

IRSA - CONGRESSO MUNDIAL DE SOCIOLOGIA RURAL (01/10/2025 A 20/01/2026) - IRSA 24 - HOW ARE GLOBAL FOOD SYSTEMS GOVERNED?

## **FOOD CONSUMPTION IN ALTERNATIVE FOOD NETWORKS: A SYNTHESIS OF REVIEWS**

*Yasmin El Kadri Monteiro (yasmin\_ekm@hotmail.com)*

*Panmela Soares (panmela.soares@gmail.com)*

*Suellen Secchi Martinelli (suellen.smartinelli@gmail.com)*

Movements have emerged in opposition to the unsustainable predominant agri-food model. Beyond optimizing the sensory and nutritional quality of food, these alternative movements tend to promote fairer trade, better prices, and trust between producers and consumers. To map and discuss the academic production reviewing food consumption within Alternative Food Networks (AFN), a systematic search for review articles was conducted in Scopus, Web of Science, SciELO, Lilacs, Google Scholar, and ProQuest. A total of 1,799 records were screened, and studies that were not literature reviews were subsequently excluded using Rayyan software, leaving 96 reviews. Among these, reviews were excluded if they addressed only the food environment, focused solely on purchasing, or if all AFN in the study were part of government programs. Seven literature reviews were included. The AFN models analyzed in the reviews varied

from farmers' markets, food hubs, and mobile markets to Community Supported Agriculture, Short Food Supply Chains, and Local Food Systems. The food consumption reported by all reviews focused on fruits and vegetables; however, some studies also analyzed the consumption of processed foods, dietary diversity or dietary quality. Participation in different AFN models has been associated with changes in dietary behavior, including increased intake and diversity of fruits and vegetables, reduced consumption of ultra-processed foods, lower frequency of eating out, as well as improved meal planning and expanded culinary knowledge. The social interactions promoted by these networks also facilitate the exchange of knowledge between consumers and producers, encouraging the valuation of local and organic products and contributing to behavioral shifts, such as cooking more at home and paying closer attention to the origin of food. However, the review studies found in this research concentrate exclusively on developed countries, primarily in North America, Australia and Europe, revealing a scarcity of syntheses that include other contexts.

Palavras-chave: alternative agrifood network; short food supply chain; food practices; dietary pattern; sustainable diet.