


FOOD DONATION TO HOMELESS PEOPLE: A NARRATIVE REVIEW <https://doi.org/10.56238/sevened2024.037-157>

Bruna Debortoli Miranda da Costa¹, Ester Batista Tuyama², Gabriel Gomes de Moraes Santos³, Gustavo da Silva Amaral⁴, Marcus Eduardo Coutinho Ribeiro⁵, Valdeir Wallace de Souza Junior⁶, Yuri Rodrigues Miranda⁷ and Eunice da Silva Barros⁸.

ABSTRACT

This narrative review article addresses the impact of food donation to homeless people, analyzing practices that transcend welfare and promote Food and Nutrition Security. The research was conducted through the analysis of academic literature published between 2019 and 2024 in databases such as Scielo and PubMed. The data were organized around two guiding questions: i) Food donations in the Promotion of Food Security for Homeless People: Government programs and Solidarity Kitchens; ii) Evaluation of products donated

¹ Undergraduate student in Nutrition at University Center UNA Cristiano Machado, Belo Horizonte, MG, Brazil

<https://lattes.cnpq.br/7146223267152958>

<https://orcid.org/0009-0000-7399-7997>

Email: bdebortoli8@gmail.com

² Undergraduate student in Nutrition at University Center UNA Cristiano Machado, Belo Horizonte, MG, Brazil

<http://lattes.cnpq.br/3061729231763868>

<https://orcid.org/0009-0002-4936-6321>

E-mail: ester.batista1302@gmail.com

³ Graduating in Nutrition at University Center UNA Cristiano Machado, Belo Horizonte, MG, Brazil

<http://lattes.cnpq.br/7122769264466792>

<https://orcid.org/0009-0001-7937-5547>

E-mail: gabriel08795@gmail.com

⁴ Graduating in Nutrition at University Center UNA Cristiano Machado, Belo Horizonte, MG, Brazil

<https://lattes.cnpq.br/6587419378590635>

<https://orcid.org/0009-0004-4860-4601>

E-mail: gugagsa@hotmail.com

⁵ Graduating in Nutrition at University Center UNA Cristiano Machado, Belo Horizonte, MG, Brazil

<https://lattes.cnpq.br/1900615379278349>

<https://orcid.org/0009-0002-9576-8946>

Email: ma.eduardo.ribeiro@gmail.com

⁶ Graduating in Nutrition at University Center UNA Cristiano Machado, Belo Horizonte, MG, Brazil

<https://lattes.cnpq.br/9227407961451564>

<https://orcid.org/0009-0000-7921-6194>

E-mail: valdeir.wallace1@gmail.com

⁷ Graduating in Nutrition at University Center UNA Cristiano Machado, Belo Horizonte, MG, Brazil

<https://lattes.cnpq.br/2080629394543865>

<https://orcid.org/0009-0009-2416-3369>

E-mail: rmiranda.yuri@gmail.com

⁸ Master's Degree in Dental Clinics from the Pontifical Catholic University of Minas Gerais, UNA University Center. Belo Horizonte, MG, Brazil

<http://lattes.cnpq.br/7445412094591919>

<https://orcid.org/0000-0002-9192-1643>

E-mail: eunice.barros@prof.una.br

to homeless people. The results indicate that, although donations are essential to reduce hunger, much of the donated food is ultra-processed and nutritionally inadequate, which aggravates health problems such as malnutrition and chronic diseases. On the other hand, solidarity kitchens, which offer balanced and fresh meals, prove to be effective alternatives, as they promote improvements in quality of life and food security. The review concludes that conscious donation is essential to mitigate nutritional inequalities and highlights the importance of public policies, nutritional education, and sustainable initiatives to promote adequate and dignified food for vulnerable populations.

Keywords: Donation. Nutrition. Food insecurity. Social Vulnerability. Human Right to Adequate Food.

INTRODUCTION

Food donation is directly related to the Human Right to Adequate Food (DHAA), ensuring not only access to basic food that meets daily caloric needs, but also, when composed of foods with nutritional quality, contributes to the supply of essential nutrients, promoting a balanced and nutritionally adequate diet (Duarte; Brisola; Rodrigues, 2021; La Cerda et al., 2023). This practice favors health promotion in vulnerable populations, such as homeless people, families below the poverty line, and residents of rural areas, where access to quality food is often compromised by availability limitations and geographical barriers (La Cerda et al., 2023).

