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Aspectos Culturais e Sustentabilidade em Lugares Gastronômicos: Análise em Cidades Turísticas no Brasil e Europa

Cultural Aspects and Sustainability in Gastronomic Places: Analysis in Tourist Cities in Brazil and Europe

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Resumo

Introdução: O turismo gastronômico tem se destacado como uma importante vertente do turismo cultural, oferecendo experiências autênticas que refletem a identidade e as tradições de uma região. Em cidades turísticas, tanto no Brasil quanto na Europa, a gastronomia desempenha um papel crucial na promoção de aspectos culturais e na implementação de práticas sustentáveis. A interseção entre cultura, sustentabilidade e gastronomia é um campo de estudo que merece atenção, pois essas dinâmicas podem influenciar tanto a preservação cultural quanto o desenvolvimento econômico sustentável dessas regiões. **Objetivo:** Este estudo tem como objetivo analisar a relação entre aspectos culturais e práticas de sustentabilidade em lugares gastronômicos localizados em cidades turísticas no Brasil e na Europa. A pesquisa busca identificar como a gastronomia local pode servir como um veículo para a promoção da cultura e ao mesmo tempo fomentar práticas sustentáveis, contribuindo para o turismo responsável e a preservação dos recursos locais. **Método:** Para alcançar esse objetivo, foi realizada uma revisão de escopo, que incluiu a análise de artigos científicos, relatórios de organizações internacionais e estudos de caso

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publicados nos últimos dez anos. A revisão de escopo permite mapear as evidências disponíveis sobre a relação entre cultura, sustentabilidade e gastronomia em contextos turísticos, oferecendo uma visão abrangente das práticas e estratégias adotadas em diferentes regiões. Os critérios de inclusão foram estabelecidos para garantir a relevância dos estudos selecionados, considerando aspectos como a representatividade cultural, a adoção de práticas sustentáveis e o impacto no turismo local. Resultados: A revisão indicou que lugares gastronômicos em cidades turísticas do Brasil e da Europa utilizam a gastronomia como uma ferramenta poderosa para a preservação cultural e a promoção da sustentabilidade. No Brasil, a valorização de ingredientes nativos e de técnicas culinárias tradicionais tem se mostrado eficaz na preservação das culturas locais, enquanto na Europa, a integração de práticas de produção e consumo sustentável está mais consolidada. No entanto, ambos os contextos enfrentam desafios, como a necessidade de equilibrar a demanda turística com a preservação dos recursos naturais e culturais, bem como a gestão do impacto ambiental gerado pelo turismo. Considerações Finais: Este estudo destaca a importância de lugares gastronômicos como promotores de cultura e sustentabilidade em cidades turísticas. As práticas adotadas tanto no Brasil quanto na Europa mostram que é possível alinhar a preservação cultural com o desenvolvimento sustentável, desde que sejam implementadas políticas e estratégias adequadas.

Palavras-chave: Turismo Gastronômico; Sustentabilidade; Preservação Cultural; Cidades Turísticas.

Abstract

Introduction: Gastronomic tourism has emerged as an important aspect of cultural tourism, offering authentic experiences that reflect the identity and traditions of a region. In tourist cities, both in Brazil and in Europe, gastronomy plays a crucial role in promoting cultural aspects and implementing sustainable practices. The intersection between culture, sustainability and gastronomy is a field of study that deserves attention, as these dynamics can influence both cultural preservation and sustainable economic development in these regions. Objective: This study aims to analyze the relationship between cultural aspects and sustainability practices in gastronomic venues located in tourist cities in Brazil and Europe. The research seeks to identify how local gastronomy can serve as a vehicle for promoting culture and at the same time fostering sustainable practices, contributing to responsible tourism and the preservation of local resources. Method: To achieve this objective, a scoping review was conducted, which included the analysis of scientific articles, reports from international organizations and case studies published in the last ten years. The scoping review allows mapping the available evidence on the relationship between culture, sustainability and gastronomy in tourism contexts, offering a comprehensive view of the practices and strategies adopted in different regions. Inclusion criteria were established to ensure the relevance of the selected studies, considering aspects such as cultural representativeness, adoption of sustainable practices and impact on local tourism. Results: The review indicated that gastronomic venues in tourist cities in Brazil and Europe use gastronomy as a powerful tool for cultural preservation and promotion of sustainability. In Brazil, the valorization of native ingredients and traditional culinary techniques has proven effective in preserving local cultures, while in Europe, the integration of sustainable production and consumption practices is more consolidated. However, both contexts face challenges, such as the need to balance tourism demand with the preservation of natural and cultural resources, as well as the management of

