The necessity to supply a world with increasing population rates brings focus on problems derived from intensive ways of producing food. Huge social, environmental and cultural impacts arise from this pattern, leading to risk by itself, once it hasn’t showed sustainable. There comes a concerning towards solutions in agriculture, fishing and grazing to minimize all negatives impacts of production. However, definitive solutions tend to fail in a changing world. Resilience has been associated to sustainability, once it considers the possibility of surprises and uncertainties. This concept can bring contributions to more adaptive and sustainable food systems. To operationalize it, some attributes have been proposed. Among some of them, we chose the social-ecological learning about system dynamics and the feedback loops which guide the system’s trajectory to root this research. We present here, a comparative analysis of the feedback reflex in social-ecological learning capacity between typical behaviors of a local short chain food system and a large scale one. “What is the relationship between learning and feedback loops in processes of producing and consuming food” and “How does this relationship act in resilience building towards sustainability”, were the questions that guided this study. We studied four communities from Cananeia, a coastal municipality in Southern coast of São Paulo, Brazil. They are “Carijo”, “Mandira”, “Rio Branco” and “São Paulo Bagre”. They are different in which concerns techniques and items from producing and consuming food, as well their respective chains of acquiring and distributing goods. Between 2006 and 2010, we did semi-structured interviews and participatory observation with their residents to figure out the dynamics of their food systems and the knowledge they have about these chains. Information obtained in field work allowed us to map feedback structures. Comparing this maps, with interviews and bibliographic information we did a theoretical exploitation for this relationship. Results showed us that people who do not produce their own food buy products from large scale chain, and they do not know the origin of what they eat and the impacts of the respective chain. On the contrary, people who produce at least some items of their own consumption, excluding industrialized stuff, have a social-ecological learning relationship with the productive system. Yet, they are able to respond to environmental changes or take environmentally damage less choices. So, they can act adaptively. In a short chain system, feedbacks are shorter and more direct, so easier perceived which improves learning processes and system control. Learning mechanisms allow communities from SES respond to changes ad incorporate the experience in management practices. Yet, if there is learning continuity, adaptive capacity of the system is even more reinforced. If the past trajectory of the system presents closer relationship between social and ecological system, feedbacks are intensified and learning potential increases. Thus, we concluded that straitening of production-consumption relationship favors resilience, once is part of adaptive capacity construction and reorganization after perturbations.