One of the main benefits of food donations is the contribution to the reduction of food insecurity, defined as the condition in which individuals or families do not have sufficient physical, social, or economic access to adequate food for the maintenance of health. This condition can be classified into different levels: mild, when there is constant concern about the possibility of lack of food in the future, although the dietary pattern is still maintained; moderate, when there is a reduction in the quality and variety of food consumed, compromising nutrition and health, but still with the availability of some amount of food; and severe, when there is a significant lack of food, resulting in hunger and malnutrition (Brasil, 2014a). However, in addition to providing the caloric amount necessary to maintain body weight, it is essential that donations prioritize the nutritional quality of food, which favors well-being in various aspects of health (Barros; Tenuta; Teixeira, 2022).

The donation of food to people in situations of social vulnerability is an essential practice to reduce hunger and alleviate inequalities. However, the effectiveness of this practice may be limited by the absence of criteria for nutritional quality, regularity, and adequacy of donated food. Conscious food donation, which prioritizes the careful selection of nutritious foods and respects the specific needs of beneficiaries, emerges as a more sustainable and dignified solution. Individuals in a situation of food insecurity have access to foods of low nutritional value, protein-energy malnutrition and micronutrient deficiencies, which can cause lethargy, cognitive deficits, impairment of various physiological functions, in addition to making them more susceptible to the development of chronic diseases, such as Diabetes Mellitus, Systemic Arterial Hypertension and Dyslipidemia (Barros; Tenuta; Teixeira, 2022).

The donation of foods with low nutritional value, such as industrialized products that undergo changes to acquire new flavors, textures, colors or longer shelf life, usually through the addition of chemical dyes and preservatives, such as instant noodles and seasonings, artificial snacks, stuffed cookies, sausages and processed hamburgers, can aggravate the

health conditions of the beneficiaries (Louzada et al., 2021). To avoid these negative impacts, it is essential that donations are aligned with the recommendations and standards established by the Food Guide for the Brazilian Population. Conscious donations, composed of food of adequate nutritional quality, can promote a balanced diet and directly benefit the health of the vulnerable population (Brasil, 2014b).

In a scenario marked by deep social inequalities and growing food insecurity, donation emerges as a solution that transcends welfare, consolidating itself as an act of citizenship and dignity (Palmeira; Bem-Lignani; Salles-Costa, 2022). Another significant aspect of the donation is its contribution to reducing food waste. On a daily basis, large quantities of food in conditions suitable for consumption are discarded. Donation turns this waste into an opportunity, redirecting these resources to the individuals who need it most. In addition to fighting hunger, this practice promotes sustainability, contributes to the balance of the environment, by optimizing the use of food resources. Food Banks, solidarity kitchens and popular restaurants exemplify this virtuous cycle, by connecting food surpluses with vulnerable populations in an organized and safe way (Roseno; Santos, 2021; Tenuta et al., 2021).

For those in vulnerable situations, receiving quality food is not only a matter of satisfying hunger, but also of respect and appreciation. Donations made with care, such as food with good nutritional quality, in good condition, without contamination and that can meet the needs of the people who receive this food, convey the message that these people are important and deserve more than leftovers or low-quality food. Finally, food donation has an educational and transformative role, by providing not only food, but also information on nutrition, reuse, and preservation of food (Barros; Tenuta; Teixeira, 2022).

The objective of this article is to analyze the impacts of food donation for homeless people, a specific group within the population in social vulnerability, who, as our initial research indicates, depend mostly on donations and social programs to have access to food. This study seeks, therefore, to highlight donation practices and their role in combating hunger and promoting human dignity. The review was guided by two guiding themes: 1) Food donations in the Promotion of Food Security for Homeless People: Government programs and Solidarity Kitchens; 2) Quality of food donated to homeless people.

METHODOLOGY

This study adopted a narrative approach to analyze data collected from secondary sources available in academic and scientific databases. The methodology was structured in the following stages: selection of sources, definition of the guiding theme of the specific

search, data collection and critical analysis. The data search was carried out in the Scielo and PubMed databases, and the capture of studies was limited to the period from 2019 to 2024. The choice of this time frame is justified by ensuring that the study is updated with a focus on the last five years. No restrictions were established as to the type of study included, location, or language.

The search terms used in the construction of this argumentative analysis were: "Homeless", "Homeless", "Homeless People" and "Homeless Persons". These descriptors were combined with keywords associated with nutrition and food security, including "Food," "Food Deprivation," "Food Deprivation," "Food Supply," and "Collective Feeding." In order to investigate the effectiveness of food assistance programs, specific terms such as "Restaurant", "Solidarity Kitchen", "Solidarity Kitchens" and "Popular" were also included. The search strategies were adapted to the particularities of each database consulted. To ensure the reproducibility of the methods, detailed search strategies for each database are presented in Chart 1, providing transparency and methodological rigor in the selection of references that support the discussions in this article.

Table 1. Detailed search strategies in the Scielo and PubMed databases.

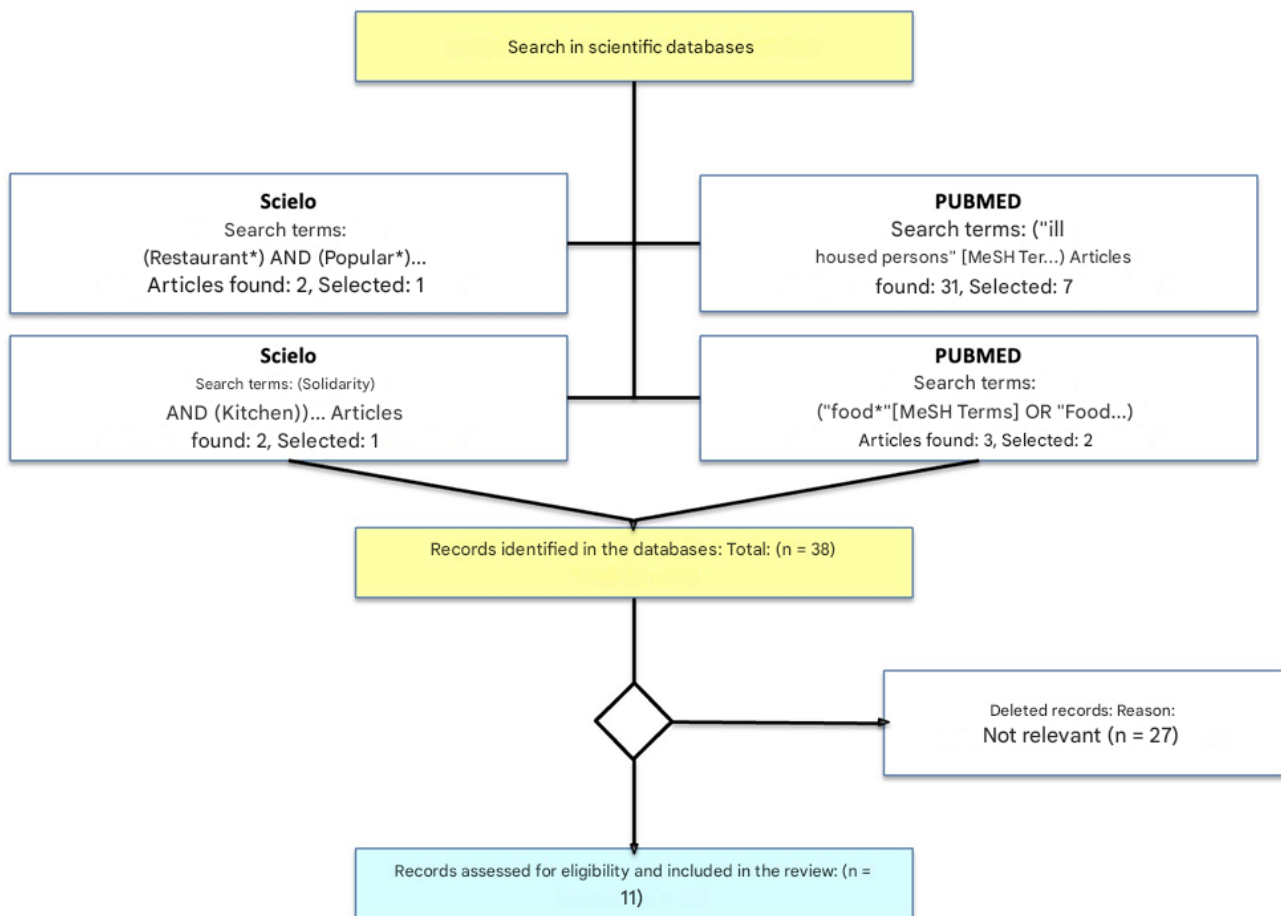
Database used	Quest	Articles found
Scielo	(Restaurant*) AND (Popular*)	2
Scielo	((Solidarity) AND (kitchen)) OR ("Solidarity kitchen")	2
PUBMED	("ill housed persons"[MeSH Terms] OR ("morador"[All Fields] AND ("drug effects"[MeSH Subheading] OR ("drug"[All Fields] AND "effects"[All Fields]) OR "drug effects"[All Fields] OR "de"[All Fields]) AND "rua"[All Fields]) OR (("pessoa"[All Fields] OR "pessoas"[All Fields]) AND ("embryology"[MeSH Subheading] OR "embryology"[All Fields] OR "em"[All Fields]) AND "situacao"[All Fields] AND ("drug effects"[MeSH Subheading] OR ("drug"[All Fields] AND "effects"[All Fields]) OR "drug effects"[All Fields] OR "de"[All Fields]) AND "rua"[All Fields]) OR "Abrigos"[All Fields] OR "Homeless Persons"[Text Word]) AND ("food"[MeSH Terms] OR "Food Deprivation"[All Fields] OR ("privacao"[All Fields] AND ("drug effects"[MeSH Subheading] OR ("drug"[All Fields] AND "effects"[All Fields]) OR "drug effects"[All Fields] OR "de"[All Fields]) AND ("alimento"[All Fields] OR "alimentos"[All Fields])) OR "Food Supply"[All Fields] OR (("alimento"[All Fields] OR "alimentos"[All Fields]) AND ("dieta"[All Fields] OR "dietas"[All Fields]) AND "e"[All Fields] AND "nutricao"[All Fields]) OR "diet food and nutrition"[All Fields])	31
PUBMED	("food*"[MeSH Terms] OR "Food Quality"[All Fields] OR "Food and Beverages"[All Fields] OR ("eating"[MeSH Terms] OR "eating"[All Fields]) OR "Street Food"[All Fields] OR "Perishable Foods"[All Fields]) AND (("ill housed persons"[MeSH Terms] OR ("ill housed"[All Fields] AND "persons"[All Fields]) OR "ill housed persons"[All Fields] OR "homeless"[All Fields] OR "homelessness"[All Fields]) AND ("people s"[All Fields] OR "peopled"[All Fields] OR "peopling"[All Fields] OR "persons"[MeSH Terms] OR "persons"[All Fields] OR "people"[All Fields] OR "peoples"[All Fields])) AND ("donate"[All Fields] OR "donated"[All Fields] OR "donates"[All Fields] OR "donating"[All Fields] OR "donation"[All Fields] OR "donations"[All Fields] OR "donator"[All Fields] OR "donators"[All Fields])	3

Source: Prepared by the authors (2024)

RESULTS

Initially, 38 articles that met the selection criteria were located, based on the presence of the respective keyword associations. These articles were categorized through critical analysis of their content, according to the relationship with the guiding questions. 8 studies with relevant data for the first guiding question were selected, while for the second question, 3 studies were chosen. The flowchart of the studies selected for review can be seen in Figure 1.

Figure 1. Diagram of the selected studies.



Source: Prepared by the authors (2024)

The synthesis of the information from the articles selected for this review is presented in Chart 2.

Table 2. Summary of title, authors, language, year, journal, type of study, and sample of selected articles.

Title	Authors	Country	Language	Year	Newspaper	Type of study	Sample
Food Acquisition Strategies of Homeless Youth in the Greater Seattle Area	Kloubec e Harris	United States of America	English	2021	Journal of the Academy of Nutrition and Dietetics	Cross-sectional study	122 Participants
Long-Term Food Insecurity, Hunger and Risky Food Acquisition Practices: A Cross-Sectional Study of Food Charity Recipients in an Australian Capital City	Pollard <i>et al.</i>	Australia	English	2019	International Journal of Environmental Research and Public Health	Cross-sectional study	101 Participants
"We have a roof over our head, but we have to eat too:" Exploring shifting foodscapes from homelessness into Housing First in Kingston, Ontario	Hainstock and Masuda	Canada	English	2019	Health & Place	Mixed-methods study	10 Participants
Diet Quality, Health, and Wellbeing within the Irish Homeless Sector: A Qualitative Exploration	Ravikumar <i>et al.</i>	Ireland	English	2022	International Journal of Environmental Research and Public Health	Qualitative study	22 Participants
Systematic review of the nutritional status of adults experiencing homelessness	Huang <i>et al.</i>	United Kingdom	English	2022	Public Health (Elsevier)	Systematic review	6 articles with a total of 1561 Participants