the environmental impact generated by tourism. Final Considerations: This study highlights the importance of gastronomic venues as promoters of culture and sustainability in tourist cities. The practices adopted in both Brazil and Europe show that it is possible to align cultural preservation with sustainable development, as long as appropriate policies and strategies are implemented.

Keywords: *Gastronomic Tourism; Sustainability; Cultural Preservation; Tourist Cities.*

1. Introduction

The relationship between gastronomy and tourism is fundamental to understanding the cultural and economic dynamics of cities that stand out as tourist destinations. Gastronomy, as a cultural expression, offers visitors a deep immersion in local history and traditions, transforming the tourist experience into something that goes beyond simply visiting monuments or landscapes ¹. In tourist cities, gastronomic places, such as markets, fairs and restaurants, become meeting points between the visitor and the local culture, providing a rich and meaningful exchange. However, this interaction, when not managed sustainably, can lead to cultural and environmental degradation, resulting in a negative impact on both residents and visitors ².

Sustainability in gastronomic venues is an increasingly urgent challenge, especially in cities facing intense tourist flows. The pressure to meet growing demand can result in unsustainable practices, such as overexploitation of natural resources and standardization of gastronomic offerings, which can compromise cultural authenticity ³. In this context, it is essential that cities develop strategies that reconcile tourism development with cultural and environmental preservation. Valuing sustainable practices, such as the use of local and seasonal ingredients, supporting small producers and respecting culinary traditions, is essential to ensure that gastronomy continues to be a vital element of local identity, without compromising resources for future generations ⁴.

In Brazil, Juazeiro do Norte is an example of a tourist city where gastronomy plays a central role in the cultural experience offered to visitors. Known for its religious relevance, the city attracts thousands of tourists annually, who come in search of spirituality and, at the same time, a deeper connection with the local culture through cuisine ⁵. The gastronomy in Juazeiro do Norte is marked by dishes that reflect the rich cultural heritage of Cariri, using regional ingredients and traditional culinary techniques. However, the growth of tourism in the region presents significant challenges in terms of sustainability, since the pressure to meet increasing demand can lead to overexploitation of natural resources and the de-characterization of traditional cultural practices ⁶.

Europe, on the other hand, offers a variety of tourist destinations where gastronomy is a crucial element of the cultural experience. Santiago de Compostela, in Spain, is one such example, known worldwide as a pilgrimage destination ⁷. In addition to its historical and religious heritage, the city also stands out for its cuisine, which is deeply rooted in Galician traditions. The gastronomy in Santiago de Compostela values local and seasonal products, such as seafood, meats and wines, which are an integral part of the region's cultural identity. However, the constant flow of tourists, especially during the peak of the Camino de Santiago, poses sustainability challenges, requiring careful management to avoid environmental degradation and the loss of cultural authenticity ⁸.

The importance of gastronomy as a cultural element in tourist cities cannot be underestimated. It acts as a bridge between the past and the present, connecting

visitors to local history and traditions. However, the growth of tourism can bring with it the threat of cultural de-characterization if there is no commitment to sustainability⁹. Standardization of menus, reliance on imported ingredients and neglect of traditional practices can result in a significant loss of the authenticity that makes these places unique. It is therefore essential that cities recognize the value of local gastronomy and take steps to protect it, integrating it sustainably into tourism development¹⁰.

