**- Intervention de Noémie Berlin  (EUI) de 14h à 15h30.**

Titre : **Changing dietary habits: A Field experiment with low income households**

Abstract: We conduct a randomized controlled experiment with 285 low income families with

young children. Families were assigned either to a control group or one of two

treatments. For both treatments families followed a specific dietary protocol for

twelve consecutive weeks. In the first treatment, families received food groceries at

home for twelve consecutive weeks and were asked to cook specific recipes

designed by a nutritionist for five meals each week. The second treatment and

protocol consisted of regulating the time of dietary intake: families were asked to

eat their meals (not provided) at regular times; adults were to avoid snacks between

meals; children were provided with healthy snacks to eat at regular times between

meals. We collected measures of dietary intake, height, weight, self‐reported

measures of food preferences, and biomarkers using blood samples. Overall, we find

limited results of dietary change due to treatment. Both in the short run and long

run (one year after), we find that the measures based on self‐reports suggest very

few changes in dietary intake and composition which is echoed by no changes found

in BMI. Contrasting results are however found with an incentivized snack choice task.

Even “strong” interventions such as the first one, do not necessarily deliver positive

changes in dietary choices. We also find support for a relationship between food

preferences and food intakes, but low support for a relationship with BMI.

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