Nutritional needs, resources, and barriers among unhoused adults cared for by a street medicine organization in Chicago, Illinois	Adams <i>et al.</i>	United States of America	English	2023	BMC Public Health	Cross-sectional study	20 Participants
Who are the Solidarity Kitchen users? Study on inequalities to ensure food and nutritional security based on the experience of Sol Nascente community - Distrito Federal, Brazil	Madruga <i>et al.</i>	Brazil	English	2024	Revista de Nutrição (Brazilian Journal of Nutrition)	Cross-sectional study	83 Participants
Food Sources for Homeless Youth: An Evaluation of Food Availability at a Homeless Youth Drop-In Center	Yarcusko <i>et al.</i>	United States of America	English	2019	Journal of Nutrition Education and Behavior	Observational study at	N/A
The determinants of the nutritional quality of food provided to the homeless population: a mixed methods systematic review protocol	Ravikumar-Grant e Kelly	Europe, North America and Oceania	English	2023	Systematic Reviews	Systematic Review Protocol	N/A
Food security of food recipients of a food pantry and soup Kitchen	Mousae Freeland-Graves	United States of America	English	2019	Public Health Nutrition	Cross-sectional study	222 Participants

Popular Restaurants as strategies to fight hunger and to promote Food and Nutrition Security: an integrative review of scientific publications in the period 2011-2021	Oliveira <i>et al.</i>	Brazil	English	2023	Journal of Nutrition	Integrative review	35 items
--	------------------------	--------	---------	------	----------------------	--------------------	----------

Source: Prepared by the authors (2024)

DISCUSSION

FOOD DONATIONS IN THE PROMOTION OF FOOD AND NUTRITIONAL SECURITY FOR HOMELESS PEOPLE: GOVERNMENT PROGRAMS AND SOLIDARITY KITCHENS

A significant number of vulnerable people around the world are forced to turn to the streets in search of resources to meet their most basic needs. In response, governments have implemented social programs aimed at addressing these shortages and mitigating food insecurity among underserved populations (Brasil, 2023). This theme seeks to examine the effectiveness of government programs and solidarity kitchens in reducing food insecurity among homeless people, analyzing their real impacts and the limitations that still compromise the sustainability and quality of the support offered.

The study by Huang et al. (2022), analyzed 35 articles that assessed the nutritional status of homeless people, the research revealed respectively that between 33.3% and 68.3% of individuals were overweight or obese, while 3.5% to 17% were underweight. In addition, deficiencies of micronutrients such as iron, folate, vitamins C, D, and B12 were prevalent. Their diets consist of high-energy-dense, nutrient-poor foods, such as fast food and low-quality donations.

Following this same line, the qualitative research conducted by Adams et al. (2023) in Chicago with a sample number of 20 participants, investigated the food and health conditions of homeless people. Of the respondents, 11 reported severe dental problems, which limited their ability to chew and consequently consume nutritious foods, resulting in a dependence on processed foods and liquids, such as soups and sugary drinks. In addition, 10 of the 20 participants reported inadequate food intake, with an almost exclusive reliance on food donations and shelter. In this population, 50% of the participants suffered from chronic diseases, such as diabetes and hypertension, and found it difficult to follow medical dietary guidelines due to the lack of control over food. Additionally, the article suggests which foods can be safely donated, such as peanut butter, canned soups, and fruits that do

not need refrigeration, and identifies that partnerships with community gardens could help provide fresh food for this population (Adams et al., 2023). This dental issue points to the need for a careful selection of donated foods, which includes easy-to-chew and ready-to-eat options, especially to serve beneficiaries with oral health limitations.

