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Research Prep in Anthropology

(Synthesis Essay)

Inadequate Nutrition within Children in South America: Malnutrition

Globally, there has been a continuous issue of malnutrition within lower-class family households. My research focuses on the inadequate value of nutrition for children in South America, and how the malnutrition epidemic comes into play. Within my research, I wanted to know the main causes of socio-cultural and maternal causes of malnutrition. Many children's dietary needs become secondary due to economic issues like child labor, and having to go into the workforce early to support their families. This falls under intergenerational poverty which is a survival strategy in unequal societies that have struggles in health and opportunities. Located in low-income areas also stunt the growth of many children's development into adulthood. Working in these harsh environments could potentially be harmful to a child's physical and cognitive development, and health, and could affect them into adulthood. Being in such circumstances increases the crime rates due to families being in such need of essentials and their children being out working to provide. Induced body composition, including body fat and muscularity, stems from early growth restriction that can later affect a child's survival abilities, reproduction, and so on.

When conducting my research, a lot of commonalities of my articles fell into food culture and traditions within South America. These articles brought discussions of social changes in their

communities; whether it be in Paraguay, Peru, and Brazil, and how food was able to bring them closer via families and friends. They all share the act of group sharing and dominance in each household when it comes to providing a meal, making sure everyone can eat in each household. Other articles had the struggle of keeping up with said resources to provide a full meal to their families. Economic and political power are also an issue, being that it is hard to predict insecurity. Population increase follows along a demographic of governance, technology, adaptability, and other mitigating factors. Due to environmental/ climate changes, failed structural factors such as markets, and population increase of tourists, have to constantly adapt. There were examples of a decrease in food resources, causing a group of people to have to change their diets from what they primarily would consume. It was more beneficial to live in the city rather than a village to conserve ecosystems due to the government's decisions on biodiversity.

Articles on nutrition anthropology were concerned with understanding human subsistence, diet, and nutrition from both comparative social and evolutionary perspectives. Some sources mentioned seven subsections examine classic food ethnographies: single commodities and substances; food and social change; food insecurity; eating and ritual; eating and identities; and instructional materials. Issues concerning nutritional anthropology in the world now include understanding how undernutrition and food insecurity are produced at local, regional, and international levels; and how food systems are constructed using social, biological, and biocultural perspectives. Poor nutritional health is also targeted at the low economic communities, further decreasing their health if they can afford it. Other articles refer to the children being complementary fed from birth till their 12-month mark to determine the amount of nutritional intake a child can be considered nutritional balanced. The adoption of new energy

and micronutrient requirements for infants and young children will result in lower recommendations regarding minimum meal frequency and energy density of complementary foods. Continuing, children from the 12-23 month mark were said to be consuming ultra-processed foods at high rates, pushing the idea of strengthening policies and programs needed for child nutrition.

Finally, the discussion of overall food programs combating malnutrition in some sources gave the analysis of food programs in South America especially when it comes to children. These articles explain many ways malnutrition is still in effect and government assistance remains at a standstill, one source has data showing a constant trend of food insecurity and malnutrition from the span of 2002-2009 which was during the study. Lots of these articles span different cases of government assistance and programs that are there to help families in need of food sources like Conditional Cash Transfers (Brazil), National Food Security (Argentina), Community Welfare Homes Program (Colombia), and others. From a nutritional standpoint, these programs have unacceptable health disparities that these families endure, with a high prevalence of food insecurity and undernutrition with an early- onset of chronic metabolic disorders. Articles focusing on the primary causes of malnutrition issues emphasized family struggles, household insecurity, and child labor in the workforce. Many children's dietary needs become secondary due to economic issues like child labor, and having to go into the workforce early to support their families. This falls under intergenerational poverty which is a survival strategy in such unequal societies which includes struggles of health and opportunities. Working in these harsh environments could be potentially harmful to their physical and cognitive development, and health, and could affect them into adulthood. Being in such circumstances increases the crime rates due to families being in such need of essentials and their children being

out working to provide. Located in low-income areas also stunt the growth of many children's development into adulthood. Induced body composition, including body fat and muscularity, stems from early growth restriction that can later affect a child's survival abilities, reproduction, and so on.

