Key results
Effects of the pandemic on food consumption and on the situation of food security in Brazil

High frequency of food insecurity in the households surveyed during the pandemic. Food security is defined at 40.6%.

The intersecting vectors of inequality of gender, race or skin color, income, regional and territorial contexts, and certain household characteristics have made some households more susceptible to food insecurity.

Food security and regional inequalities
FOOD INSECURITY IS HIGHER IN HOUSEHOLDS IN RURAL AREAS THAN IN URBAN AREAS.

Food insecurity is more frequent among households with only one person in charge 63.9%, being even more accentuated in cases where the person in charge is a woman 70.7% or a or a person racialized as brown [Pardo], 72.1% or black [Preto] 72.6%.

Households that received benefits from the Bolsa Família and Emergency Aid programs recorded higher levels of food insecurity than those receiving pensions.

The lower the household's per capita income, the greater the food insecurity.

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52% of the households interviewed had received at least one monthly payment of the Emergency Aid Program.

63.0% to buy food
27.8% to pay basic bills and debts
9.2% Other

How did people spend the Emergency Aid money?

The Emergency Aid was intended for people in situations of greater social vulnerability. Without it, food insecurity would be even greater among the most vulnerable households.
Before the pandemic, consumption of the following healthy food items was already irregular for food-insecure households:

- meat 72.6%
- vegetables 67.2%
- fruits 66.5%
- cheese 62.5%

Reduction of more than 85% in consumption of healthy food among interviewees from households experiencing food insecurity during the pandemic.

This decrease was significantly smaller among respondents in a food-secure situation, ranging from 7% to 15%.

Eggs were the food item that had the least reduction (17.8%) and the greatest increase in consumption (18.8%) during the pandemic. This increase may be related to the replacement of meat consumption, the most reduced food item analyzed.

Sweets showed the highest increase in consumption among unhealthy foods during the pandemic.

Reduction in consumption of healthy foods during the pandemic: