



Preliminary study for the creation of a disaster food protocol

Estudo preliminar para a criação de um protocolo de alimentação em situação de desastres

Verônica Motta Pimenta Velloso
Master's in Civil Defense and Protection UFF

Rachel Silva Fontes Velloso
Master's in Civil Defense and Protection UFF

Márcia Motta Velloso
Master's in Civil Defense and Protection UFF

Silvana Maria dos Santos
Tuiuti University of Paraná

Alexandre Luís Belchior dos Santos
Tuiuti University of Paraná

ABSTRACT

The latest disasters: Região Serrana RJ 2011; Vale in MG 2015; Brumadinho, MG 2019; Angra dos Reis RJ 2019; Petrópolis 2022 RJ and Recife PE 2022, have created something called "disaster tourism" (Oral information, VELLOSO, M. M. (2022), Curitiba and FRANCO, 2011).

Keywords: Disaster, Food, Protocol.

RESUMO

Os últimos desastres Região Serrana RJ 2011; Vale em MG 2015; Brumadinho, MG 2019; Angra dos Reis RJ 2019; Petrópolis 2022 RJ e Recife PE 2022, criaram algo chamado de "turismo de catástrofes" (Informação oral, VELLOSO, M. M. (2022), Curitiba e FRANCO, 2011).

Palavras-chave: Desastres, Alimentação, Protocolo.

1 INTRODUCTION

The latest disasters: Região Serrana RJ 2011; Vale in MG 2015; Brumadinho, MG 2019; Angra dos Reis RJ 2019; Petrópolis 2022 RJ and Recife PE 2022, have created something called "disaster tourism" (Oral information, VELLOSO, M. M. (2022), Curitiba and FRANCO, 2011).

People without any training and volunteer techniques, with the intention of providing support, ended up unwittingly creating embarrassing situations for the local Civil Defense, which was responsible for providing shelter and food for the victims who had lost everything (KEMPERS, 2022). Well-intentioned



people donating water where the supply had not been interrupted, donating food that was impossible to use and incorrectly packaged (OLIVEIRA and CASTRO, 2022 and CORSINI and SALLES, 2022).

2 OBJECTIVE

Survey international protocols for providing food with minimum nutritional conditions, so that people in shelters remain healthy while they are being assisted.

3 METHODOLOGY

This is a literature review based on the existing protocols of the FAO/WHO (*Food and Agriculture Organization of the United Nations/World Health Organization*), PAHO (*Pan American Health Organization*), Canada, Australia and New Zealand, which compiles these protocols and their practical applications, taking into account the standard diet of the population (PAHO, 2023; FAO/WHO, 2010; CANADA, 2019; AUSTRALIA, 2018).

4 DEVELOPMENT

According to EMA (*Emergency Management Australia*), it can be seen that

At such times, food is essential to sustain life, neutralize shock, boost the morale of those affected and provide energy for workers working under stressful conditions. It is therefore essential that a structured emergency response capacity is available for rapid activation in support of response and recovery operations (EMA, 2003).

Nutrient intake is a fundamental aspect of diet, along with the composition and preparation of the food itself. The way food is combined and prepared plays a significant role in nutrient absorption, while the cultural and social aspects of dietary practices affect the way individuals approach food and their overall relationship with it. Ultimately, all of these factors contribute to the overall impact of food on a person's health and well-being (BRASIL, 2014).

According to the Food Guide for the Brazilian Population (2014) and the Family Budget Survey (POF) carried out by the Brazilian Institute of Geography and Statistics (IBGE) between May 2008 and May 2009, almost 25% of the Brazilian diet consists of rice and beans, a perfect combination to meet calorie and protein needs, as well as "cattle or pork meat (red meat), chicken meat, milk, roots and tubers (especially cassava and potatoes), fruit, fish, vegetables and eggs" according to the Food Guide for the Brazilian Population (2014).

This characteristic of Brazilian food allows for the possibility of creating a basic protocol for food donations at a national level.



5 FINAL CONSIDERATIONS

Due to Brazil's territorial size and diversity, it is important to survey something that is common to all places, for example, rice and beans. But in regions where indigenous peoples live, their specificities are important and deserve differentiated treatment. With the finalization of a national protocol, the aim is to produce synergism in civil protection and defense actions, according to the National Civil Protection and Defense Policy (PNPDEC) in Brasil (2012), based on this study, in order to prevent disparate donations from occurring when disasters are imminent and occurring.



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