While completing my research, I've gained a new perception on what is child malnutrition, especially within lower-class communities. I lead into this topic with my research question, "What are the main causes of the spread of malnutrition among children in South America and how does it affect a child's lifespan?" Now I understand that these countries in South America all need supportive programs and health care for their children to get them out of the state of malnutrition to not only improve their health but to expand their lifespans mentally and physically. There are a lot of economic and government factors that control the highly populated areas of malnutrition in socioeconomic classes, especially in rural areas where hunger and malnutrition are concentrated.

During my research, I would need to get a wide range of youth ages and genders just so everything could become conclusive. I would be measuring body fat, age, gender, and social status during the duration I am there. I would hope for my next steps to further pursue three countries in South America to focus my project on and an outline for how I would like to create my project within Visual Anthropology. I would also like to record data from various schools and the student's eating habits. What they are given daily, do they have to pay for school meals and if so, how much, portion sizes; etc. Permission by the parents is super important with my research because for one consent, and two the parents can also give me insight into their everyday environment. Although I would be recording data and information from the kids, the parents are more than likely the ones that would fulfill my research question. I would like to observe a group

of families and their everyday activities/ eating habits and measure their weight to see if it is beneficial to their everyday needs.

I am interested in the Visual and Cultural anthropology field, so I would have my camera and various equipment with me as well. An ethical issue could arise when it comes to the visual aspect of my study, recording children who are malnourished or interfering with their nutrition gain and/ or loss. While recording data within schools' confinement, I could also gain ethical issues by recording data and footage on campus grounds, and permission from staff and parents. I would like to gain local approval and ask them how government assistance works and do they use it. On local government assistance, I would also like to interview someone within that field who could give me more insight on whether it has been benefiting the community.

This research could benefit South American communities by highlighting the true issue of malnutrition and how it's affecting children in their life spans. It allows their communities and others to gain more information about the topic and could make a change. Whether it be within their government assistance or just in the community.

(Annotated Bibliography)

Inadequate Nutrition within Children in South America: Malnutrition

Food Traditions and Culture in South America

From Forest to Reservation: Transitions in Food-Sharing Behavior among the Ache of Paraguay

Gurven Michael, Hill Kim, and Kaplan Hillard. " From Forest to Reservation: Transitions in Food-Sharing Behavior among the Ache of Paraguay," *Journal of Anthropological Research*, Vol. 58, No. 1 (Spring, 2002), pp. 93-120. https://doi.org/10.1086/jar.58.1.3631070

The researcher in this project operationalizes the degree of food transfer dimensions that capture key aspects of distribution behavior equality, and balance using key phrases like depth, breadth, equality, and balance. *Depth* describes the proportion of a person given to others. *Breadth* describes the number of individuals who receive shares. *Equality* reflects any disparities in amounts between individuals or families in the population. *Balance* describes long-term differences in amounts transferred between pairs of individuals or families and reflects a separate aspect of giving or receiving. They evaluated the differences in these food-sharing measures across forest and settlement contexts in terms of three dimensions useful for understanding intra-variation and cross-variation: (1) differences in resource type including resource predictability, inter-forager variance in harvested resources, and economies of scale in production; (2) difference in group size; and (3) differences in proximate determinants of food visibility of others' food possessions and eating areas, physical households, and level.

Places Are Kin: Food, Cohabitation, and Sociality in the Southern Peruvian Andes

Carreño, Guillermo Salas. 2016. "Places Are Kin: Food, Cohabitation, and Sociality in The Southern Peruvian Andes," *Anthropological Quarterly* 89, no. 3: 813–40. 10.1353/anq.2016.0048.

