Abstract

The aim of this paper is to revise the notion of food strategy that has been generally accepted and overused to make reference to the peasant households when they find themselves in a crisis of subsistence. Nevertheless, this notion doesn’t allow our introduction into the fundamental aspects that establish the dynamics designed by those households: the food strategies to face those crises. My purpose is to supply several conceptual leads that can become the starting point to a more profound and critical reexamination of food security in all its levels of abstraction (from the local to the global level). For this aim, my exposition is divided into four parts. Firstly, the urgency of a conceptual review of the peasant societies within the framework of food security. Secondly, I discuss the concepts that must be included in order to define the food strategies of the peasant households. Thirdly, I propose a multidimensional and multi-perspective methodological approach, to study the food strategies of the peasant households. Finally, I raise the study of the food or food object as the social arena that enables a multidimensional follow up, from more than one perspective, of the peasant households food strategies.