderes de opinión, fomentar colaboraciones interculturales y compartir investigaciones innovadoras y conocer mejor el patrimonio culinario sudafricano y su repercusión mundial. Participe en la creación de un futuro alimentario sostenible y equitativo. Embarquémonos juntos en un viaje culinario que trascienda fronteras, desvelando la sabiduría de la tradición y aprovechando el poder de la imaginación para allanar el camino hacia un mundo más sostenible, nutritivo e integrador. Prepárese para sentirse inspirado, desafiado y nutrido en cuerpo y mente. Esperamos darle la bienvenida a este congreso transformador.

Producción alimentaria y sostenibilidad:

Los diversos ecosistemas y tradiciones agrícolas de Sudáfrica se han entrelazado durante mucho tiempo con su rico tapiz de culturas. Profundizaremos en las prácticas agrícolas sostenibles, las innovaciones y los sistemas de conocimiento autóctonos. Debataremos cómo aprovechar estas prácticas para garantizar la seguridad alimentaria de todos, salvaguardando al mismo tiempo el medio ambiente para las generaciones futuras.

Nutrición y salud:

Mientras navegamos por las complejidades de las dietas modernas y su impacto en la salud pública, hacemos hincapié en la importancia de nutrir nuestros cuerpos con ingredientes locales y nutritivos. En la búsqueda de un mayor bienestar, exploramos la diversidad dietética, los superalimentos autóctonos y los enfoques culinarios innovadores. Juntos descubriremos la intersección entre la sabiduría tradicional y la investigación de vanguardia para promover sociedades más sanas.

Política y actuaciones:

La alimentación es intrínsecamente política, está sumergida en las redes de la formulación de políticas, los acuerdos comerciales y la geopolítica mundial. Analizamos las implicaciones de las políticas gubernamentales y los acuerdos internacionales sobre el acceso a los alimentos, la soberanía y la justicia. Invitamos al diálogo sobre cómo podemos abogar colectivamente por sistemas alimentarios equitativos y sostenibles a escala local y mundial.

Patrimonio, cultura y cultura popular:

La comida no es un mero sustento; es un espejo que refleja la identidad y la evolución de una sociedad. A través de la gastronomía, nos adentraremos en las profundidades del patrimonio, la cultura y la cultura pop, explorando las narrativas y tradiciones que han dado forma a nuestros paisajes culinarios. Desde los platos tradicionales transmitidos de generación en generación hasta la fusión de cocinas globales en los centros urbanos, celebramos la diversidad que enriquece nuestras experiencias culinarias.

Erik Wolf

Executive Director, World Food Travel Association, USA



"South Africa's Culinary Tourism at a Crossroads: Learning from the Past, Imagining New Futures"

Erik Wolf is recognized as the founder of the modern food tourism industry and the World Food Travel Association. He is a highly-sought speaker, thought leader, strategist and consultant, in the US and abroad, on food and drink tourism issues, and is considered the go-to resource on food and beverage tourism for a wide variety of media outlets that include CNN, the BBC, the Wall Street Journal, Newsweek, NBC, Forbes, Click by Booking.com, PeterGreenberg.com, Huffington Post, the Australian Broadcasting Corporation and many more. He advises leading global brands such as World Travel Market, Absolut, American Express, Disney, Marriott and Royal Caribbean, and organizations such as UNESCO and UNWTO. His articles, research and books have been translated into dozens of languages.

Miles Kubheka

Entrepreneur and Chef, South Africa



"A Change Makers Mindset"

Miles Kubheka is a passionate serial entrepreneur and changemaker on a mission to drive positive change in South Africa, a country he firmly believes to be the best in the world. With the audacity of hope and innovation, he transforms dreams into reality. His influential story resonates across the cultural landscape of both South Africa and beyond, inspiring others to embrace the spirit of entrepreneurship and contribute to the country's greatness. As a thought leader, he fosters an entrepreneurial mindset in individuals (across walks of life) and organizations, making a lasting impact on the nation's business landscape. Accomplished in business, he founded Vuyos and later, Wakanda Food Accelerator & Gcwalisa. Beyond entrepreneurship, he serves on the board of the food rescue organisation, SA Harvest, further cementing his commitment to making a positive difference in South Africa.

Chris Broodryk

Assistant Professor, University of Pretoria, South Africa



Chris Broodryk is Associate Professor in the School of the Arts, Faculty of Humanities, University of Pretoria. He completed his doctorate in Film and Television Studies at the University of Cape Town. His trans-disciplinary research focuses on identity dynamics and cultural expression, which ranges across film studies, television studies, and social media studies. He has published academic articles, book reviews, film reviews, and play reviews in peer-reviewed journals such as *Journal of African Cinemas*, *Critical Arts* and *Journal of Literary Studies*. Currently, Chris is collaborating with the Centre for Asian Studies in Africa (CASA) on a theatre-based climate action project, and is in conversation with the UP Institute for Sustainable Malaria Control (UPISMC) on film-specific research and outputs about malaria. He is the editor of *Public Intellectuals in South Africa: Critical Voices from the Past* (Wits University Press, 2021). He is coordinator of postgraduate film praxis in the School of the Arts, and supervises MA and PhD research in Drama and Film Studies and at the Unit for Creative Writing.

Jesús Alonso Amezcua López

Profesor e investigador, Centro Universitario UTEG, Guadalajara, México



El Dr. Jesús Alonso Amezcua López es profesor e investigador en el Centro Universitario UTEG, donde lidera proyectos en biotecnología alimentaria, nutrición neonatal y lactancia materna. Su trabajo se centra en la investigación sobre leche humana en polvo y su fortificación con probióticos, así como en el impacto del consumo de sustancias tóxicas durante la lactancia.

Doctor en Ciencias en Procesos Biotecnológicos por la Universidad de Guadalajara, el Dr. Amezcua también realiza investigaciones en recién nacidos con sepsis neonatal y el desarrollo de nuevos fármacos bioterapéuticos, contribuyendo al avance de la salud neonatal en colaboración con el Laboratorio de investigación Leche Humana de la Universidad de Guadalajara.

Su labor ha sido reconocida con diversos premios, incluyendo el Premio Latinoamericano en Idea Innovadora 2023. Además, combina su destacada trayectoria académica con un compromiso social enfocado en la promoción, fomento y apoyo a la lactancia materna y la alimentación en neonatos críticos.

Gyebi Duodu

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



Prof Duodu is Professor of Food Science in the Department of Consumer and Food Sciences, University of Pretoria. Prof Duodu has authored or co-authored more than 50 articles in international peer-reviewed journals and twelve book chapters. He currently holds a C2 rating from the NRF. He is also a member of the editorial boards of the Journal of Food Composition and Analysis and Legume Science. Prof Duodu teaches food chemistry, food engineering and some aspects of cereal science, legume science and fats and oils chemistry and technology.

Prof Duodu's research is broadly on African grains and food bioactives with emphasis on the link between food and health. His research focus is on the health-promoting properties of African grains and their foods, with a specific focus on metabolomic profiling, chemistry and physiological actions of bioactive phenolic compounds of African grains using in vitro, ex vivo and in vivo studies. It is imperative for Africa to develop high quality and affordable food products based on African cereal grains such as sorghum and millets, legumes like cowpeas, Bambara groundnut and marama bean, root crops such as orange flesh sweet potato and African leafy vegetables. Present day Africa carries an ever-increasing burden of diet-related non-communicable diseases such as cancer, cardiovascular diseases and diabetes. African cereal and legume grains and leafy vegetables are being recognised for their unique nutritional and health-promoting potential due to their slow digestibility and high levels of micronutrients and phytochemicals such as phenolic compounds.

This research area includes the following interrelated topics:

- Combating conditions and diseases associated with overnutrition such as metabolic syndrome, certain cancers, Type II diabetes and cardiovascular diseases with African foods
- Effect of novel food processing technologies on health-promoting properties of cereal- and legume-based foods

Prof Duodu also has research interest in nutritional aspects of African grain-based foods in terms of their protein quality and micronutrient bioaccessibility and how these can be enhanced using food-to-food fortification strategies.

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.

Gabriel Fassina Ladeia

Universidad Estatal de Maringá,
Brasil



Martina Arcadu

Universidad de Génova, Italia





Resúmenes de 2025

Aprovechamiento del residuo de cáscara de huevo como suplemento alimenticio para gallinas ponedoras Isa Brown en la Granja Avícola Repunta: Gestión de residuos en la producción alimentaria y sostenibilidad ambiental

Luis Angel Rivera Alvarado, Student, Bachillerato en Ingeniería en calidad e innovación agroalimentaria, Universidad Nacional de Costa Rica, San José, Costa Rica

Sofia Aguero Quirós, Student, Estudiante de ingeniería en calidad e innovación agroalimentaria, Universidad Nacional, San José, Costa Rica

Marilyn Ariadna Porras Céspedes, Student, Cursante de Ingeniería en calidad e innovación agroalimentaria, Universidad Nacional, San José, Costa Rica

El objetivo de esta investigación fue evaluar la viabilidad de utilizar los residuos de cáscaras de huevo como suplemento alimenticio para gallinas ponedoras de la línea Isa Brown. El problema que motiva este estudio es la alta generación de residuos de cáscaras de huevo y su bajo aprovechamiento en la industria avícola, lo que impulsa la necesidad de desarrollar un producto útil que pueda contribuir a la economía circular y a la nutrición de las aves. La metodología incluyó la recolección de información bibliográfica sobre la biodisponibilidad del calcio en las cáscaras de huevo y su contenido en comparación con los suplementos comerciales. Además, se elaboró el suplemento utilizando cáscaras recolectadas de la Avícola Repunta, adaptando las metodologías existentes a los recursos del laboratorio de ICIAGRO de la Universidad Nacional de Costa Rica. El proceso experimental resultó en un suplemento con un rendimiento del 57,56%, lo cual se consideró positivo. Los resultados indicaron que el suplemento a base de cáscaras de huevo contenía una cantidad de calcio superior a los suplementos comerciales tradicionales, satisfaciendo las necesidades de calcio de las gallinas con dosis menores. No se identificaron desventajas en su uso, y se observaron beneficios en la salud de las aves y en la calidad de los huevos. En conclusión, el trabajo resalta la relevancia de explorar fuentes alternativas de nutrientes en la industria avícola, favoreciendo tanto la sostenibilidad como la rentabilidad de las empresas del sector.

Diagnóstico y caracterización de enfermedades en el cultivo de sorgo (*Sorghum bicolor* (L.) Moench) en la Península de Nicoya, Costa Rica

Arlette Orozco Muñoz, Student, Máster, Universidad Nacional de Costa Rica, Heredia, Costa Rica

El sorgo (*sorghum bicolor* L.) es una forrajera de grano de gran importancia para el sector ganadero, ya que constituye una fuente de proteína y energía para los rumiantes. En Costa Rica se está empezando a promover su producción para ensilaje como alternativa resiliente ante el cambio climático. Sin embargo, no hay información actualizada de enfermedades incidentes en este cultivo ni estrategias de manejo, causando disminución de producción de biomasa y grano, y desventaja financiera para los sistemas ganaderos productivos. El objetivo de este estudio fue diagnosticar y caracterizar las enfermedades en este cultivo en Jicaral-Cóbano, Puntarenas, Costa Rica. Se visitaron 10 parcelas de aproximadamente media hectárea cada una. Se realizaron muestreos quincenales durante el ciclo de cultivo, se documentó la sintomatología de las plantas, se recolectaron muestras las cuales fueron trasladadas al Laboratorio de Fitopatología de la Escuela de Ciencias Agrarias de la Universidad Nacional; donde se aislaron y purificaron en medio de cultivo PDA para finalmente identificar el patógeno a nivel morfológico. Se diagnosticaron 6 principales enfermedades con sintomatología a nivel foliar: *Colletotrichum* spp, *Puccinia* spp, *Microdochium sorghi*, *Diplodia* spp, Complejo *Curvularia-Bipolaris* y *Fusarium* spp. Estos últimos dos patógenos se encontraron también afectando panojas. Los resultados aportan conocimiento clave sobre enfermedades del sorgo en condiciones de trópico seco, resaltan la importancia de implementar programas de manejo regionales, monitoreo constante, capacitación a productores y evaluación de materiales resistentes para fortalecer la productividad y sostenibilidad de los sistemas ganaderos nacionales.

El régimen agroalimentario del aguacate en México: Impactos sociambientales

José Luis Saldaña Saldanajo²³, Student, Phd, Universidad de Guadalajara , Jalisco, Mexico

El crecimiento exponencial de la agroindustria del aguacate en México, impulsado por la demanda internacional, ha transformado profundamente las dinámicas socioeconómicas y ambientales en las regiones productoras, especialmente en Michoacán. En este estudio se analiza la orientación exportadora de esta cadena de valor que ha generado tanto oportunidades económicas como desafíos para la sostenibilidad nutricional y el desarrollo rural. A través de un enfoque teórico que integra las perspectivas del régimen agroalimentario, la teoría de la dependencia y el concepto de nuevo campesinado, se evalúan los efectos de esta industria en términos de empleo, condiciones laborales, deforestación, uso intensivo de recursos hídricos y seguridad alimentaria local. El análisis se basa en datos estadísticos recientes (FAO, SADER, INEGI), estudios de caso en comunidades productoras, y entrevistas con actores clave, incluyendo pequeños productores, jornaleros y líderes comunitarios. Los resultados evidencian que, mientras la agroindustria del aguacate ha promovido el crecimiento económico en ciertas áreas, también ha exacerbado desigualdades sociales, deteriorado recursos naturales y desplazado la producción de alimentos básicos, comprometiendo la seguridad alimentaria en el ámbito local. Este trabajo concluye con propuestas para transitar hacia un modelo agroalimentario más equilibrado y sostenible, que combine prácticas de producción responsables con políticas públicas orientadas a la justicia social y ambiental. Así, se busca imaginar un futuro en el que la producción de alimentos contribuya al bienestar de las comunidades rurales sin comprometer la integridad ecológica y nutricional.

Gestión de residuos agroquímicos en piña (*Ananas comosus L*) para la manufactura de subproductos que incentiven la economía circular

Angie Priscilla Chavarría Castillo, Student, cursante de carrera Ingeniería y calidad en innovación agroalimentaria , Universidad Nacional de Costa Rica, San José, Costa Rica

Marilyn Tatiana Madrigal Torres, Student, Bachillerato en proceso , Universidad Nacional Costa Rica , San José, Costa Rica

Joshua Mora, Student, Bachillerato en Ingeniería en agroalimentación y innovación alimentaria, Universidad Nacional de Costa Rica, San José, Costa Rica

A nivel global, la producción de alimentos genera una gran cantidad de residuos, lo que convierte su gestión en un tema crucial en una industria tan globalizada, por ello, es fundamental no solo gestionar adecuadamente estos desechos, sino también transformarlos en materias primas útiles. Costa Rica destaca como uno de los principales productores y exportadores de piña en el mundo, lo que plantea la necesidad de minimizar el uso de agroquímicos en sus cultivos, esto permitiría un mejor aprovechamiento de los residuos, como las cáscaras de piña, que son ricas en nutrientes y pueden dar lugar a diversos subproductos gastronómicos. Este proyecto busca incentivar tanto a grandes como a pequeños productores a darle un valor a los residuos que son destinados al desperdicio, generando así una significativa reducción de desechos y fomentando una mayor conciencia sobre la sostenibilidad ambiental.

Goma de colágeno extraído del pescado con adición de probiótico encapsulado: Desarrollo de un producto

Gina Patricia Parra, Student, Doctoranda, Universidad de Pamplona, Santander, Colombia

La industria pesquera en Colombia produce más de 81.000 toneladas anuales de productos, de las cuales más del 50% se convierten en residuos. Entre estos, las escamas de pescado son una rica fuente de colágeno, que representa más del 80% de su composición y tiene alto valor biológico, pudiendo ser aprovechado en alimentos funcionales. La reutilización de las escamas contribuye a mitigar el impacto ambiental de estos desechos, alineándose con los principios de economía circular. El objetivo de esta investigación fue desarrollar gomas comestibles enriquecidas con colágeno y probióticos encapsulados, utilizando escamas de pescado como materia prima. Para ello, se extrajo colágeno de las escamas mediante procesos de extracción y pasteurización, y los probióticos (*Lactobacillus casei*) fueron encapsulados en perlas de alginato al 1%, utilizando una solución de cloruro de calcio al 2,14%. Las gomas se elaboraron mezclando colágeno, saborizantes y perlas de alginato. Se realizaron análisis físico-químicos, microbiológicos y sensoriales para evaluar la calidad, viabilidad y aceptación del producto, según la NTC 5592:2008 y la Resolución 1407 de 2022. El colágeno extraído mostró características moleculares específicas, y los probióticos mantuvieron su viabilidad por encima de 10^7 UFC/ml durante dos meses. Las gomas cumplieron con los límites normativos de azúcares totales. Las pruebas sensoriales destacaron el color y aroma, con un porcentaje de aceptabilidad de 1 a 7, aunque la textura requieren optimización. Los análisis microbiológicos confirmaron la ausencia de patógenos. Las gomas enriquecidas con colágeno y probióticos son una solución innovadora para reutilizar los desechos pesqueros.

Hacia una tipología espacial de los entornos alimentarios rurales en México: Una aproximación orientada a la salud

Aldo Daniel Jiménez, Postdoctoral researcher, Socioecological systems research network, Center for Research in Spatial Information Sciences, CentroGeo, Mexico

Mauricio Galeana Pizaña

La forma en que se producen y consumen alimentos está cambiando a nivel global. La transición de la producción agrícola tradicional a una producción intensiva, junto con el aumento en el consumo de alimentos de alto contenido calórico, ha generado impactos en los ecosistemas y en la salud pública. Esta problemática ha sido abordada a través del estudio de los entornos alimentarios, los cuales reflejan cómo se adquieren y consumen los alimentos. Aunque existen diversas tipologías de entornos alimentarios, la mayoría se centra en ámbitos urbanos, dejando de lado las particularidades del medio rural. El objetivo de este estudio es proponer una tipología espacial de los entornos alimentarios rurales en los municipios de México y explorar sus diferencias en términos de salud humana y salud ecosistémica. Se desarrolló un marco conceptual que considera dimensiones clave del contexto rural, como la diversidad y el destino de la producción agrícola, el acceso a los alimentos, la infraestructura y la conectividad con los centros urbanos. A partir de variables seleccionadas, se integraron enfoques basados en el conocimiento, fundamentados en reglas teóricas, y enfoques basados en datos, utilizando técnicas de agrupamiento. Se identificaron ocho tipos de entornos alimentarios rurales. Posteriormente, se evaluarán las diferencias en enfermedades crónicas y en la integridad ecológica entre los tipos, ofreciendo una perspectiva territorial de los entornos alimentarios rurales.

