Abstract

The alcoholism is a relevant problem in public health. The use of alcohol among women has increased as well as the search for treatment. This research proposes the resignification of food to these women, as a harm reduction strategy. The research aimed to study and to discuss the experience of lunchtime as a therapeutic moment, presenting theoretic assumptions, strategies and immediate results. The clinical-qualitative methodology and the content analysis were used. The results, divided in seven categories, refer to the educational intervention process: environment as facilitator; sharing food - becoming a partner; broadening the perception of food; food and its meanings; sexuality; relapses; depression x motivation. The heath education performed during lunch is a possibility of therapeutic intervention, provided that the health professionals perceive the multidimensionality of food, considering the nutritional aspects as much as the symbolic ones, which are relevant for the creation of bonding and motivation for the treatment.

Keywords

Feeding, nutrition, public health, nursing, alcoholism.