

Consumption of habitual culinary preparations in neighborhoods of Montevideo according to percentage of households at poverty

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Background and Objectives:

Information on culinary preparations habitually consumed by the population taking into account poverty status is relevant for the understanding of cultural eating practices and for providing the basis of educational strategies on food and nutrition. To study the culinary preparations habitually consumed in different neighborhoods of Montevideo during May 2016 according to percentage of households at poverty.

Methods:

Observational, non-probabilistic, descriptive study of 756 households distributed in different neighborhoods of Montevideo. The person in charge of the home culinary preparations was interviewed using a structured questionnaire. Neighborhoods were classified according to the percentage of households with income at poverty level (Encuesta Continua de Hogares- Instituto Nacional de Estadística, 2014).

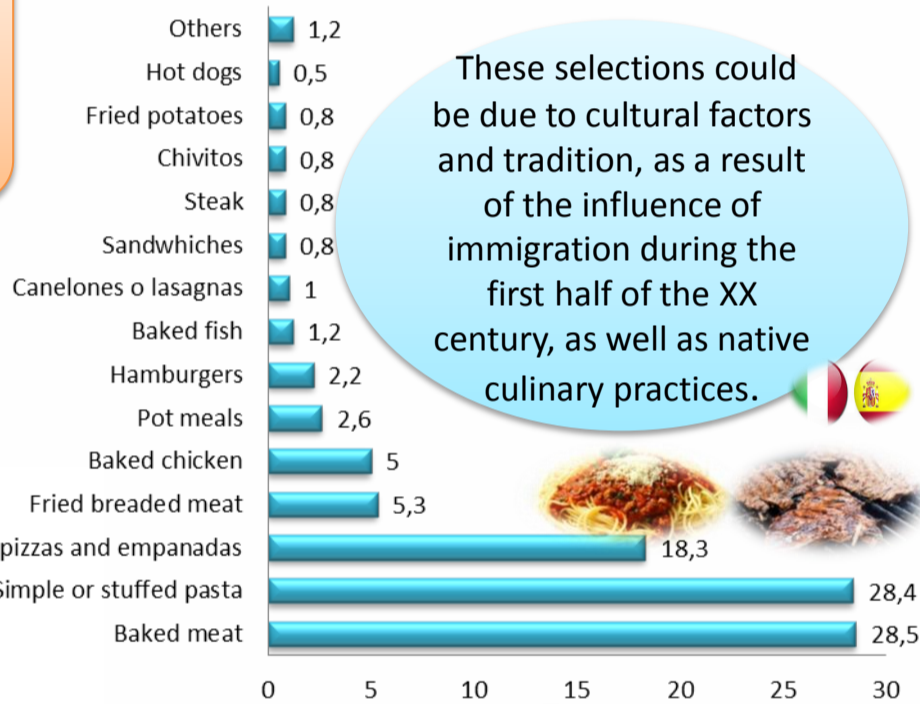
Results:



52% of households were composed by 2 to 3 members, 75% of those interviewed were female indicating that women have a leading role in family feeding (Figure N°1)

