

Contents

Foreword	xi
Thibaut NGUYEN	
Acknowledgments	xv
Author Biographies	xvii
Introduction	xxi
Gilles SÉRÉ DE LANAUZE	
Chapter 1. Eating Together, a PNNS Recommendation. How Can it be Put Into Practice?	1
Margot DYEN and Lucie SIRIEIX	
1.1. Introduction	1
1.2. <i>Eating together</i> , a recommendation of the National Nutrition and Health Plan	2
1.3. Understanding the emergence and maintenance of eating together	5
1.3.1. Benefits of practice theories to the study of eating together.	5
1.3.2. A two-stage qualitative study to understand how consumers “eat together”	7
1.3.3. The different practices of eating together	10
1.4. Eating together: materials, meanings and skills	13
1.5. Interactions between materials, meanings and skills: particular practices or means of overcoming constraints.	17
1.6. Does eating together always promote well-being?	20
1.7. What are the perspectives for promoting eating together?	21
1.8. Appendix: Sample summary	23
1.9. References	24

Chapter 2. “Eating Together” Through the Internet: The Case of Online Weight Loss Support Communities 27

Steffie GALLIN, Laurie BALBO and Marie-Christine LICHTLÉ

2.1. Introduction	27
2.2. Online weight loss support communities	28
2.3. Exchanges in these communities: informational as well as emotional social support	29
2.4. Social influence within online weight loss support communities	31
2.5. A hybrid research methodology	32
2.5.1. Step 1: Survey of health experts and community participants	33
2.5.2. Step 2: Analysis of the content shared within the weight loss support communities.	34
2.6. Analysis of the results.	34
2.6.1. Content exchanged in weight loss support communities	34
2.6.2. The exchange of informational support in online weight loss support communities.	38
2.6.3. The exchange of emotional support in online weight loss support communities.	41
2.6.4. Recipes at the heart of discussions in the communities.	44
2.6.5. Informational and normative social influence in online weight loss support communities.	46
2.6.6. The degree of susceptibility to social influence	50
2.7. Conclusion	51
2.8. Appendices	52
2.8.1. Appendix 1: Characteristics of the expert sample	52
2.8.2. Appendix 2: Characteristics of the user sample	54
2.9. References	55

Chapter 3. “Eating Together”: With or Without the Dietary Constraints of Others? 59

Andréa GOURMELEN, Marie-Christine LICHTLÉ, Laurie BALBO and Steffie GALLIN

3.1. Introduction	59
3.2. Dietary constraints, whether endured or chosen.	61
3.2.1. What are the possible dietary constraints?	62
3.2.2. Nutritional compliance and the role of social support in chronic disease	63
3.2.3. Selected dietary constraints: the example of consideration of future consequences (CFC)	65
3.3. Suffering from dietary constraints but eating with others: the case of meals between sick and healthy people	67
3.3.1. The difficulties of the system	69

3.3.2. Factors that explain deviations from the plan.	70
3.3.3. Meals with other people: a variety of situations	71
3.4. Having dietary constraints out of conviction: How do you eat with others?	73
3.4.1. The point of view of those who impose constraints on themselves: wanting to convince without being judged.	74
3.4.2. The point of view of those who do not have constraints: wanting to make an effort but not too much	77
3.4.3. Struggles, trade-offs and compromises of eating together.	78
3.5. Conclusion	80
3.6. Appendix: Characteristics of the Study 2 sample	81
3.7. References	82
Chapter 4. Eating Together, Yes, But Without Meat! Social Influences Related to Vegetarianism and Veganism	85
Gilles SÉRÉ DE LANAUZE, Lucie SIRIEIX and Erick SUAREZ DOMINGUEZ	
4.1. Introduction	85
4.2. Not eating meat!	87
4.2.1. What does vegetarianism mean?.	87
4.2.2. Vegetarianism, the steps of a process	91
4.3. Relationships between vegetarians and non-vegetarians	94
4.3.1. From hostility to acceptance	94
4.3.2. The notion of a vegetarian community	96
4.4. Opposition between society and community, the normative dissonance	101
4.4.1. Conceptualizing forms of normative dissonance (what normative perceptions of vegetarianism?)	102
4.4.2. Perceived normative dissonance between community and society	103
4.4.3. Strategies for managing and reducing normative dissonance	105
4.5. Conclusion	107
4.6. References	108
Chapter 5. Eating Together and Differently: Halal Between Standardization and Segmentation	111
Foued CHERIET, Félix JOURDAN and M'hamed MERDJI	
5.1. The halal meat market: eating together or differently?	111
5.2. Producing together AND differently: actors, complexity and differentiation: segments within the segment.	116
5.2.1. Producing differently: actors and organization of halal meat production	116
5.2.2. Producing together: between standardization and differentiation.	120

5.3. Consuming together and differently: credibility, trust and differentiation: more segments within segments	122
5.3.1. Eating differently: specificities of the halal meat market in France	123
5.3.2. Eating together: between standardization and hyper-differentiation	125
5.4. Conclusion: the halal meat market in France: eating together and differently	136
5.5. Appendices	138
5.5.1. Appendix 1: Secondary data on the halal meat market in France	138
5.5.2. Appendix 2: Description of the questionnaire survey	140
5.5.3. Appendix 3: Example of information collected during the semi-structured interview survey (16 respondents, Montpellier, November 2019–January 2020).	141
5.6. References	142
Chapter 6. From “Eating Together” to “Living Together Better”, the Case of Local Products	145
René Pierre BEYLIER, Fatiha FORT and Andry RAMAROSON	
6.1. Introduction	145
6.2. Eating locally in a global context.	147
6.2.1. Close links between local products and the local area	148
6.2.2. Food and local anchoring: the challenge of trust.	156
6.3. Eating locally: from local conviviality to globalized connectivity	162
6.3.1. Attachment to a soil: the conviviality of the land and better living together	163
6.3.2. Digital technology and better living together through local consumption	173
6.4. Conclusion	181
6.5. Appendices	182
6.6. References	185
Chapter 7. By Way of an Epilogue: “Eating Together” in the Time of Covid-19	189
Gilles SÉRÉ DE LANAUZE and Guillaume LE BORGNE	
7.1. Introduction	189
7.2. The change in practices	190
7.3. Irruption and trivialization of the digital in food and conviviality.	192

7.4. Strengthening communities and beliefs?	194
7.5. A refocusing on the local and nearby	196
7.6. What are the possible scenarios?	197
Conclusion	199
Guillaume LE BORGNE and Gilles SÉRÉ DE LANAUZE	
List of Authors	217
Index	219