



Experience Report: Feira do Guar as a Space for Promoting the Human Right to Adequate Food (DHAA)

Andressa Rodrigues Brignol¹

¹Master in Human Nutrition, Postgraduate Program in Human Nutrition, University of Brasilia

INTRODUCTION

Street markets play a fundamental role in promoting adequate and healthy eating habits, serving as privileged spaces for offering fresh and diverse foods, directly accessible to the population (BRASIL, 2014). Unlike other forms of commerce, markets enable direct interaction between consumers and producers, facilitating access to natural, minimally processed and often regional foods (BRASIL, 2013). These spaces represent more than just places of sale; they are instruments for promoting the Human Right to Adequate Food (HRAF), ensuring not only the availability of food in sufficient quantities, but also respect for cultural traditions and the nutritional quality of products (MASCARENHAS, DOLZANI, 2008).

The DHAA, provided for in the Organic Law on Food and Nutrition Security (LOSAN) No. 11,346/2006, reinforces that adequate food must be guaranteed by the government and is a fundamental human right. Street markets, due to their characteristics of offering fresh food of varied nutritional quality, promote food and nutritional security, in addition to contributing to the economic sustainability of small producers and local traders (BARBOSA et al., 2022). By respecting cultural specificities and providing a more transparent relationship in the acquisition of food, markets are consolidated as important tools for strengthening sustainable and healthy food systems, with positive impacts on public health and the appreciation of more balanced and natural eating practices (BRASIL, 2014; CRUZ et al., 2022).

In this sense, analyzing the role of street markets in the context of promoting healthy and adequate nutrition, in light of the Human Right to Adequate Food (HRAF), becomes essential to understand how these spaces can actively collaborate in guaranteeing this fundamental right. This experience report aimed to observe how the principles of the Human Right to Adequate Food (HRAF) are manifested in a permanent market in the Federal District.

METHODOLOGY

Interviews and observations

During the visit, interviews were conducted with traders who sold food *in nature* and minimally processed foods, such as fruits and vegetables. The interviews were conducted in an unstructured manner to encourage free responses from participants (Fraser et al., 2004). In this way, the conversation could be more flexible, allowing the interviewer to explore the topic in different ways with the interviewees, ensuring a more in-depth and subjective investigation on the topic. Furthermore, in this format, the interview could have more freedom to be led towards the interviewees' reflection on the importance of the fair as a space that promotes healthy eating and protects food culture (Fraser et al., 2004).

The interviews provided the following information: (a) origin of the food sold at the fair; (b) use of pesticides in the food sold at the fair; (c) food culture and diversity of the food sold at the fair; and (d) economic and social impacts of the fair. Observations about the food environment that could contribute to the objective of this experience report were also made by the researcher and recorded during the visit.

The information from the interviews and observations was written down at the time of the visit, in a notebook, and later transferred to a Word® document, version 2018. The visit was carried out in September 2018.

RESULTS



Ten market vendors who worked at stalls of different sizes and who sold different types of fruits and vegetables were interviewed. The aspects observed in the interviews are described below.

Origin of food: It was found that most of the market vendors are not direct producers of food. Five reported that they purchase their food from other larger local markets and from the Federal District Supply Center (CEASA-DF). Four market vendors reported obtaining their products from other states such as Bahia, São Paulo and Minas Gerais. One market vendor reported producing part of the vegetables sold on his property located in Brazlândia, Federal District.

Use of pesticides: Two market vendors reported selling food grown without the use of pesticides (bananas, lettuce and watercress). The others stated that they sell food grown with the use of pesticides. None of the vendors were able to report which chemical substance had been used as a pesticide during planting.

Food culture and diversity: A strong influence of northeastern culture was noted in the area, evidenced by typical products such as cashew juice, sugarcane juice and the use of terms such as “macaxeira” for cassava. The food diversity is broad, with a varied supply of fruits and vegetables, contributing to the nutritional quality of the products offered.

Economic and Social Impacts: The ten traders described working at the market as an important source of income for their families. Two reported being retired from other jobs, but using the income from the market to supplement their income. Five traders said that the stall is family-owned, and so they take turns working with other family members. One of the stallholders even reported working at the location since he was 14, because the stall is owned by his family.

Final Considerations

In addition to its traditional role in selling clothing, the Guar Fair is an important point for selling natural, high-quality foods. The diversity of products and respect for the region's food culture make the fair an important space for promoting the human right to human food. The fair not only contributes to providing healthy food to the population, but also plays a social role by generating income for the families involved.

The experience reinforces the importance of public policies that guarantee food and nutritional security, as established in LOSAN (BRASIL, 2006), which states: “*Adequate food is a fundamental human right, inherent to the dignity of the human person and essential to the realization of the rights enshrined in the Federal Constitution.*”

This visit provided a closer look at the role of street markets as spaces that, despite economic and market adversities, promote access to quality food, respecting cultural traditions and strengthening the local economy.

REFERENCES

BARBOSA, BB; PENHA, ED DOS S.; CARIOCA, AAF. Food environment of the economic capital of the Northeast: social and territorial disparities in the availability of food stocks. **Nutrition Journal**, v. 35, p. e210060, 2022.

BRASIL. Law No. 11,346 of September 15, 2006. Creates the National Food and Nutrition Security System – SISAN with a view to ensuring the human right to adequate food and provides other measures.

Official Gazette of the Union: section 1, Braslia, DF, September 18, 2006.

2

BRASIL. Ministry of Social Development and Fight Against Hunger. **The human right to adequate food and the national food and nutrition security system**/organizer, Marlia Leo. – Braslia: ABRANDH, 2013. 263 p.

BRASIL. Ministry of Health. Secretariat of Health Care. Department of Primary Care. **Food guide for the Brazilian population**/Ministry of Health, Secretariat of Health Care, Department of Primary Care. – 2nd ed., 1st reprint. – Braslia: Ministry of Health, 2014. 156 p.



CRUZ, MS; RIBEIRO, EM; PERONDI, MA; ARAUJO, AM; MALTEZ, MAPF Buying quality: custom, taste and reciprocity in the open-air markets of the Jequitinhonha Valley. *Journal of Rural Economics and Sociology*, v. 60, 2022.

FRASER, MTD; GONDIM, SMG. From the other's speech to the negotiated text: discussions on the interview in qualitative research. **Paideia (Ribeirão Preto)**, v. 14, n. 28, p. 139–152, May 2004.

MASCARENHAS, G.; DOLZANI, MCS Open-air market: Popular territoriality and culture in the contemporary metropolis - DOI 10.5216/ag.v2i2.4710. **Geographical Workshop**, Goiânia, v. 2, n. 2, p. 72–87, 2008.