Another crucial aspect to consider is the impact of tourism on the local economy. Gastronomy has the potential to generate significant income for communities, especially when local production is valued. Gastronomic tourism can boost the regional economy by supporting small producers and promoting traditional cuisine¹¹. The consumption of local products by tourists contributes to the economic sustainability of the region, strengthening the production chain and ensuring the continuity of traditional agricultural practices. However, for these benefits to be sustainable, there must be a balance between tourism demand and the region's carrying capacity, avoiding overloading resources and excluding local communities from the development process¹².

Sustainability in gastronomic venues is also related to tourist awareness. Visitors play a key role in preserving culture and the environment, and it is crucial that they are informed about the importance of consuming responsibly. Education and awareness-raising initiatives, such as promoting local products and valuing sustainable practices, can contribute to creating more responsible tourism¹³. Raising awareness about the importance of consuming local and seasonal products has been an effective strategy to promote sustainability. Similar initiatives could be implemented to ensure that tourism growth is accompanied by practices that respect and preserve local culture¹⁴.

Furthermore, sustainability in gastronomic destinations involves the active participation of the local community. The preservation of gastronomic culture and traditions depends largely on the engagement of the people who live in these destinations. Including the community in the tourism development process can ensure that the benefits of tourism are distributed equitably and that local culture is preserved¹⁵. The participation of local producers and the appreciation of culinary traditions are essential for the sustainability of gastronomic tourism. The creation of cooperation networks between the various actors involved, such as producers, traders and tourism managers, can strengthen the sustainability of these places¹⁶.

Finally, it is important to highlight that sustainability in gastronomic destinations is not only the responsibility of tourist cities, but also of tourists themselves and the companies that operate in these destinations. The adoption of responsible practices by all stakeholders is essential to ensure that tourism contributes to economic and cultural development without compromising natural and cultural resources. The implementation of public policies that promote sustainability, combined with tourist awareness and local community engagement, can create a truly sustainable gastronomic tourism model¹⁷.

This article aims to analyze the cultural and sustainability aspects of gastronomic venues in tourist cities in Brazil and Europe. Through this analysis, we seek to understand how gastronomy can be used as an instrument to promote sustainable tourism development, while preserving the cultural authenticity and natural resources of these regions. The research aims to contribute to the discussion on responsible tourism practices and the role of gastronomy in promoting sustainability in tourist destinations.

2. Method

This study was conducted as a scoping review¹⁸, a methodology that allows mapping the existing literature in a given research field and identifying gaps in knowledge. The choice for a scoping review is justified by the breadth of the topic under analysis, which involves cultural and sustainability aspects in gastronomic venues in tourist cities, both in Brazil and in Europe. This methodological approach allowed a comprehensive view of the topic, considering the diversity of contexts and practices related to gastronomy and sustainable tourism.

The bibliographic search was carried out in several electronic databases to ensure the comprehensiveness and relevance of the included studies. The databases selected for this review were PubMed, Scopus, Web of Science, ScienceDirect, Scielo and Google Scholar. These databases were chosen for their comprehensiveness in scientific publications in the areas of social sciences, tourism, sustainability, culture and gastronomy, providing broad coverage of the topics of interest.

The inclusion criteria for the studies followed the guidelines of the scoping review method. Scientific articles, reviews, technical reports and theses that directly or indirectly addressed cultural and sustainability aspects in gastronomic venues in tourist cities were included. To ensure the relevance and contemporaneity of the data, only studies published between 2010 and 2023 were considered. In addition, works published in Portuguese, English and Spanish were included in order to cover a wide range of relevant studies.

The search strategy was developed to comprehensively capture all studies relevant to the topic. A combination of keywords related to gastronomy, tourism, sustainability and culture were used, adapted according to the database. The main keywords included terms such as "gastronomy", "sustainability", "culture", "tourism", "tourist cities", "Brazil" and "Europe". Boolean operators were used to combine terms and refine the results, ensuring that the included studies were aligned with the objectives of the review.

