

## **COMMITTEE ON WORLD FOOD SECURITY**

### **VOLUNTARY GUIDELINES**

#### **GENDER EQUALITY AND WOMEN'S AND GIRLS' EMPOWERMENT IN THE CONTEXT OF FOOD SECURITY AND NUTRITION**

#### **VERSION 1 OF THE ZERO DRAFT**

## **BRAZIL**

### **WRITTEN INPUTS**

Brazil welcomes the present policy convergence process of the CFS, which aims at strengthening women's and girls' empowerment concerning food and food security and nutrition. The Voluntary Guidelines being developed have the potential of fostering a range of positive actions towards women's and girls' empowerment, from the encouragement and support of breastfeeding – and the introduction of healthy complementary food for children – to policy integration related to food and nutritional security.

The draft guidelines proposed in the current draft, in general, are in line with the Brazilian National Food and Nutrition Policy, particularly with the Brazilian food guidelines, and can be an important tool towards the increased guarantee of the right to adequate and healthy food.

As a contribution to the draft Voluntary Guidelines, Brazil deems important to highlight some action points that can support raising the self-esteem of women and girls, strengthening successful breastfeeding policies, and ensuring food safety at all levels:

- a) Promoting women's and girls' health in economic, social and political contexts, whether in the countryside or in urban areas, is fundamental to guaranteeing food security and good nutrition.
- b) Establish strategies in food security and nutrition aimed at strengthening the capacities of women and girls. Examples include workshops and technical assistance for managing organic gardens, cultivating medicinal plants and raising small animals.
- c) Foster the productive inclusion of women who live in rural areas of indigenous territories, African-descent communities (“quilombolas”) and other traditional peoples and communities in terms of food processing, conservation, use and health care.
- d) Develop policies and strengthen actions to support safe motherhood and attention to responsible sexuality and family planning.

e) Promote actions to ensure food security for pregnant women, as pregnancy is when there is greater nutritional demand.

f) Reverse changes in the eating habits of families caused by the entry of women into the labor market, as a strategy to reduce consumption of highly processed foods and ready-to-eat meals. Increased consumption of products with high levels of sugar, salt, saturated fat, simple carbohydrates, has the consequences of decreasing the nutritional quality of the diet.

g) Involve learning, research and extension institutions as partners in guiding the production, marketing and consumption of adequate and healthy diets, participating in the formulation and exercising social control of public policies on food and nutritional security.

h) Encourage the practice of breastfeeding, emphasizing that it is the most suitable food for infants. All women should be encouraged to practice breastfeeding up to 2 years of age, and exclusively up to 6 months. At 6 months, healthy complementary food can be introduced, with the presence of all food groups, respecting the food and nutritional culture and of each population.

i) Provide information, including during prenatal consultations, on the importance of maintaining a balanced diet, with prevalence of fresh and *in natura* products, during pregnancy and postpartum.

j) Disseminate information about the benefits of breastfeeding and the protection that this practice provides to children. This information should be shared since prenatal care.

Rome, June 8<sup>th</sup>, 2021.