A cross-sectional study carried out in the United States of America (USA) applied a nutritional food frequency questionnaire to 222 participants, made an analysis between food insecurity and the impacts on society. The data presented regarding food donation showed that 73% were unsafe foods to be consumed. Most of the participants were male, single, and homeless, with an annual income of less than \$1,000. These individuals relied on donations from community kitchens, facing significant obstacles to accessing government assistance programs such as the Supplemental Nutrition Assistance Program (SNAP), also known as the Food Stamp Program. The main barriers to accessing the federal program included eligibility issues, such as criminal history or lack of citizenship, making it difficult for low-income families to access the benefit for the purchase of food. The study showed that participants who were fed by food donations in community kitchens had an improvement in their condition of food insecurity and increased the consumption of essential nutrients (Yarcusko; Slesnick; Hatsu, 2019).

In Ireland, Ravikumar et al. (2022) conducted a cross-sectional study that highlighted similar barriers faced by homeless populations. Dependence on food donations, often of low nutritional quality, has contributed to the worsening of mental health, with an increase in cases of depression. The lack of control over food and the scarcity of fresh food generate a lack of healthy options and result in a poor diet. The study by Hainstock and Masuda (2019) analyzed the food situation of individuals who started to live in more stable housing through the Housing First program in Canada. The results demonstrated that, despite the improvement in control over food storage and preparation, many participants continued to rely on food banks and charitable programs, evidencing the persistence of food insecurity even after moving to more stable housing.

In Australia, Pollard et al. (2019) conducted a study with 96 participants, finding that 91% of respondents reported food insecurity, and 56% stated that they had gone one or more days without eating in the previous week. Risky practices, such as walking the streets begging for food (32%) and money (36%), were common among this population. The study underscores the urgent need for reforms in the social protection and food assistance systems. In addition to international studies, the Brazilian study analyzed by Oliveira et al. (2023) addressed how government programs, such as popular restaurants, seek to mitigate the impacts of food insecurity. In an integrative review that covered 35 studies published

between 2011 and 2021, it was found that these restaurants offer nutritious meals at affordable prices to vulnerable populations, including informal workers, the unemployed, and people experiencing homelessness.

In addition to government initiatives to combat hunger, popular actions emerge that play an essential role in this confrontation. Among these actions, the solidarity kitchen stands out, which is entirely managed by the population itself and plays a relevant role in food support for groups in vulnerable situations. In Brazil, it is estimated that there are approximately 5,000 registered solidarity kitchens, located mainly in regions where government programs have difficulty reaching (Madruga; Axe; Oliveira, 2024).

A 2024 descriptive cross-sectional study analyzed the Solidarity Kitchen project of the Homeless Workers' Movement in the Sol Nascente Community, in the Federal District, Brazil, which consists of a social installation coordinated by the Homeless Workers' Movement (MTST) and financed by civil society and partners through donations (Madruga; Axe; Oliveira, 2024). It caters to an average of 120 people, including adults and children, and offers free lunch Monday through Friday. The space consists of an agroecological garden behind the kitchen, where species of food plants and medicinal teas are grown. It also incorporates incentives for the cultivation of community urban gardens and the reception of food produced by local farmers. This allows fresh foods, such as vegetables, to be integrated into meals, providing greater nutritional quality and contributing to food security (Madruga; Axe; Oliveira, 2024).

A total of 83 individuals were interviewed, most of whom were women, black and brown, with a mean age of 39.6 years. Of these, 42.2% had attended the 1st year of high school or more, approximately 65% received up to one minimum wage, most received social benefits and 81.9% were unemployed at the time of the interview. Women reported lower family income, greater dependence on aid, higher unemployment, and living with more people, who took more food from the solidarity kitchen, all of which were statistically significant. Almost 55.0% of respondents reported that other people in the household also brought food from the kitchen. According to the food security assessment, 49.8% of households were experiencing mild, moderate or severe food insecurity in the three months prior to the date of the survey. The number of daily meals was up to two for 46.3% of the respondents. Regarding the amount of food offered, 89.5% considered it good/sufficient. The study also identified that education and employment situation directly influence food security, with significantly higher security rates among those with higher education: 54.0% of individuals with higher education are frequent users and, among those with less

education, 76.5% consume food from the solidarity kitchen daily (Madrugá; Axe; Oliveira, 2024).

QUALITY OF FOOD DONATED TO HOMELESS PEOPLE

A large part of homeless people have donated food as their only source of food, but these foods often lack nutritional quality, being composed of caloric items, with a large amount of sodium, sugar, and saturated fats, but poor in nutrients (Wetherill et al., 2023). This theme explores the evaluation of these products and highlights the importance of conscious donation, which prioritizes healthy foods with a greater amount of essential vitamins and minerals, aiming at the conditions of these people to promote health and reduce nutritional inequalities.

