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## **Food Sovereignty and Rural Development: Challenges And Opportunities from a Legal Perspective**

### **ABSTRACT**

The present study aimed to analyze the challenges and opportunities facing food sovereignty and rural development from a legal perspective, identifying key aspects for its strengthening in rural contexts. It used a bibliographic documentary approach, supported by the review and critical analysis of secondary sources, including books, scientific articles and legal documents. A qualitative methodology was used, highlighting content analysis as the main tool to interpret theoretical and normative perspectives. The discussion examined the relationship between food sovereignty and rural development, highlighting the importance of sustainable agroecological practices and the need for inclusive legal frameworks. Significant challenges were identified, such as the absence of comprehensive regulations that prioritize the rights of rural communities over corporate interests, and the inadequacy of effective regulatory mechanisms. Opportunities were also highlighted, including the promotion of public policies that integrate equity and sustainability, and the recognition of food sovereignty as a fundamental human right. The results showed that legal systems played a crucial role in consolidating resilient food systems and empowering rural communities. The perspectives of authors such as Altieri and McMichael provided complementary visions on local and global approaches in this area. In conclusion, the importance of building a robust legal framework that articulates social justice, environmental sustainability and economic development to guarantee food sovereignty and inclusive and resilient rural development was underlined.

**Keywords:** Sovereignty, Food, Development, Rural, Challenges, Opportunities, Legal

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