Importancia económica y cultural del cangrejo rojo *Ucides occidentalis* (Ortmann, 1897) como recurso sostenible: Reserva Ecológica Manglares Churute

Denny William Moreno Castro, DOCENTE, FACULTAD CIENCIAS DE LA INGENIERIA, Universidad Estatal de Milagro, Milagro, Facultad Ciencias e Ingeniería, Milagro, Provincia del Guayas, Ecuador, 0910150, Guayas, Ecuador

El cangrejo rojo (*Ucides occidentalis*) es un recurso pesquero de gran valor ecológico, económico y cultural en la costa ecuatoriana, especialmente en la Reserva Ecológica Manglares Churute. Esta investigación analiza la importancia de la especie en la economía local y su rol en la sostenibilidad de los ecosistemas de manglar, considerando su disminución poblacional en los últimos años. A través de un estudio poblacional, se evidencia una reducción significativa de la abundancia de *U. occidentalis* entre 2018 y 2023, lo que sugiere la necesidad de estrategias de manejo más efectivas. Se destaca la relevancia de las vedas reproductivas y la participación de comunidades locales en el monitoreo y control de la extracción. La pesca artesanal de este crustáceo representa el sustento de numerosas familias, siendo una actividad de bajo impacto ambiental cuando se gestiona adecuadamente. Los resultados subrayan la necesidad de fortalecer medidas de conservación que equilibren la explotación sostenible con la protección de los manglares. Además, se plantea la implementación de un plan de manejo adaptativo que permita la recuperación natural de la especie sin comprometer la economía de los pescadores. Este estudio aporta evidencia científica para la toma de decisiones en políticas pesqueras y conservación, promoviendo la sustentabilidad del cangrejo rojo como recurso alimenticio clave en la región.

Producción de alimentos y sostenibilidad

Innovación y optimización en la producción de alimentos: Caso de estudio en granos, harinas, hojuelas y fideos

Adilson Rodrigo Flores Fernandez, JEFE DE PLANTA, PRODUCCION-CALIDAD, AMCCO SRL, La Paz, Bolivia

La industria alimentaria enfrenta constantemente el desafío de adaptarse a un mercado demandante de productos de alta calidad, a precios competitivos y con procesos cada vez más sostenibles. Este trabajo explora la innovación y optimización en la producción de alimentos, con un enfoque particular en la fabricación de harinas, hojuelas y fideos. A través de un análisis detallado de casos de estudio, se examinan las técnicas y tecnologías implementadas para mejorar la eficiencia operativa, reducir costos y maximizar el aprovechamiento de recursos. Se destacan, además, los avances en automatización de procesos, control de calidad y la integración de soluciones innovadoras que no solo aumentan la productividad, sino que también mejoran la sostenibilidad en cada etapa de la producción. Este estudio busca ofrecer un enfoque práctico y aplicable para los profesionales del sector alimentario que buscan transformar sus procesos de producción, optimizando además el rendimiento económico.

La determinación social de la salud y su impacto en la nutrición: Un análisis desde la salud colectiva

Velky Viagnette Vera Vélez, Docente, Salud, Pontificia Universidad Católica del Ecuador Sede Santo Domingo Tsáchilas, Manabí, Ecuador

La salud ha estado influenciada por una combinación de factores sociales, económicos, ambientales y políticos, conocidos como la determinación social de la salud. Este estudio tuvo como objetivo analizar la relación entre la nutrición y la determinación social de la salud, destacando las desigualdades en el acceso a una alimentación adecuada y su impacto en la salud. Además, se exploró cómo el enfoque de salud colectiva pudo ser una herramienta eficaz para abordar los problemas nutricionales derivados de estas desigualdades. La investigación se basó en una revisión bibliográfica de estudios sobre la determinación social de la salud y nutrición, con un enfoque crítico y analítico de los datos disponibles. Se identificaron las principales barreras que enfrentaban los grupos vulnerables para acceder a alimentos saludables y se evaluaron las intervenciones propuestas desde la salud colectiva. Los hallazgos revelaron que las desigualdades socioeconómicas limitaron el acceso a una nutrición adecuada, afectando principalmente a poblaciones de bajos ingresos, minorías étnicas y habitantes de zonas rurales. La falta de acceso a alimentos nutritivos aumentó la prevalencia de enfermedades crónicas no transmisibles, como la obesidad y la diabetes. En este contexto, la salud colectiva propuso intervenciones multisectoriales, como la promoción de políticas públicas que regularan el consumo de alimentos ultra procesados y fomentaran la agricultura familiar, además de implementar programas de educación alimentaria. El enfoque de salud colectiva se posicionó como un abordaje integral para reducir las inequidades alimentarias y promover el bienestar, mediante políticas inclusivas y estrategias de salud comunitaria.

Percepciones y creencias de médicos y enfermeras de atención primaria en España sobre las dietas veganas

Nuria Trujillo, Professor, Nursing, University of Cádiz, Cádiz, Spain

El papel de los profesionales sanitarios en la orientación nutricional es clave para la promoción de hábitos alimentarios saludables. Sin embargo, sus actitudes hacia las dietas veganas pueden estar influenciadas más por sus propios hábitos dietéticos que por su formación en nutrición. Este estudio tuvo como objetivo analizar la relación entre los hábitos alimentarios y las creencias de médicos y enfermeras de atención primaria en España sobre las dietas veganas. Se llevó a cabo un estudio observacional, transversal, basado en cuestionarios, con la participación de 208 profesionales de la salud. Los resultados mostraron que los profesionales con dietas vegetarianas o veganas fueron significativamente más proclives a considerar estas dietas como nutricionalmente adecuadas en comparación con los omnívoros. En contraste, no se encontró una relación significativa entre haber recibido formación específica en nutrición y la actitud hacia las dietas veganas, lo que sugiere que la educación nutricional actual puede no ser suficiente para modificar creencias preexistentes sobre este tipo de alimentación. Además, se encontraron diferencias de género, con las mujeres mostrando una mayor conciencia sobre el impacto ambiental de la ganadería y una mayor aceptación de las dietas veganas en poblaciones vulnerables. Estos hallazgos resaltan la necesidad de revisar y fortalecer la formación en nutrición dentro del ámbito sanitario, asegurando que los profesionales de la salud puedan proporcionar asesoramiento basado en la evidencia, independiente de sus propias preferencias alimentarias.

