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Modernisation of Eating Patterns in the People's Republic of Poland. Common Knowledge and Everyday Practices

The era of the People's Republic of Poland was characterized on the one hand by an intensive state policy aimed at shaping new consumption models and on the other by chronic shortages of basic food items. In this context, individuals' own actions to a great extent dictated not only the degree to which their daily needs were satisfied but also created specific ideas about good food and its health merits. These notions, supported by the nature of social bonds and associated with the category of "our own" food as an embodiment of trust, a sense of control and agency, and also of good taste, proved to be so strong that they survived the country's transformation.

Key words: food practices, food patterns, policy in the People's Republic of Poland, daily life