To screen the studies, the titles and abstracts retrieved from the databases were initially reviewed to identify those that potentially met the inclusion criteria. Duplicate studies were removed, and the full texts of the selected articles were analyzed in detail. The analysis included the extraction of information relevant to understanding the cultural and sustainability aspects of gastronomic places, focusing on the experiences of tourist cities such as Juazeiro do Norte, in Brazil, and Santiago de Compostela, in Europe.

The review was conducted by two independent reviewers, and any disagreements were resolved by consensus. The inclusion of multiple reviewers ensured the reliability and validity of the study selection and analysis process. Furthermore, to ensure transparency of the process, the review was registered on a scoping review platform, allowing other researchers to replicate or update the study in the future.

Finally, the data extracted from the selected studies were synthesized in a qualitative way, allowing a broad and contextualized understanding of the cultural and sustainability aspects of the gastronomic places analyzed. The information was organized according to emerging themes, providing a critical and integrated view of the practices and challenges faced by tourist cities in reconciling tourism, culture and sustainability.

3. Results

The scoping review resulted in the initial identification of 342 relevant studies on cultural and sustainability aspects of gastronomic venues in tourist cities. After applying the inclusion and exclusion criteria, and removing duplicates, 67 studies were considered for further analysis. However, after a careful review of the full texts, only 11 studies were selected for final inclusion in the review. These 11 studies, published between 2010 and 2023, were considered the most relevant and aligned with the research objectives.

The 11 selected studies address a variety of perspectives on the intersection of gastronomy, culture and sustainability in tourist cities. Many of these studies highlighted the importance of local gastronomy as a central element in preserving cultural identity and promoting sustainable tourism practices. It was observed that the integration of traditional gastronomic practices with sustainability initiatives has the potential to reinforce responsible tourism and cultural appreciation, especially in contexts where cultural heritage is a significant attraction. Table 1 summarizes the concatenated characteristics of the studies.

Table 1: Summary of studies.

Main Ideas	Main Results	Research Considerations
Valuing local gastronomy as a cultural expression	Gastronomy is used as a means to preserve and promote the cultural identity of tourist regions, with a focus on traditional ingredients and culinary techniques.	Preserving local culture through gastronomy strengthens regional identity and can increase tourist attractiveness, but requires attention to avoid excessive commercialization.
Integration of sustainable practices in gastronomic places	Gastronomic venues in European cities have adopted more consolidated sustainable practices, such as the use of organic ingredients and the reduction of food waste.	Sustainability in gastronomic places is essential for environmental and cultural preservation, but implementation is uneven between Brazil and Europe, requiring more robust policies.
Challenges in managing the impact of tourism on gastronomic places	Growing tourist demand in gastronomic cities can put pressure on natural and cultural resources, leading to degradation if not managed properly.	Effective management of tourism impact is crucial to ensuring that tourism development is sustainable and that local resources are preserved for future generations.
Cross-sector collaboration for the sustainable development of gastronomic tourism	Cooperation between governments, local communities and the private sector has been key to the success of sustainable initiatives in some regions, especially in Europe.	Cross-sector collaboration is essential to create policies and practices that balance tourism promotion, cultural preservation and environmental sustainability.
Comparison between Brazil and Europe in the implementation of sustainability	Sustainable practices are more advanced in Europe compared to Brazil, where awareness and policies are still developing.	Brazil can benefit from studying European practices, adapting them to the local context to strengthen the integration between culture and sustainability in gastronomic tourism.

Source: Author (2024).

A recurring theme in the studies was how gastronomic venues, such as markets, fairs and restaurants, act as cultural and social meeting points. These venues not only offer authentic culinary experiences, but also function as spaces for preserving and promoting local culture. Some studies highlighted the role of local chefs and entrepreneurs in revitalizing gastronomic traditions, while others emphasized the importance of public policies that encourage sustainable practices and the conservation of gastronomic cultural heritage.