Carreño described humans as not being able to exist except by cultivating social relations with places. This article uses ethnographic work in Cuzco, Southern Peruvian Andes to propose a framework that analyzes particularities grounded in face-to-face interactions. The author then highlights events that provide a glimpse of how, in Andean societies, ideas about the circulation of food are deeply connected to the conceptualization of social relations, not only among humans but also among humans and the places where they live. This article is a contribution to current scholarship reevaluating classic assumptions about kinship and sociality. It explains the implicit logic of social worlds that include not only humans but other-than-human-persons. This article highlights food practices within the mountains of food circulation and cohabitation.

Can ideas about food inspire real social change?: The case of Peruvian Gastronomy

Fan Judith E. 2013. " Can ideas about food inspire real social change?: The case of Peruvian Gastronomy," *Gastronomica* (2): 29-40. https://doi.org/10.1525/gfc.2013.13.2.29

Judith uses political and media sources to support their core idea of food creating social change. They explain that to a nation historically beset with intercultural and class tensions and complex conflicts of interest between the coastal capital and the interior, the accessibility of a professional career in cooking appears to suggest a new mode of political enfranchisement and social mobility. Judith Peruvian food traditions to further explain how food can bring communities together. They hope that this work might also yield comparative insights into the rising profile of food—and a growing food-driven political consciousness in my local context.

Dietary Changes Over Time in *Caiçara* Community from the Brazilian Atlantic Forest

MacCord, Priscila L., and Begossi Alpina. "Dietary Changes over Time in a *Caiçara* Community from the Brazilian Atlantic Forest." *Ecology and Society* 11, no. 2 (2006). http://www.ecologyandsociety.org/vol11/iss2/art38/

MacCord and Begossis' research in this study was to explore the dietary changes that have taken place in Puruba Beach, a rural community of *caiçaras* on the São Paulo Coast, Brazil, throughout a 10-yr period from 1992–1993 to 2002–2003. They found an increasing dependence on external products in the most recent period, along with a reduction in fish consumption and the number of fish species eaten. These changes, possibly associated with other unmeasured factors such as overfishing and unplanned tourism, may cause food delocalization and a reduction in the use of natural resources. Although the consequences for conservation efforts in the Atlantic Forest and the survival of the *caiçaras* must still be evaluated, these local inhabitants may be finding a way to reconcile both the old and the new dietary patterns by keeping their houses in the community while looking for sources of income other than natural resources. My research topic, further explains other outreaches of food that South Americans are now considering with the changes of external factors listed to support their families from undernutrition.

Nutrition Factors

Update on Technical issues concerning Complementary Feeding of Young Children in Developing Countries and Implications for Intervention Programs

Dewey Kathryn G. and Brown Kenneth H. "Update on Technical issues concerning Complementary Feeding of Young Children in Developing Countries and Implications for Intervention Programs." *Food and Nutrition Bulletin* Volume 24, Issue 1. 2003. https://doi.org/10.1177/156482650302400102

Authors Dewey and Brown within their article provide nutritional education when it comes to complementary feeding of young children in developing countries. They inform us that the densities of iron, zinc, and vitamin B6 in complementary foods are often inadequate, and the intake of other nutrients may also be low in some populations. They provide strategies for obtaining the needed amounts of problem nutrients, as well as optimizing breastmilk intake when other foods are added to the diet, are discussed. The impact of complementary feeding interventions on child growth has been variable, which calls attention to the need for more comprehensive programs. There is a six-step approach to planning, implementing, and evaluating such programs. They further explain the effects of complementary feeding interventions on growth are variable, depending on the types of foods promoted, the target age range, the initial nutritional status of the infants, and the degree to which other nutrition and health messages are included in the program.

