

City	
Country	Brazil
Population	6,688,927
Title of policy or practice	Restaurantes Populares (People's Restaurants)
Subtitle (optional)	
URL video	
Category	Social and Economic Equity
SDGs	SDGs: 2, 10.
Brief description	<p>Popular Restaurants are establishments managed by the municipality as part of its Food and Nutritional Security Public Policies. They are characterized by the commercialization of nutritionally balanced meals at affordable prices originated from safe processes, served in appropriate and comfortable places. They intend to offer diversified meals to the most vulnerable populations of Rio de Janeiro – low income communities and neighbourhoods – maintaining the balance of nutrients in each meal.</p> <p>The quality of life in medium and large cities has led to a progressive increase in the number of people who eat out, often replacing lunch with a quick snack, compromising the quality of the meals consumed. Due to budgetary constraints, a significant portion of these people do not have access to restaurants, since they prefer to use their resources to buy natural products. Most of the time, these workers live in areas away from their workplaces, so the cost and time required with logistics prevent them from eating at home, transforming their lunch into quick snacks. This situation has become a daily violation of eating habits, compromising the quality of meals and increasing the risks of health problems, since, most of the time, meals do not have the requirements of a balanced diet.</p> <p>Popular Restaurants also enhance neighbourhoods by attracting trade and population to degraded areas of the city. The Human Right to Adequate Food is recognized internationally as precedent to the accomplishment of other Human Rights. The families' access to a decent and healthy diet is a direct requirement for admission to work, employment, income, and growth. With Popular Restaurants, a decisive step towards a basic requirement has been made, in order to enable the growth and human development of our population, with a higher quality of life and citizenship. Finally, this practice seeks to serve the public interest, providing a healthier life for the poor and, consequently, rescuing the dignity of citizens.</p>
Date of start and state (ongoing/completed)	07/2017 Ongoing
Actors and stakeholders involvement	The Municipal Secretariat for Development, Employment and Innovation (SMDEI) manages, organizes, implements, evaluates, monitors, and hires companies to operate the restaurants, in partnership with the Annes Dias Nutrition Institute (INAD), the municipal body responsible for the technical coordination of the food and nutrition policies. The Department for Work and Urbanization (RIOURBE) and the Department of Health Surveillance participated in the implementation of the program.
Approach	<p>First designed by the State Government in 2000, the initiative ended as the State applied for bankruptcy.</p> <ul style="list-style-type: none"> • Rio City Hall negotiated with the State to take up 4 popular restaurants that were closed for years; • An economic feasibility study was developed;

	<ul style="list-style-type: none"> • An agreement to take up the 4 closed buildings was signed; • The building was restored; • A term of reference was launched by INAD to hire a food company to manage the restaurants.
Innovation	<p>Rio is a city full of inequalities: according to IBGE 22% of its population lives in low-income communities. According to a study conducted by the Ministry of Health and the University of São Paulo (USP), Rio has become the 2nd most obese city in Brazil.</p> <p>Rio de Janeiro was the first Municipality to build a Popular Restaurant, in 2000. The notion of nutrition and food security was starting to spread in the public sector and there is now a conjunction between fighting hunger and food security. In 2017, the City of Rio de Janeiro took control over 4 popular restaurants and started to apply a nutrition policy to the restaurants. INAD has prepared a food policy for the Popular Restaurants Program based on the best practices of nutrition and food security presented at the Brazilian Guide for Food, launched in 2014 by the Ministry of Health. It states the need for fresh food (fruits, meats, vegetables) and minimally processed food (rice, beans and dried fruits); it also prohibits ultra-processed foods (such as instant noodles, packet snacks and soft drinks). In the Popular Restaurants, salt and sugar are controlled and there are no seasonings processed chemically: every meal is prepared daily with fresh ingredients. A City Hall nutritionist checks every day the menu to ensure the quality and balance of every served meal. The project aims to promote health and good nutrition, fighting malnutrition and preventing diseases such as obesity, diabetes and other chronic diseases like stroke, heart attack and cancer.</p>
Impact	<p>In April 2018, with less than one year of operation, it was reached the mark of 1 million meals served, proving that the program is a huge success and showing that linking food safety practices has a strong impact on the quality of life and health of the most vulnerable population of the city.</p> <p>The popular restaurant is providing to this population a way out from food insecurity at the cost of R\$ 0,50 (0,12 USD) per breakfast and R\$ 2,00 (0,49 USD) per lunch. Each one of the 4 restaurants serve around 400 people during breakfast and 2.000 people during lunch per day. The Program served 2,772,386 meals until May 21st 2019. The restaurants are open to anyone, but the intention preferably is to provide a good quality meal to people in a state of food insecurity and social vulnerability population.</p> <p>The Restaurante Popular program aims to maintain a balance between nutrients (proteins, carbohydrates, minerals, vitamins, fibre, and water) through safe processes in meals that are served in a comfortable ambient, providing not just food but dignity to that population.</p>
Inclusion	<p>Social inclusion and food security are the main aspects of the Popular Restaurants Program.</p> <p>The popular restaurant is a public program operated by a food service provider from the private sector. Through a public bidding process, the company that offers the lowest price per meal, within the term of reference specifications, is hired by the City Hall to run the restaurant. The total value the winning company receives to manage all the different aspects of the restaurant, including human resources, maintenance costs, food ingredients, etc. is the value per meal paid by the City Hall plus the price charged on the beneficiaries.</p> <p>The initiative is a partnership between the Municipal Secretariat for Development, Employment and Innovation (SMDEI) and the Municipal Health Secretariat through the Annes Dias Nutrition Institute (INAD), the municipal body responsible for the technical coordination of the food and nutrition policies. The program aims to provide healthy, local and regionally produced food to the most vulnerable population.</p>
Adversity coefficient	<p>Rio de Janeiro is living the biggest crisis of its history. The State of Rio has a debt of R\$ 22 billion (6,5 billion USD) because of a combination that includes economic recession, oil industry retraction,</p>

drop in taxes revenues and social security deficits. It is predicted that this debt will only be entirely paid by 2038. The corruption linked to the State Administration sent to prison one former Governor, former secretaries and 5 of the 7 Counselors of the Court of Auditors. As a result, education, health and security programs are on the verge of collapse.

Within this scenario, the Popular Restaurant of Bonsucesso is located at the entrance of the Maré Complex, a group of 16 favelas where approximately 140 thousand inhabitants live, a community occupied by 4 criminal groups. When the City Hall took over from the State Government the management of this restaurant it came across a building whose structure was depleted with users of crack living in the space. After all the work done, one week before the opening day, the restaurant was robbed. All the industrial kitchen equipment's were taken. The inauguration had to be postponed and the cost initially projected of only R\$ 150.000,00 to invest in the space renovation was drastically increased to more than R\$ 1.000.000,00 to reequip the space and redo the entire work of the restaurant.

In a similar depleted condition was the Restaurant of Madureira, located in the most important commercial area of Rio's north zone, surrounded by several favelas. There, the main problem was the roof of the building that was destroyed during a very strong rain. The loss of the roof generated a cost of renovation much higher than previously budgeted, raising the cost of the work to a value of more than R\$ 2.000.000,00.

The biggest challenge to expand the project to other areas of the city is the high cost of renovation of the abandoned restaurants. The strategy adopted by the State of Rio de Janeiro is to reopen the restaurants located in very central areas that can be acceded by the higher number of citizens.