A systematic review protocol of a study from Europe, North America and Oceania highlights three situations faced by institutions responsible for supplying and receiving donated food. The article mentions that food donations are dense in energy, salt, sugar, and fat, but they are nutrient-poor foods. According to the review, most people dependent on donated food are characterized as economically disadvantaged, socially isolated, and unable to access safe and nutritious food, which makes the results of hunger relief programs fall short of expectations (Ravikumar-Grant; Kelly; Gabhainn, 2023).

An observational study at a homeless youth shelter in the U.S. assessed 13 food categories at a homeless youth center using a food inventory questionnaire. In this study, it was seen that dry cereals, vegetables, and meat were the most available foods, and foods such as sweets and dairy products were the least available (Yarcusko; Slesnick; Hatsu, 2019). It is noteworthy that caloric and nutrient-poor foods are often prioritized, even in donations from well-intentioned institutions. This data indicates the need for an intervention in donation policies, emphasizing fresh and balanced foods, so that the practice of conscious donation promotes not only food security, but also adequate nutrition.

A survey conducted with 112 users of a community soup kitchen in Tulsa, Oklahoma, conducted to redesign the menu based on health needs, highlighted that community kitchens rely significantly on donations to meet the basic food needs of homeless people (Wetherill et al., 2023). The study revealed that the main challenge lies in the quality of donations, often composed of processed foods, rich in sodium and saturated fat, but lacking in fiber, vitamins and minerals, compromising adequate nutritional care. By reformulating the menu, the study visualized these gaps and made a menu with a greater amount of fruits and vegetables, being a key point pointed out by the survey participants, where more than 75% of the participants approved the new recipes and reported wanting to see more fresh

and minimally processed foods, although dental problems limited the consumption of raw foods. In addition, the study emphasizes that community kitchens should be trained to use food preparation techniques that make meals more nutritious and accessible to individuals with dental problems. The article reinforces that "making your food your medicine" can be an effective intervention for the health of vulnerable populations and combat nutritional disparities in homeless people (Wetherill et al., 2023).

CONCLUSION

This study is justified by the urgency of encouraging donation practices that transcend welfare, promoting, in addition to fighting hunger, the strengthening of the health and dignity of homeless people and other vulnerable populations. Based on an analysis of the impacts of this practice, it seeks to contribute to the development and improvement of public policies and organizational strategies that improve the quality of life of these populations and promote food security in a lasting and effective way.

The findings of this review highlight the relevance of improving the quality of donated food, with special attention to the specific nutritional needs of vulnerable populations. While food donation can offer temporary hunger relief, it is critical that social assistance programs prioritize structural actions aimed at social reintegration and the removal of people from homelessness. In addition, it is necessary that donation initiatives consider the nutritional quality of food, aligning with the guidelines of the Food Guide for the Brazilian Population, in order to promote a healthy, balanced and varied diet.

It is suggested the implementation of public policies that encourage conscious, nutritionally balanced and inclusive donations for specific needs. Programs such as solidarity kitchens serve as an example to improve the diet of vulnerable populations by incorporating fresh, minimally processed and easy-to-consume foods. In addition, dietary supplementation strategies can be important interventions to compensate for frequent nutritional deficiencies in this population, such as iron and vitamin A health.

It is concluded that promoting food security in a dignified and effective way is a global challenge, which requires an integrated approach. The analysis of studies carried out in Brazil, Canada and the United States shows that the difficulties related to the conscious donation of food are not exclusive to a region, but reflect a global problem, deeply associated with social inequalities. To face these challenges, it is essential to combine robust public policies, the performance of nutrition professionals, and the active participation of society. In this context, conscious donation, guided by responsible and respectful practices, is a valuable strategy to reduce nutritional inequalities and improve the



quality of life of homeless people and other vulnerable populations. The articulation between governments, organizations, and citizens is essential to transform specific actions into lasting and effective solutions, promoting a positive and sustainable impact.