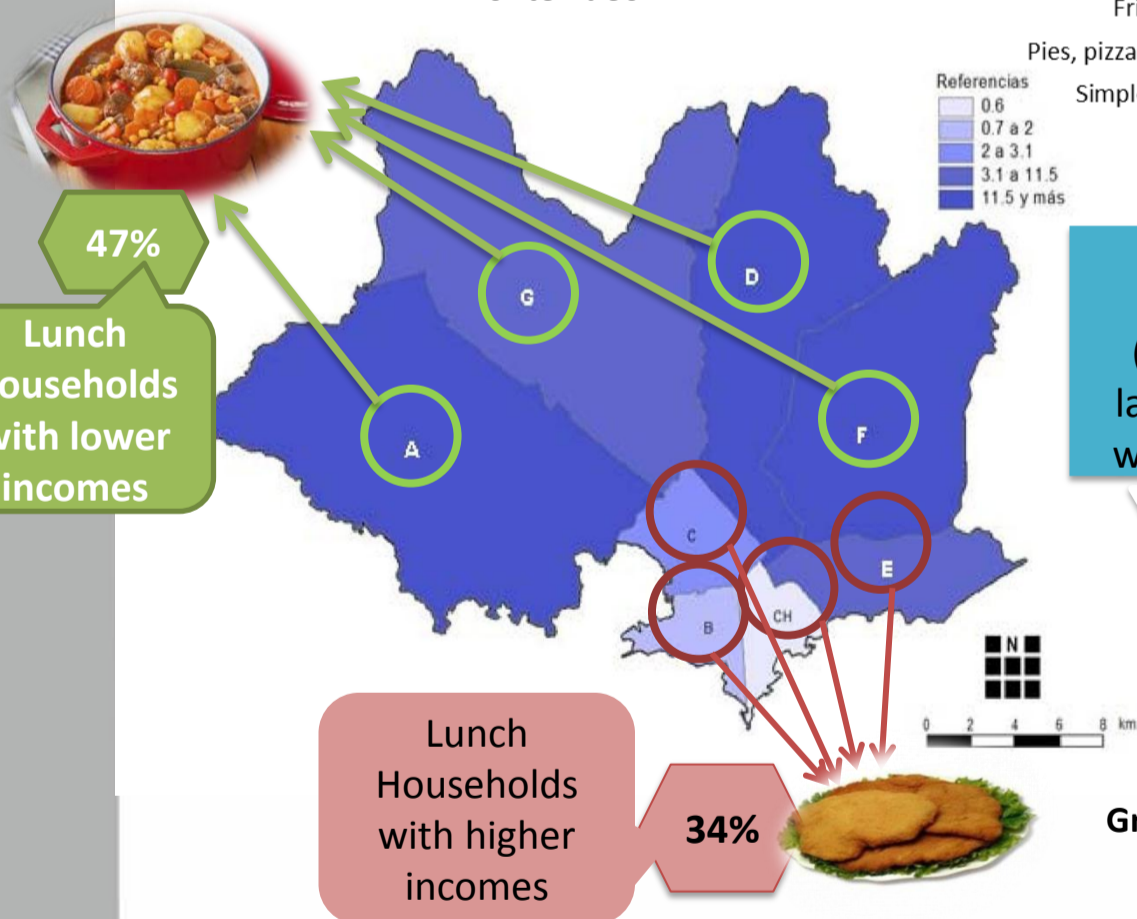
Figure N°1 Interviewed people

Grap 1. Usual culinary preparations in the weekend



These selections could be due to cultural factors and tradition, as a result of the influence of immigration during the first half of the XX century, as well as native culinary practices.

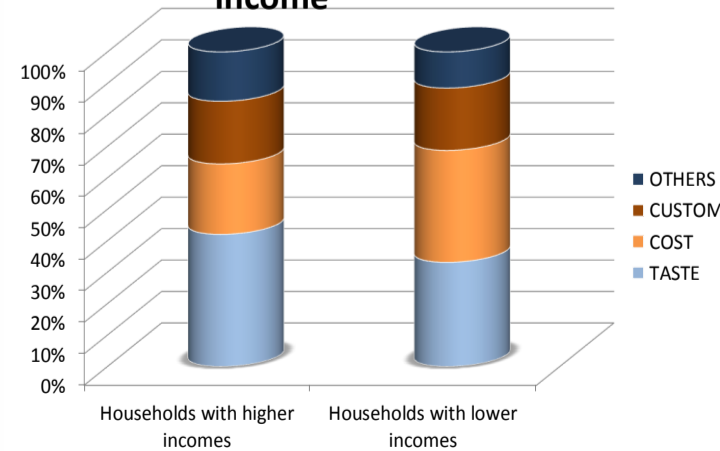
Figure N° 2. Situation of poverty in households by Neighborhoods of Montevideo.



During the week-end, more than half of all households selected barbecued or baked meats (28.5%) and simple or stuffed pasta (28.4%), the latter preparation more present in neighborhoods with highest percentage of poverty. (Graphic N° 1)

At dinner time, pot meals were outstanding (19.8%) in all neighborhoods, probably due to the season of the interview.

Grap.N° 2. Main reason for consumption in households by income



In those neighborhoods with lowest poverty, taste (42%) was the main reason for consumption, whereas price (25.6%) was the main reason in those with highest percentage of low income consistent with this resilient practice at poverty. (Graphic N° 2)

Conclusions:

During week days, differences found in habitual culinary preparations in neighborhoods according to presence of poverty indicate the importance of efficiency, satiety and price as factors influencing selection, whereas on week-ends multiple cultural influences appear to be present, especially Spanish and Italian

Keywords: Culinary preparations- Neighborhoods- Poor households.

Conflict of interest: All authors declare no conflict of interest.

