

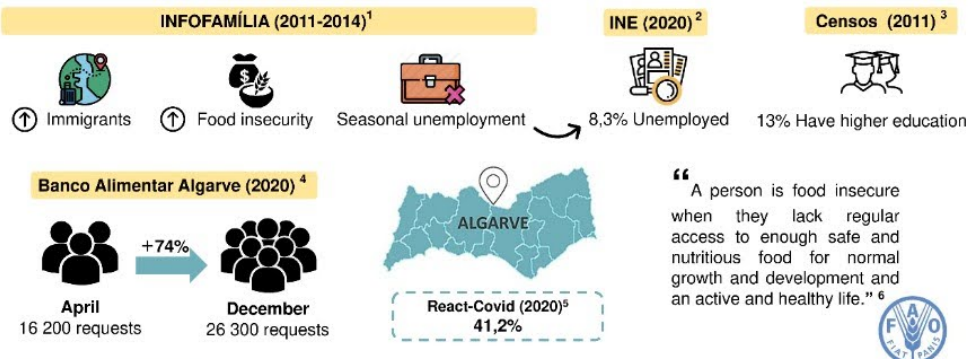
Development of a nutritional policy in the Algarve, Portugal

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Introduction



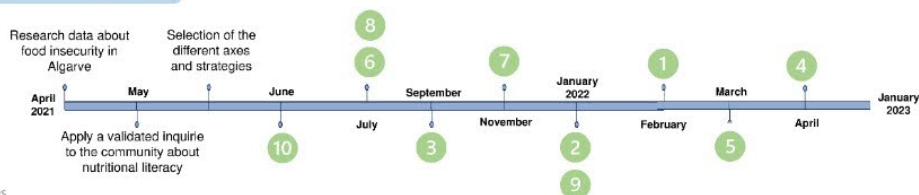
Aims

To develop a nutritional policy to **reduce food insecurity by 20%** and **increase nutritional literacy by 30%** in Algarve.

Methodology

Data collection was carried out through statistical inquiries such as “Censos 2011”, “React-Covid”, “Infofamília”, “Instituto Nacional de Estatística”, scientific databases such as “Pubmed” and other data from a solidarity institution called “Banco Alimentar”.

Chronogram



References

1. Relatório INFOFAMÍLIA 2011-2014, Direção Geral de Saúde, 2017 2. Portal do INE. 2021 Available at: https://www.ine.pt/xportal/xmain?xpid=ine_tema&xpid=INE&tema_cod=1114&xlang=pt4. 3. Censos, Instituto Nacional de Estatística, 2011. Available at: https://censos.ine.pt/xportal/xmain?xpid=CENSOS&xpid=censos2011_apresentacao 4. Banco Alimentar Contra a Fome do Algarve, 2020. Available at: <https://www.bancoalimentar.pt/bancos/algarve> 5. React-covid inquérito sobre alimentação e atividade física em contexto de contenção social, Direção Geral de Saúde, 2020. 6. Food and Agriculture Organization of the United Nations. The State of Food Insecurity in the World 2001. Rome: Food and Agriculture Organization of the United Nations; (2002).

Results

Axe 1: Improve the availability and access of different types of food



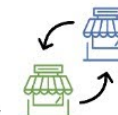
1. Distribution of **baskets** of unused surpluses/productions for sale by local producers with the help of **vans from the parish** to people who apply as families/individuals with food insecurity;
2. Creation and implementation of a **solidarity machine**, designed according to the non-perishable groups of the “Roda dos Alimentos Portuguesa”, in the municipalities that need the most.
3. Create a **network of volunteers and monetary support** for the Algarve food bank and ReFood;

Axe 2: Increase the knowledge of nutrition related themes



4. Send **flyers** with curiosities about how to reduce food waste at home;
5. Use the local radio to do the “**10NutriMinutes**” in which different topics are discussed within the field of food/nutrition;
6. Organize **workshops** with the different parishes for the local farmers learn how to **improve their crops**, reduce their waste and achieve better nutrition value;
7. Create and put **billboards** in different strategic spots, with a phone number or email to support the families that are food insecure;

Axe 3: Reduce food waste, promoting a circular economy



8. Increase the quantity and frequency of **local markets**.
9. Creation of a network of surpluses among local producers - **Cross-Exchanging**;
10. Develop **partnerships with tourism entities** to purchase local products in detriment of large commercial areas.

Indicators

Indicators of achievement	$\frac{\text{nº of distributed baskets/flyers}}{\text{nº of planned baskets/flyers to distribute}} \times 100$	$\frac{\text{nº of workshops executed}}{\text{nº of planned workshops to execute}} \times 100$	$\frac{\text{nº of partnerships executed}}{\text{nº of planned partnerships to execute}} \times 100$
Indicators of implementation	$\frac{\% \text{ of adherence to local markets after}}{\% \text{ of adherence to local markets before}}$	$\frac{\% \text{ of right answers to the questionnaire after}}{\% \text{ of right answers to the questionnaire before}}$	$\frac{\% \text{ of food insecurity after}}{\% \text{ of food insecurity before}}$

Partnerships



Conclusion

It's hoped that the implementation of this nutritional policy will reduce food insecurity and increase nutritional literacy through the creation of a bridge between the community needs and the decision makers. Therefore **improving the nutritional status and consequently the quality of life of this population until 2023**.