REFERENCES

1. Adams, E. J., et al. (2023). Nutritional needs, resources, and barriers among unhoused adults cared for by a street medicine organization in Chicago, Illinois: A cross-sectional study. *BMC Public Health*, 23(1), 2430. December 6, 2023.
2. Barros, T., Tenuta, N., & Teixeira, R. A. (2022). Perfil nutricional dos alimentos doados por bancos de alimentos públicos da região metropolitana de Belo Horizonte, Minas Gerais, Brasil. *Segurança Alimentar e Nutricional*, 29, e022019. December 3, 2022.
3. Brasil. (2014a). Estudo Técnico n.º 01/2014 Escala Brasileira de Insegurança Alimentar – EBIA: Análise psicométrica de uma dimensão da Segurança Alimentar e Nutricional.
4. Brasil. (2023). População em situação de rua: Diagnóstico com base nos dados e informações disponíveis em registros administrativos e sistemas do Governo Federal. Brasília.
5. Brasil. (2014b). Guia alimentar para população brasileira. MS.
6. Duarte, M. B. D. C., Brisola, E. M. A., & Rodrigues, A. M. (2021). População em situação de rua: Representações sociais sobre o comer e a comida. *Estudos Interdisciplinares em Psicologia*, 12(2), 57. October 31, 2021.
7. Hainstock, M., & Masuda, J. R. (2019). “We have a roof over our head, but we have to eat too:” Exploring shifting foodscapes from homelessness into Housing First in Kingston, Ontario. *Health & Place*, 59, 102197. September 2019.
8. Huang, C., et al. (2022). A systematic review of the nutritional status of adults experiencing homelessness. *Public Health*, 208, 59–67. July 2022.
9. La Cerdas, C. M. P. D., et al. (2023). Acesso e qualidade da alimentação: Percepção da população em situação de rua. *Acta Paulista de Enfermagem*, 37, eAPE02361. October 25, 2023.
10. Louzada, M. L. D. C., et al. (2021). Impacto do consumo de alimentos ultraprocessados na saúde de crianças, adolescentes e adultos: Revisão de escopo. *Cadernos de Saúde Pública*, 37(suppl 1), e00323020.
11. Madruga, S. W., Machado, B. O. B., & Oliveira, A. R. D. (2024). Who are the Solidarity Kitchen users? Study on inequalities to ensure food and nutritional security based on the experience of Sol Nascente community - Distrito Federal, Brazil. *Revista de Nutrição*, 37, e230112.
12. Oliveira, J. T. C. D., et al. (2023). Popular Restaurants as strategies to fight hunger and to promote Food and Nutrition Security: An integrative review of scientific publications in the period 2011-2021. *Revista de Nutrição*, 36, e220067.
13. Palmeira, P. D. A., Bem-Lignani, J., & Salles-Costa, R. (2022). Acesso aos benefícios e programas governamentais e insegurança alimentar nas áreas rurais e urbanas do Nordeste brasileiro. *Ciência & Saúde Coletiva*, 27(7), 2583–2595.

14. Pollard, C. M., et al. (2019). Long-term food insecurity, hunger and risky food acquisition practices: A cross-sectional study of food charity recipients in an Australian capital city. *International Journal of Environmental Research and Public Health*, 16(15), 2749. August 1, 2019.
15. Ravikumar, D., Vaughan, E., & Kelly, C. (2022). Diet quality, health, and wellbeing within the Irish homeless sector: A qualitative exploration. *International Journal of Environmental Research and Public Health*, 19(23), 15976. November 30, 2022.
16. Ravikumar-Grant, D., Kelly, C., & Gabhainn, S. N. (2023). The determinants of the nutritional quality of food provided to the homeless population: A mixed methods systematic review protocol. *Systematic Reviews*, 12(1), 118. July 10, 2023.
17. Roseno, C. M. R., & Santos, C. R. B. (2021). Bancos de alimentos como estratégia de segurança alimentar e nutricional: Potencialidades e desafios. *Revista de Alimentação, Nutrição e Saúde*, 2(3), 33–35.
18. Tenuta, N., et al. (2021). Brazilian food banks: Overview and perspectives. *International Journal of Environmental Research and Public Health*, 18(23), 12598. November 29, 2021.
19. Wetherill, M. S., et al. (2023). Food is medicine for individuals affected by homelessness: Findings from a participatory soup kitchen menu redesign. *Nutrients*, 15(20), 4417. October 18, 2023.
20. Yarcusko, E., Slesnick, N., & Hatsu, I. (2019). Food sources for homeless youth: An evaluation of food availability at a homeless youth drop-in center. *Journal of Nutrition Education and Behavior*, 51(1), 91–95. January 2019.