Furthermore, the selected studies showed that sustainability in gastronomic destinations goes beyond simply adopting ecological practices. It also involves social and economic sustainability, where supporting local producers, reducing food waste and educating consumers play crucial roles. It was observed that sustainable gastronomic tourism initiatives not only benefit the environment, but also contribute to local economic development and social cohesion in tourist cities.

4. Discussion

Gastronomic places, such as markets and restaurants, are often described as spaces where culinary traditions are maintained and transmitted, while at the same time incorporating new sustainable practices.

Among the main findings, the central role of gastronomy in preserving cultural identity in tourist cities stood out. The studies revealed that gastronomic places act as guardians of local food traditions, transmitting ancestral knowledge and promoting the appreciation of authentic ingredients and preparation methods¹⁹. This cultural role of gastronomy is particularly relevant where regional cuisine is a fundamental element of the tourist experience. The relationship between gastronomy and culture was a recurring theme in the studies analyzed, suggesting that gastronomic tourism can be an effective strategy to reinforce cultural identity and promote social cohesion in tourist communities²⁰.

Furthermore, the selected studies demonstrated that environmental sustainability is a growing concern in gastronomic venues in tourist cities. Sustainable practices range from adopting food production methods that minimize environmental impact to implementing policies to reduce food waste and using renewable energy²¹. These initiatives are seen as essential not only to preserve the natural resources of tourist regions, but also to meet the growing demand for more conscious and responsible tourist experiences²². The combination of traditional gastronomic practices with sustainability initiatives has been highlighted as a way to reconcile tourism growth with the need to preserve natural and cultural heritage²³.

Comparison with existing literature suggests that the results of this scoping review are in line with previous studies that point to gastronomy as a key element in promoting sustainability in tourist destinations. However, the present study also brought to light new perspectives on the importance of social and economic sustainability in gastronomic places²⁴. While environmental sustainability has been widely discussed in the literature, less attention has been paid to the social and economic impact of gastronomic practices²⁵. The studies reviewed showed that social sustainability, which involves supporting local producers and promoting social justice, is equally crucial for the sustainable development of gastronomic tourism. This emphasis on social sustainability is an important contribution to the field, expanding the understanding of how gastronomy can contribute to the well-being of local communities²⁶.

On the other hand, some unexpected findings emerged from the analysis of the selected studies. One such finding was the identification of innovative initiatives that

combine gastronomy with environmental education, creating tourist experiences that not only delight the palate but also raise awareness among visitors about environmental and social issues²⁷. These educational programs, which often involve cooking workshops and visits to local farms, have proven effective in raising tourists' awareness of the importance of sustainability²⁸. This integrative approach, which combines culture, education and sustainability, may represent a new direction for gastronomic tourism, especially in tourist cities seeking to differentiate their offerings in the competitive global tourism market²⁹.

The analysis of the studies revealed that gastronomic venues play a fundamental role in preserving local culture and identity in tourist cities. These spaces, such as markets, fairs and restaurants, are more than just food outlets; they are places where culinary traditions are experienced and passed on to visitors and residents³⁰. Traditional dishes, prepared with recipes passed down from generation to generation, serve as a vehicle for preserving regional history and customs. Thus, gastronomic venues act as agents of cultural preservation, functioning as showcases for local culture and helping to keep traditions alive in a globalized world³¹.

With regard to environmental sustainability, studies have revealed a growing integration of sustainable practices in gastronomic venues³². Many establishments are adopting practices such as using organic ingredients, reducing food waste and implementing production methods that minimize environmental impact. For example, using local and seasonal products not only reduces the carbon footprint associated with food transportation, but also supports local agriculture³³. In addition, some gastronomic venues have invested in composting systems and low-impact cooking techniques, such as reducing energy and water consumption. These efforts are critical for sustainability, as they help to preserve natural resources and mitigate the effects of climate change. However, the effectiveness of these initiatives may vary depending on the context and scale of the establishment, and it is important to consider the applicability of these practices in different tourism scenarios³⁴.

Social and economic sustainability also emerged as a significant theme in the studies. Food venues often play an important role in supporting local producers and strengthening regional economies. By sourcing ingredients from local producers, establishments not only ensure the freshness of their food, but also promote social and economic justice, helping to sustain rural communities and create jobs³⁵. Reducing food waste is another area of focus, with many venues implementing policies to fully utilize food and strategies to donate surplus food to communities in need. These practices not only benefit the environment, but also contribute to social cohesion by promoting a more equitable distribution of resources³⁶.

Furthermore, gastronomic venues serve as hubs for social integration, providing spaces for interaction between tourists and local residents. This interaction can strengthen social cohesion and foster a sense of community, as visitors have the opportunity to engage with local culture in a more authentic way. In many cases, gastronomic events and local festivals serve as platforms for celebrating cultural traditions and promoting sustainable practices, contributing to the strengthening of social and cultural networks within the community³⁷.

However, it is important to recognize that implementing sustainable practices can face significant challenges, especially in contexts where resources are limited or institutional support is lacking. Sustainability initiatives need to be adapted to local conditions and the capabilities of food service establishments³⁸. In addition, continued efforts are needed to educate consumers and food service operators about the

importance of sustainability and to promote acceptance of practices that may often involve additional costs or changes in consumption habits ³⁹.

The findings of the scoping review offer several practical implications for the formulation of public policies and management strategies in tourist cities. First, it is crucial that local governments integrate sustainable gastronomy into their tourism development plans ⁴⁰. Public policies that encourage the use of local and sustainable ingredients, as well as the reduction of food waste, can help preserve cultural identity while minimizing environmental impact. To this end, subsidies or tax incentives could be implemented for establishments that adopt sustainable practices, such as purchasing organic or local agricultural products. Furthermore, promoting sustainability certifications and seals for restaurants and markets could serve as an additional incentive for industry stakeholders to adopt these practices ⁴¹.

Another practical implication is the need to foster partnerships between the public and private sectors. Local governments can collaborate with non-governmental organizations, producer associations and companies to develop educational programmes that promote sustainability in gastronomy ⁴². Such partnerships could include holding workshops and seminars on sustainable practices, as well as creating support networks for local producers and small entrepreneurs. Private sector engagement is essential for the successful implementation of these practices, and the creation of collaboration platforms can facilitate the exchange of knowledge and the implementation of innovative solutions ⁴³.

The development of sustainable tourism can also be influenced by integrating gastronomy as a central pillar of tourism strategies. The findings suggest that tourist cities should promote gastronomic experiences that respect and value local traditions, while incorporating sustainable practices. This could include creating gastronomic tourism itineraries that highlight local cuisine and the history of food products, as well as organizing events that celebrate food culture in a responsible way. Promoting tourism practices that encourage conscious consumption and participation in authentic cultural experiences can attract tourists interested in more enriching and responsible experiences ⁴³.

Furthermore, it is essential that tourism development strategies include social sustainability. Supporting local producers and small food businesses not only contributes to the regional economy, but also strengthens social cohesion and promotes economic justice. Policies that encourage the inclusion of small businesses and local farmers in gastronomic supply chains can help distribute the economic benefits of tourism more equitably. Furthermore, programs that educate tourists on the importance of responsible consumption and sustainability can increase awareness and engagement with local practices.

5. Final Considerations

This article highlights the need for an integrated approach that recognizes and values the complex relationship between culture, sustainability, and gastronomic tourism. The practical implications of the findings point to the importance of formulating policies that promote both cultural preservation and environmental and social sustainability. To move in this direction, it is essential that governments, the private sector, and local communities collaborate to implement practices and policies that sustain and enrich gastronomic offerings in a responsible and conscious way. This collective commitment is essential to ensure that tourism continues to be a positive force for cultural preservation and the sustainable development of tourist cities.

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