Resignificar los sistemas alimentarios desde la agroecología para avanzar hacia políticas integrales: Resignificar los sistemas alimentarios desde la agroecología para avanzar hacia políticas integrales

Marianela Zúñiga Escobar, Professor and researcher, Nutrition, Universidad de Costa Rica, San José, Costa Rica

La investigación tiene como fin evidenciar los desafíos actuales de los sistemas alimentarios en un contexto de primacía de la economía creciente e inequidades sociales que, desvincula los alimentos y la alimentación de la salud planetaria y la salud de las personas. Un contexto que desvirtúa el derecho a la alimentación adecuada, porque crea necesidades de consumo que no favorecen el estado nutricional y que están basados en una racionalidad técnica e instrumental; dando prioridad a la eficiencia y la estandarización por sobre otros intereses, emociones, tradiciones y valores humanos. Se realizó una revisión bibliográfica y análisis crítico del contexto de los sistemas alimentarios en Costa Rica, para generar una reflexión colectiva que permita acercar tanto el referencial como las estrategias de acción de los sistemas alimentarios con la agroecología. Lo anterior, con el objetivo de dar un valor al sentido que tienen los sistemas alimentarios agroecológicos sobre otros tipos de sistemas alimentarios que coexisten. De este modo, justificar la necesidad de políticas públicas que prioricen la seguridad alimentaria y nutricional, a partir de alimentos agroecológicos para promover prácticas de producción y consumo saludables y sostenibles en un país que estimula la importación y exportación de alimentos, pero no la producción local y los mercados a lo interno del país para el consumo saludable y sostenible.

Cambios en los hábitos alimentarios de la población migrante en Los Cabos (Baja California Sur, México)

Iboris Sánchez Rigñack, research , Independent Researcher, New York, United States

El municipio de Los Cabos, en Baja California Sur (México), ha sido uno de los municipios con mayor tasa de crecimiento poblacional del país desde la década de los noventa del siglo pasado, debido al auge del turismo de lujo y de segunda residencia. Los sectores de la construcción y los servicios que sustentan la actividad turística se nutren de la migración interna, especialmente de la parte sur del macizo continental, como Guerrero y Oaxaca. Esta población suele asentarse en zonas de alta marginación urbana, enfrentando un cambio drástico en su alimentación debido a la alta disponibilidad de alimentos ultraprocesados y entornos obesogénicos. En este contexto, el propósito de esta investigación es analizar la transición alimentaria de la población migrante. Para ello, se utilizó el índice de alimentación saludable y se realizaron entrevistas abiertas, mostrando como principal resultado el cambio de la alimentación tradicional por una dieta industrial, donde ningún individuo sigue una dieta saludable, impactando en la cultura y la salud de las personas.

Características gastrointestinales y patrones alimentarios en mujeres con síndrome de Ehlers-Danlos: Estudio comparativo

Sonia Lorente, Departamento de Psicobiología y Metodología en Ciencias de la Salud, Universidad Autónoma de Barcelona (UAB), España

Paola Espinoza, Hospital Universitario Sagrado Corazón, Grupo Hospitalario Quironsalud, España

Elisabet Tasa-Vinyals, Instituto Clínico de Neurociencias, Hospital Clínico de Barcelona, Barcelona, España

Sébastien Guillaume, Department of Emergency Psychiatry and Acute Care, Montpellier, France

Maria Soledad Mora, Departamento de Psicología Clínica, Universidad Autónoma de Barcelona (UAB), España

Antonio Bulbena, Departamento de Psiquiatría y Medicina Legal, Universidad Autónoma de Barcelona (UAB), España

Carolina Baeza-Velasco, Université Paris Cité, Laboratoire de Psychopathologie et Processus de Santé, F-92100 Boulogne Billancourt, France

Los síndromes de Ehlers-Danlos (SED) son un grupo de afecciones hereditarias en las que la síntesis anormal de colágeno conduce a características como hipermovilidad articular, anomalías cutáneas y fragilidad tisular. Los síntomas gastrointestinales (GI) son comunes entre los afectados, alterando así sus hábitos alimentarios. Objetivos: Evaluar los síntomas GI y los hábitos alimentarios en personas con SED. Metodología: En este estudio observacional comparativo se incluyeron mujeres con diagnóstico auto-reportado de SED y mujeres sanas. Se registró información sobre alergias y/o intolerancias, hábitos alimentarios síntomas GI (acidez/regurgitaciones, saciedad precoz, náuseas/vómitos, distensión abdominal, dolor abdominal y disfagia). Se realizó análisis descriptivo y la prueba de U-Mann Whitney (STATA 16.1). Resultados: Participaron 247 mujeres, con media de edad 39,2 años (sd =11,3), de las cuáles 121 (49%) reportaron diagnóstico de SED y 126 (51%) se declararon sanas. Las personas diagnosticadas de SED reportaron más frecuencia de síntomas GI ($p<0,001$), alergias alimentarias ($p=0,0013$), intolerancia al gluten ($p=0,018$) y a la lactosa ($p=0,009$) que las mujeres sanas. En relación con los hábitos alimentarios, ambos grupos presentaron una dieta similar respecto al consumo semanal de huevos, pescado, carne, legumbres, fruta y verdura, presentando menor ingesta de cereales ($p=0,012$) el grupo SED. Conclusiones: Este estudio confirma la alta frecuencia de problemas GI en personas con SED incluyendo alergias e intolerancias alimentarias, y aporta evidencia sobre particularidades en los hábitos alimentarios en esta población específica. Otros estudios son necesarios para conocer la significancia clínica de estas particularidades en la alimentación.

Desarrollo y caracterización de pasta tipo tallarín elaborada con harina de quelite (*Amaranthus hybridus* L.): Una alternativa nutritiva y funcional

Guadalupe Sánchez Labra, Student, Pasante de Ingeniería Agroindustrial, Universidad Autónoma del Estado de Hidalgo, Hidalgo, Mexico

La palabra quelite proviene del náhuatl quilitl, término que hace referencia a hierbas o verduras comestibles utilizadas en la preparación de diversos platillos. La harina elaborada a partir de quelite (*Amaranthus hybridus* L.) destaca por su alto contenido de fibra, proteína y minerales, lo que la convierte en un ingrediente adecuado para el desarrollo de alimentos funcionales. En contraste, la pasta tradicional suele caracterizarse por su bajo aporte de estos nutrientes. En base a lo anterior se planteó el siguiente trabajo de investigación cuyo objetivo fue desarrollar una harina a partir de hojas del quelite, con el fin de emplearla como ingrediente en la elaboración de pasta tipo tallarín. Se aplicaron diferentes tratamientos de sustitución de harina de trigo por la harina de quelite (C: 0%, T1:1%, T2:3%, T3:5%), el análisis químico proximal (Humedad, Cenizas, Grasa, Proteína y Fibra) se llevó a cabo de acuerdo con los métodos de la AOAC (2019). Los resultados indicaron que, en comparación con el control, el tratamiento T3 mostró diferencias significativas en humedad (34.97-60.65%), cenizas (0.35 a 0.50%), fibra (0.029 a 0.263%) y carbohidratos (32.22% a 36.04%), sin embargo, en proteína (2.04 a 2.18%) y grasa (0.38% a 0.35%) no hubo diferencias significativas. En conclusión, la incorporación de harina de quelite en la elaboración de pastas mejora significativamente su valor nutricional.

Diversidad alimentaria mínima e inseguridad alimentaria en mujeres chilenas e inmigrantes de la zona centro-sur de Chile

Alejandra Rodríguez-Fernández, Académica, Departamento Nutrición y Salud Pública, Universidad del Bío-Bío, Bío-Bío, Chile

Juana Maria Delgado-Saborit, Distinguished Researcher, Medicine, Universitat Jaume I, Castellón, Spain

Eduard Maury, Associate Professor, Department of Nutrition and Public Health, Universidad del Bío-Bío, Bío-Bío, Chile

La migración femenina se asocia con mayor vulnerabilidad social y sanitaria, incluyendo dificultades para acceder a alimentos adecuados. En Chile existe escasa evidencia sobre la relación entre inseguridad alimentaria (IA) y diversidad alimentaria mínima (DAM) en mujeres migrantes. El objetivo es determinar la relación entre IA y DAM en mujeres chilenas e inmigrantes en edad fértil, residentes en la zona centro-sur de Chile. Se trata de un estudio analítico de corte transversal con 1044 participantes (522 migrantes y 522 chilenas) de 18 a 49 años. Se aplicaron cuestionarios biosociodemográficos, recordatorio de 24h o DQQ (según grupo) y el instrumento HFIAS para evaluar inseguridad alimentaria. La asociación entre DAM e inseguridad alimentaria se analizó mediante prueba de χ^2 ($p < 0,05$). Resultados: El 62,6% de las participantes presentó seguridad alimentaria; sin embargo, las migrantes mostraron mayor inseguridad en todos sus niveles (leve: 15,3%; moderada: 11,5%; severa: 18,0%) frente a las chilenas (11,1%, 9,6% y 9,2%, respectivamente). Asimismo, el 81,3% de las migrantes no alcanzó la diversidad mínima de la dieta, comparado con el 41,8% de las chilenas ($p < 0,001$). A mayor inseguridad alimentaria, menor fue el cumplimiento del DAM, observándose una asociación significativa ($p < 0,001$). Las mujeres inmigrantes presentan una situación alimentaria más precaria que sus pares chilenas, caracterizada por mayor inseguridad alimentaria y menor diversidad dietética. A su vez, la falta de diversidad alimentaria mínima se asocia con un incremento significativo de la inseguridad alimentaria, evidenciando la necesidad de políticas focalizadas que mejoren el acceso a alimentos nutritivos para las poblaciones migrantes.

El difícil inicio de la seguridad higiénico-alimentaria en la Italia de finales del siglo XIX: Una mirada histórico-jurídica

Sara Morri, Phd candidate, Law, University of Parma, Italy

Aunque el concepto de food safety ha surgido en tiempos relativamente recientes, la seguridad higiénico-sanitaria de los alimentos ha representado históricamente un ámbito de notable interés para el legislador. Es en el siglo XIX cuando esta temática adquiere un papel central: la mejora de las condiciones socioeconómicas permite superar el problema de la mera disponibilidad alimentaria (food security), desplazando el foco hacia la calidad y seguridad de los alimentos. En este contexto, por un lado, la ciencia médica realiza avances significativos en nutrición y control de los alimentos; por otro, la industria alimentaria, gracias a la aplicación de la química, introduce en el mercado productos adulterados, con graves riesgos para la salud pública. En la compleja situación sanitaria de la Italia post-unitaria, la cuestión higiénico-alimentaria gana relevancia, sobre todo gracias a los higienistas, aunque el legislador suele verse limitado por intereses económicos y por las políticas liberales, mostrando reticencia ante intervenciones más eficaces. Este trabajo se propone reconstruir las principales etapas del desarrollo del concepto y de la disciplina de la seguridad higiénico-alimentaria entre la unificación italiana y el fin del siglo XIX. El análisis se centrará en las intervenciones normativas y pronunciamientos jurisprudenciales, dado el papel clave de esta última en la evolución de la disciplina. A través de una investigación en el Archivo de Estado de Parma y municipios cercanos, se evaluará cómo las autoridades locales aplicaron la normativa nacional y afrontaron las amenazas del mercado para proteger la salud de los consumidores.

Hábitos alimentarios y estado nutricional en funcionarios del Instituto de Educación Superior ITFIP

Constanza Palomino, Docente tiempo completo, Psicopedagogía, Universidad del Tolima, Tolima, Colombia

Luis Andrés Parra Londoño, Docente, Facultad de Ciencias Sociales Salud y Educación (ITFIP). Facultad de Educación. (U.T) , Instituto Tolimense de Formación Técnica Profesional (ITFIP) y en la Universidad del Tolima., Tolima, Colombia

Felipe Augusto Reyes Oyola, Profesor, Departamento de Psicopedagogía, Universidad del Tolima, Tolima, Colombia

La vida laboral en instituciones educativas superiores representa una etapa crítica en la formación de hábitos alimentarios que pueden influir en la salud a largo plazo. Diversos estudios han evidenciado que los funcionarios universitarios presentan patrones alimentarios que pueden predisponerlos a problemas de salud como el sobrepeso, la obesidad y deficiencias nutricionales. Este estudio busca evaluar el estado nutricional y los hábitos alimentarios de los funcionarios del Instituto de Educación Superior ITFIP en Espinal, Colombia, para identificar áreas de intervención y promover estilos de vida más saludables. El objetivo fue evaluar el estado nutricional y los hábitos alimentarios de los funcionarios para identificar patrones de consumo y su relación con indicadores antropométricos. Se realizó un estudio transversal en una muestra de funcionarios del ITFIP. Se recolectaron datos mediante encuestas que incluyeron información sobre consumo alimentario, características generales y datos antropométricos.

Hábitos y estilos de vida asociados al aumento de la diabetes mellitus en niños y adolescentes en las zonas urbanas de Costa Rica : Una revisión documental

Ana Madrigal, Student, Cursante de la carrera Ingeniería en Calidad e Innovación Agroalimentaria , Universidad Nacional , San José, Costa Rica
Eunice Mena Castro, Cursante de la carrera Ingeniería en Calidad e Innovación Agroalimentaria, Universidad Nacional de Costa Rica, San José, Costa Rica

En los últimos años con el aumento de la población en las zonas urbanas de Costa Rica, se ha dado un cambio significativo en el estilo de vida de las familias, modificando sus hábitos diarios y estilos de alimentación, generando una creciente preocupación debido a que se ha observado que dichos cambios en el estilo de vida de las personas se relacionan con el aumento en los casos de diabetes mellitus en niños y adolescentes. Dado lo anterior, surge la necesidad de conocer cómo estos cambios a lo largo de los años han provocado afectaciones en la salud de los niños y adolescentes de las zonas urbanas del país, y de analizar cómo los hábitos alimenticios y estilos de vida desarrollados en las últimas dos décadas, que han dejado de ser relevantes, pueden contribuir a la prevención de la diabetes mellitus, y mejorar la calidad de vida de las personas que la padecen.