Minimum Dietary Diversity and Consumption of Ultra-Processed Foods Among Brazilians Children 6-23 Months of Age

Lacerda Aqunio de Maria Elisa, Bertoni Neilane, Santos- Alves Helena Nadya, Carneiro Vertulli Letícia B., Schincaglia Machado, Boccolini Siqueira Cristiano, Castro de Ribeiro Rugani Inês, Anjos dos Antonio Luiz, Beti Lelis Talita, Kac Gilberto. " Minimum Dietary Diversity and Consumption of Ultra- Processed Foods Among Brazilians Children 6-23 Months of Age," Reports in Public Health. Saúde Pública 39 (Suppl 2).2023 https://doi.org/10.1590/0102-311XEN081422

The authors presented this study to estimate the prevalence of minimum dietary diversity (MDD) and consumption of ultra-processed foods in children 6-23 months of age according to sociodemographic variables. They used three indicators of complementary feeding of 4,354 children from the *Brazilian National Survey on Child Nutrition,* based on a questionnaire about food consumption on the day before the interview: MDD, consumption of ultra-processed foods, and MDD without the consumption of ultra-processed foods. The ultra-processed foods in the diets of Brazilian children and the low frequency of diversified foods, especially among the most vulnerable populations, indicate the need to strengthen policies and programs to ensure adequate and healthy infant nutrition.

Food and Globalization

Phillips, Lynne. 2006. "Food and Globalization," *Annual Review of Anthropology* 35: 37–57. https://doi.org/10.1146/annurev.anthro.35.081705.123214

This review by Lynne takes two key approaches for exploring the theme of food and globalization: first, how food has been mobilized as a commodity in global production and trade

systems and governed through global institutions; and second, how the idea of globalization has been nourished through food, particularly with the mobility of people and ideas about cuisine and nutrition. They also list global inequalities to make to policy-based research and the analytical connections between governance, food politics, and food citizenship in future studies. The coverage of globalizing food was broken into sections, commodities, corporations, global governance, feeding globalization, etc.

The Anthropology of Food and Eating

Mintz, Sidney W., and Du Bois Christine M. 2002. "The Anthropology of Food and Eating," *Annual Review of Anthropology* 31: 99–119. https://doi.org/10.1146/annurev.anthro.32.032702.131011

Mintz and Du Bois contended that the study of food and eating is important both for its own sake since food is utterly essential to human existence and because the subfield has proved valuable for debating and advancing anthropological theory and research methods. Previous food studies have illuminated broad societal processes such as political-economic value-creation, symbolic value-creation, and the social construction of memory. Seven subsections examine classic food ethnographies: single commodities and substances; food and social change; food insecurity; eating and ritual; eating and identities; and instructional materials. The richest, most extensive anthropological work among these subtopics has focused on food insecurity, eating and ritual, and eating and identities. This article is based on historical ethnographies of food & social change, food insecurity, eating & rituals; and more.

Nutritional Anthropology in the World

Ulijaszek, Stanley. 2024. "Nutritional Anthropology in the World," *Journal of Physiological Anthropology* 43, 1-5. doi:10.1186/s40101-023-00345-0

Ulijaszek's article is informative on nutritional facts and how we use them with anthropological approaches. This article explains the uses of biocultural approaches and how nutritional anthropology also uses ideas of ecological investigations of undernutrition and obesity. This article states that nutritional anthropology is the study of human subsistence, diet, and nutrition within the social and evolutionary perspective. There are many aspects when it comes to the nutritional health and well-being of populations, including evolutionary, ecological, social, cultural, and historical backgrounds. They show patterns of dietary change, past dieting informing the present, and food and nutritional health currently. Ulijaszek frames their question by asking " what can be eaten", instead of "what should be eaten".

Food, Anthropology of

Waldstein Anna. 2018. "Food, Anthropology of," *The International Encyclopedia of Anthropology*, 1-9 https://doi.org/10.1002/9781118924396.wbiea1605

Walfstein declares that the overlap between food and mind-altering substances reveals the crucial role that "drug-foods" played in the development of colonialism and globalization. They later explain that consuming various foods may represent shared identities, political divisions, health imperatives, and spiritual duties, or lack thereof and that malnourishment and other disordered eating patterns are manifestations of the imbalances in global food production and distribution systems. With growing skepticism about corporations, Waldstein explains the biotechnological approaches to food crises, permaculture, and other grassroots initiatives offer

promise for the future. “Currently, malnourishment and other disordered eating patterns are manifestations of the imbalances in global food production and distribution systems,” (pg 1).

Food Programs Combating Malnutrition

Indigenous Children and Malnutrition. Comparative Anthropological Analysis of the Implementation of Food Programs in Colombia and Argentina

Leavy Pía María, Szulc Paola Andrea, Anzelin Ingrid. 2018. “Indigenous Children and Malnutrition. Comparative Anthropological Analysis of the Implementation of Food Programs in Colombia and Argentina,” Cuadernos de Antropología Social, no. 48, pp. 39-54 Niñez indígena y desnutrición. Análisis antropológico comparativo de la implementación de programas alimentarios en Colombia y Argentina

This article by Leavy, Szulc, and Anzelin presents an anthropological analysis of food programs aimed at Indigenous children in rural areas of the province of Salta (Argentina) and the Department of Guainía (Colombia). From an ethnographic approach, qualitative techniques are used to observe the implementation of the National Food Security Plan, in the Argentine case, and the Community Welfare Homes program, in the Colombian case. Their anthropological analysis shows that the special recognition of the rights of Indigenous children translates into policies focused on children's bodies, which omit the historical, social, and political processes that led Indigenous populations to live in conditions of food insecurity. They propose that child care configures a field of disputes between state agents and adult caregivers where Indigenous otherness is understood as the cause of the emergence of nutritional deficits.

Exploring the World of Culture in the Link Between Mental Health and Food Insecurity: A Case Study From Brazil

Weaver J. Lesley, Meek David, Craig Hadley. 16 June 2015. "Exploring the World of Culture in The Link Between Mental Health and Food Insecurity: A Case Study From Brazil." *Annals of Anthropology Practice,* 250-268. https://doi.org/10.1111/napa.12055

This article tries to define the relationships between the social meaning of food and its effects on mental health. It outlines many theoretical pathways of food insecurity to reduced physical and mental well-being in rural Brazil. The results suggested that food insecurity is closely related to both mental and physical health. The research presented looks into food insecurity and it is related to both mental and physical health disparities, but also some pathways connecting food insecurity and mental health remain somewhat unclear which are reflected in their data. The authors presented research that further addresses the relationships between the social meaning of food and mental health. The authors used methods of a three-stage data collecting process which were interviews and questionnaires the participants had to answer which further proves that food has some sort of effect on society within its consumption.

Encountering Work: Intergenerational Informality, Child Labor, and Malnutrition in Urban Ecuador

Hinrichsen, Megan B. 2017. "Encountering Work: Intergenerational Informality, Child Labor, and Malnutrition in Urban Ecuador," *Anthropology of Work Review* 38, 81-91. https://doi.org/10.1111/awr.12120

Hinrichsen made connections in the articles between child labor and malnutrition in certain households. He held his focus on families that are at the bottom of the socioeconomic

pyramid in urban Ecuador. He interviewed around 120 adults who were mostly street vendors, which uncovered lifelong economic inheritance of generational work and patterns of child labor or "encountered work". Out of all the 120 adults who were interviewed, all of their children showed signs of malnutrition which would further impact them for the rest of their lives. This article perceives child malnutrition as only being understood as intergenerational poverty. This pushes the vulnerability of impoverished children into inequalities of health and opportunities.

Cash Transfers, Food Security, and Health: Biocultural Insights for Poverty- Alleviation Policy from the Brazilian Amazon

Piperata, Barbara Ann, Kendra McSweeney, Rui Sergio Murrieta, Cristina Adams, Eduardo S. Brondizio, Janet Chernela, Kathryn A. Hicks, Carla Morsello, Amber Wutich, and Alexandra Brewis. 2016. "Conditional Cash Transfers, Food Security, and Health: Biocultural Insights for Poverty-Alleviation Policy from the Brazilian Amazon," *Current Anthropology* 57, no 6: 806-26. https://doi.org/10.1086/688912

The authors defined what was a Conditional Cash Transfer (CCT), in which programs use direct cash payments to allow the very poor to meet their most pressing needs (i.e., food, and medicine). These "conditionalities" monitor the investment of the child's healthcare and education through school attendance and medical care. The authors raise the question about these CCT programs actually helping less fortunate communities and that recipient households' food security was measurably worse off and children's poor nutritional status was virtually unchanged four years into the program. They discuss the mechanisms that may explain these results in this rural zone and raise broader questions about the role of CCT programs in breaking the cycle of

poverty in subsistence-based communities worldwide, especially without concomitant investment in public health and sanitation infrastructure.

Malnutrition Issues

The Consequences of Linear Growth Stunting: Influence on Body Composition among Youth in the Bolivian Amazon

Susan Tanner, William R. Leonard, Victoria Reyes-García. 2013. " The Consequences of Linear Growth Stunting: Influence on Body Composition among Youth in the Bolivian Amazon," *American Journal of Biological Anthropology* 153*:* 92-102. https://doi-org.lawrence.idm.oclc.org/10.1002/ajpa.22413

The authors found documentation of stunted growth of up to half of all children in rural indigenous populations of South America. As explained in the article, stunting is a signal of adverse conditions during growth and has been developmentally induced modifications to body composition, including body fat and muscularity, that stem from early growth restriction. This article examines short stature and three anthropometric indicators of body composition during childhood and adolescence among a rural, indigenous population in Bolivia. The relation between linear growth restriction and indicators of body composition persists into adolescence, providing additional insight into the influence of adverse conditions during growth. This article provides the reader with research from the Tsimane Amazonian Panel Study (TAPS) collected over 6 years of annual observations within 13 communities.

Childhood stunting and the metabolic syndrome components in young adults from a Brazilian birth cohort study

Grillo, L., Gigante, D., Horta, B. *et al.* 2016. Childhood stunting and metabolic syndrome Components in young adults from a Brazilian birth cohort study. *European Journal of Clinical Nutrition* 70, 548–553. https://doi.org/10.1038/ejcn.2015.220

This study for Grillo and Horta aimed to investigate the association between stunting in the second year of life and metabolic syndrome components in early adulthood among subjects who have been prospectively followed up since birth, in a city in Southern Brazil. " Stunting is the most prevalent form of malnutrition worldwide and is characterized by linear growth deficiency in childhood. In 2011, globally, 26% of children aged <5 years were stunted; in Latin America and the Caribbean, there was a prevalence of 13%. In Brazil, stunting declined from 37% in 1974–1975 to 7% in 2006–2007 and population-based birth cohort studies in the city of Pelotas (Brazil) in 1982, 1993, and 2004 stunting among 2-year-olds declined from 13.9 to 5.0%, (pg 548). They wanted to assess the relationship between the metabolic syndrome components and childhood stunting in young adults who have been followed up since birth. In their discussion, they found that nutritional stunting is caused by a combination of several factors including intrauterine and maternal malnutrition, inadequate quality or quantity of complementary foods ingested in childhood, and poor nutrient absorption caused by a high prevalence of infection.

How Important is Parental Education for Child Nutrition?

Alderman Harold, and Headey D. Derek. 2017. How Important is Parental Education for Child Nutrition. *ScienceDirect* Volume 94*,* Pages 448-464. https://doi.org/10.1016/j.worlddev.2017.02.007

In this research article, Alderman and Headey address concerns through a novel econometric analysis of 376,992 preschool children from 56 developing countries. They compare a naïve least square model to specifications that include cluster fixed effects and cohort-based educational rankings to reduce biases from omitted variables before gauging sensitivity to sub-samples and exploring potential explanations of education-nutrition linkages. The estimated nutritional returns to parental education are: (a) substantially reduced in models that include fixed effects and cohort rankings; (b) larger for mothers than for fathers; (c) generally increasing, and minimal for primary education; (d) increasing with household wealth; (e) larger in countries/regions with higher burdens of undernutrition; (f) larger in countries/regions with higher schooling quality; and (g) highly variable across country sub-samples. These results imply substantial uncertainty and variability in the returns to education, but results from the more stringent models imply that even the achievement of very ambitious education targets would only lead to modest reductions in stunting rates in high-burden countries.

A Systematic Review of the Relationship Between Household Food Insecurity and Childhood Undernutrition

Lye Way Chuan, Sivasampu Sheamini, MahmudionoTrias, Majid Abdul Hazreen. 2023. A Systematic Review of the Relationship Between Household Food Insecurity and Childhood Undernutrition. *Journal of Public Health*, Volume 45, Issue 4, Pages e677–e691.

https://doi.org/10.1093/pubmed/fdad070

These authors did a systematic review aimed at investigating the association between household food insecurity (HFIS) and undernutrition in children under 5 years old, informing policymakers on the vital factors needed to be considered in tailoring an effective strategy to

tackle childhood undernutrition within HFIS. Their conclusion resulted in sustainable and inclusive economic growth, which aims to reduce income, education, and gender inequality, and should be a key policy goal in minimizing food insecurity and childhood undernutrition. Multisectoral interventions are needed to address these issues.

A'uwẽ (Xavante) views of food security in a context of monetization of an Indigenous economy in Central Brazil

Welch James R., Coimbra E.A Carlos Jr. 2022. A'uwẽ (Xavante) views of food security in a Context of monetization of an Indigenous economy in Central Brazil. PLoS ONE 17(2): e0264525. https://doi.org/10.1371/journal.pone.0264525

In 2019, Welch James R. and Coimbra E.A Carlos Jr. undertook an ethnographic study in three A'uwẽ (Xavante) communities in the Pimentel Barbosa Indigenous Reserve, Central Brazil, intending to analyze how people understand and pursue food security. They then propose that in the studied communities the complex network of A'uwẽ food reciprocity is a fundamental strategy for mitigating hunger and acute lack of food. They discuss their findings to elucidate relationships between Indigenous agencies, social organizations, and public policies. They focused on the first two, where the main cultural aspect is reciprocity and food sharing between family members and neighbors; the situational aspect is linked to the increasing monetization of domestic economies through government programs. Based on an ethnographically informed analysis, they then propose that in the studied communities, governmental social programs, pensions, and salaries were salient resources for accessing basic food supplies on a routine basis, but not during times of hunger. Rather, acute lack of food was more commonly addressed through the complex network of A'uwẽ food reciprocity.

Food, Water, and Scarcity: Toward a Broader Anthropology of Resource Insecurity

Wutich, Amber, and Brewis. 2014. “Food, Water, and Scarcity: Toward a Broader Anthropology of Resource Insecurity,” *Current Anthropology* 55, no. 4: 444–68. https://doi.org/10.1086/677311.

The author’s focus was on the causes of resource insecurity at the community level, coping responses to resource insecurity at the household level, and the effect of insecurity on emotional well-being and mental health at the individual level. They argue that human experiences of food and water insecurity are sufficiently similar to facilitate a broader theory of resource insecurity, including how households and individuals cope. There are also important differences between food and water insecurity, including the role of structural factors in creating community-level vulnerabilities. These suggest food and water insecurity may also produce household struggles and individual suffering along independent pathways.