Abstract

Introduction: there is a wide range of social and cultural factors that determine not only the selection but also the consumption and use of food; hence the changes related with feeding are social changes. Objective: to address the empowerment of a community as a health strategy in food culture. Methods: the qualitative critical/dialectical approach was used as methodology and the research-action as working method. The work was carried out in the community of "Jose Ignacio Acevedo" sector in Los Guayos municipality, Carabobo State, from August 2011 through July 2013. Results: the health situation of the community was identified, and as a result, it was necessary to start growing cultures at home and within the community in order to encourage the change of feeding habits of the community into more healthy ones by adding vegetables and fruits to the regular food, products that were not previously consumed in adequate amounts by this population on a regular basis. Sharing the cultivation experiences, the products and the community spaces has also generated a favorable socialization process for better coexistence and broader participation. Conclusions: empowerment of a community in terms of food culture is only possible with the active participation of all its members that can play a leading role in the health preservation and recovery as well as in achieving a better quality of life.

Keywords

Empowerment, health strategy, community.