Impacto de la alimentación y nutrición agroecológica en el manejo de la obesidad: Un enfoque integrador en salud y sostenibilidad

Sandra Patricia Alfaro Barragan, Nutricionista Dietista, Nutricion, Clinica Imbanaco, Valle del Cauca, Colombia

La obesidad es una condición multifactorial asociada con procesos inflamatorios crónicos y disfunción metabólica, lo que la convierte en un problema de salud pública de gran relevancia. Este estudio evalúa el impacto de una alimentación balanceada, libre de ultraprocesados y agrotóxicos, basada en principios agroecológicos, en el manejo de la obesidad. Se analizará cómo la nutrición agroecológica influye en la inflamación sistémica, el funcionamiento hepático y los procesos de detoxificación, comparando indicadores antropométricos y paraclínicos en una cohorte de pacientes. A través de un enfoque integral que combina alimentación, suplementación natural y homeopatía, se busca establecer la relación entre la calidad de los alimentos, la microbiota intestinal y la respuesta metabólica en pacientes con obesidad. Los resultados de este estudio pueden contribuir al desarrollo de estrategias nutricionales sostenibles y eficaces para la prevención y el tratamiento de la obesidad, promoviendo sistemas alimentarios saludables y ambientalmente responsables

Percepciones de los profesionales de la atención materna en Argentina sobre la suplementación con calcio en el embarazo

Eduard Maury, Associate Professor, Department of Nutrition and Public Health, Universidad del Bío-Bío, Bío-Bío, Chile

La OMS recomienda suplementación con calcio desde la semana 20 de gestación para prevenir la preeclampsia; sin embargo, su incorporación en la atención prenatal en Argentina es limitada. Se exploran conocimientos, actitudes y percepciones de profesionales de la atención materna sobre la suplementación con calcio en el embarazo. Se realizaron entrevistas semiestructuradas (2022-2023) con 74 profesionales (matronas, obstetras-ginecólogos, enfermeras y otros) en tres hospitales públicos del Área Metropolitana de Buenos Aires. Los datos se analizaron temáticamente con el marco de Braun y Clarke. El conocimiento sobre la suplementación con calcio para prevenir preeclampsia fue bajo. Se vinculó más con salud ósea que con trastornos hipertensivos del embarazo. Las recomendaciones priorizaban hierro y ácido fólico, mientras que mejorar la ingesta de calcio se sugería mediante alimentos ricos en este mineral. Las principales barreras incluyeron ausencia de guías nacionales/locales, falta de capacitación, percepción de evidencia insuficiente, suministro irregular en atención primaria u hospitalaria, intolerancia a comprimidos y limitaciones económicas de las pacientes. Como facilitadores se mencionaron la provisión gratuita en el sistema público, inclusión explícita en guías prenatales, educación de profesionales y usuarias, y distribución a través de atención primaria. Brechas de conocimiento y limitaciones del sistema obstaculizan la adopción de la suplementación prenatal con calcio en Argentina. Guías nacionales alineadas con la OMS, capacitación específica y suministro gratuito confiable son condiciones necesarias para su implementación. Futuras investigaciones deben incorporar la perspectiva de mujeres embarazadas y decisores, evaluar la infraestructura de provisión y realizar análisis económicos locales.

Plantas medicinales consumo tradicional en Costa Rica: Mitos y realidades en la prevención de enfermedades

Fabiola Valverde, Student, pregrado, Universidad Nacional de Costa Rica, San José, Costa Rica

Felipe Josue Hernández Angulo, Cursante de la carrera de Ingeniería y calidad en innovación agroalimentaria, Ingeniería y calidad en innovación

agroalimentaria, Universidad Nacional de Costa Rica, San José, Costa Rica

Keylin Vega Arroyo, Student, Cursante de la Ingeniería de Calidad e Innovación Agroalimentaria, Universidad Nacional de Costa Rica, San José, Costa Rica

En la actualidad, la búsqueda de una mejor nutrición y la prevención de enfermedades han cobrado gran relevancia, la sociedad ha mostrado un creciente interés por la alimentación saludable, influenciados por redes sociales como lo es el resurgimiento del uso de plantas medicinales. Tradicionalmente en el país de Costa Rica, el consumo de plantas medicinales ha sido relevante en la salud humana, aunque su efectividad ha estado rodeada de mitos, algunas fueron consideradas soluciones milagrosas sin base científica. En el transcurso de los años, su uso sigue siendo de interés público, ante este escenario e integrando a las industrias alimentarias, se podría innovar incorporando plantas medicinales con estudios comprobados en los que se aseguren sus beneficios. Esta ponencia analizará las plantas medicinales más utilizadas en el pasado en Costa Rica, determinando sus componentes beneficiosos y aquellos que pueden ser perjudiciales, identificando mitos y realidades, proporcionando información basada en evidencia científica.

Valorización del jugo de del limón mandarina (citrus x limonia) mediante su caracterización y el uso de microencapsulados para el desarrollo de un ingrediente funcional

Hannia Ugalde Rojas. Docent, Ingeniería en Calidad e Innovación Agroalimentaria (ICIAGRO), Universidad Nacional de Costa Rica, Heredia, Costa Rica

Los consumidores han tomado mayor conciencia de su bienestar y la necesidad de una alimentación sana. Por este motivo, se muestran más preocupados por la calidad de los alimentos que consumen y su aporte de nutrientes en beneficios para la salud. Las frutas cítricas son tradicionalmente conocidas como fuentes de fibra dietética, vitaminas, polifenoles y ricos en antioxidantes. Sin embargo, algunos frutos cítricos híbridos como el limón mandarina (citrus x limonia) no se han investigado en Costa Rica. Por lo que se inicia el desarrollo de un proyecto con el objetivo de valorizar el jugo del limón mandarina (citrus x limonia) mediante su caracterización y el uso de microencapsulados para el desarrollo de un ingrediente funcional.

¿Que efecto tiene el consumo de bebidas azucaradas en el desarrollo neurocognitivo de los niños entre 6 y 11 años?: Efecto de las bebidas azucaradas en el desarrollo neurocognitivo

Juan Andres Barbosa Méndez, Student, Pregrado, Universidad El Bosque ,
Distrito Capital de Bogotá, Colombia

Alejandra Gomez, Student, Décimo semestre , Universidad El Bosque, Distrito
Capital de Bogotá, Colombia

Marcela Aristizabal, Student, Estudiante de pregrado , Universidad el Bosque ,
Cundinamarca, Colombia

Daniel Andres Garcia Rodriguez

Este trabajo explora cómo el consumo regular de bebidas azucaradas afecta el desarrollo neurocognitivo de niños de 6 a 11 años y las posibles repercusiones en la adultez en términos de salud y bienestar. Se destaca que esta etapa es crucial para el neurodesarrollo y el crecimiento, profundamente influenciados por la dieta, ya que las bebidas azucaradas se asocian con problemas de salud física y mental, incluyendo obesidad y enfermedades metabólicas futuras. La revisión analiza investigaciones publicadas entre 2014 y 2024 en diferentes bases de datos, con el fin de sintetizar la evidencia en una revisión narrativa. Los hallazgos sugieren que el exceso de azúcar puede interferir en habilidades cognitivas como la atención y la resolución de problemas, además de impactar negativamente la salud emocional, favoreciendo la aparición de ansiedad y depresión. Asimismo, se subraya la relevancia de una alimentación adecuada en la infancia por su influencia en el rendimiento académico y en el desarrollo social, señalando que los hábitos alimenticios pueden tener consecuencias duraderas en el funcionamiento neurocognitivo, lo que refuerza la necesidad de abordarlo desde una perspectiva preventiva. Finalmente, el trabajo concluye que es prioritario reducir el consumo de bebidas azucaradas en la infancia y fomentar investigaciones más rigurosas que permitan establecer vínculos causales. Asimismo, propone impulsar políticas de salud pública orientadas a promover una nutrición saludable desde etapas tempranas, incentivando futuras investigaciones que integren la neurociencia, la nutrición, la psicología infantil y la epidemiología para abordar esta problemática de forma integral

Comida migratoria: Entre la cultura de pertenencia y el gusto diferente

Celia Lucena, diretoria- pesquisadora, Ciências Sociais, Centro de Estudos Rurais e Urbanos- USP, São Paulo, Brazil

Frente a las diferencias culturales, la comida puede asumir el significado de frontera entre nosotros y aquellos que son diferentes a nosotros, se convierte en un sistema de comunicación para explicar los elementos característicos de una cultura determinada. El habitus adquirido en la cultura de pertenencia construye homogeneidad en gustos, costumbres y preferencias grupales en una misma trayectoria de vida. Reconstruir identidades ante las diferencias: ¿Cómo afrontan los migrantes el gusto? En esta comunicación intentaremos destacar algunos resultados obtenidos en una investigación de metodología cualitativa sobre la alimentación migratoria en la ciudad de São Paulo en la actualidad. El gusto es un aspecto cultural de la identidad, refleja la cultura de pertenencia. La cocina puede funcionar como una fuerte referencia identitaria, utilizada por un grupo como símbolo de una identidad reivindicada. Es un proceso histórico que articula un conjunto de elementos referenciados en la tradición, con el fin de crear algo único, particular, singular y reconocible. La comida tiene un potencial poderoso como medio para recordar el pasado, vinculado a historias individuales, recuerdos de la infancia y ciertos métodos de preparación. Son fundamentales para contar una historia sobre identidad y pertenencia. En todas partes del planeta están surgiendo identidades culturales que no son fijas, que están suspendidas, en transición. Y también existe la posibilidad de la traducción, este concepto describe aquellas formaciones identitarias que cruzan fronteras. La comida, a su vez, refleja este hibridismo y sincretismo, creando fusiones entre la cultura de pertenencia y las diferencias culturales.

Construir identidades compartidas a través de la comida: un análisis cualitativo de las representaciones sociales de la «comida típica» durante la primera adolescencia

Martina Arcadu, PhD, Department of Educational Science, University of Genova, Venezia, Italy

La alimentación es un aspecto esencial de la cultura humana, pero la industrialización y el cambio social han provocado cambios en las preferencias dietéticas, dando lugar a lo que hoy se conoce como modernidad alimentaria. El entrelazamiento de diferentes culturas a través de la creolización ha dado forma a nuevas tradiciones culinarias, resaltando la importancia de los “alimentos típicos”. Este estudio examina las representaciones sociales de la comida típica entre los jóvenes adolescentes durante la primera adolescencia, un periodo crucial para la conservación de las tradiciones culinarias. Se realizó un análisis cualitativo con 79 estudiantes de un instituto de secundaria de la ciudad de Venecia, identificando cuatro dimensiones influyentes: territorial, temporal, íntima y colectiva. El estudio demostró que las representaciones alimentarias están influidas por una compleja interacción de factores sociales, culturales y emocionales. Esta información puede utilizarse para orientar las intervenciones y promover una conciencia cultural crítica. Es necesario seguir investigando para comprender la influencia de las transiciones sociales y los entornos multiculturales en las elecciones alimentarias durante la adolescencia temprana con el fin de promover el bienestar integral.

Lista de participantes

Ana María Corzo De Del Castillo, Hospital Militar III Arequipa, Peru

Sonia Lorente, Autonomous University of Barcelona (UAB), Spain

Eduard Maury, Universidad del Bío-Bío, Chile

Guadalupe Sánchez Labra, Universidad Autónoma del Estado de Hidalgo,
Mexico

Nuria Trujillo, University of Cádiz, Spain



Common
Ground
Research
Networks

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.

MEMBERS OF THE FOLLOWING ORGANIZATIONS



Common Ground Research Networks is not-for-profit corporation registered in the State of Illinois, USA, organized and operated pursuant to the General Not For Profit Corporation Act of 1986, 805 ILCS 105/101.01, et seq., (the "Act") or the corresponding section of any future Act.

www.cgnetworks.org



@



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

Supporters & Partners

As they say, “it takes a village.” We are thankful for the generous support of:



And to our Research Network members!

www.cgnetworks.org/medialab

Proceedings of the Fifteenth International Conference on Food Studies, hosted by the University of Pretoria, Future Africa Campus Pretoria, South Africa, on October 08 - 10, 2025. The conference featured research addressing the following special focus: “2025 Special Focus—Fed Up: Learning From the Past, Imagining New Futures” and annual themes:

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

