



ABSTRACT SUBMISSION

Title: Changes in food behavior during the pandemic: a cross-country study looking for changes in eating motivations, intake, food access and waste management

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Abstract [COVID_Changes in food behavior during the pandemic.docx](#)

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Text Abstract

COVID-19 resulted in global changes, without no precedents. Not only in health, but mainly social, emotional and behavioral. An international consortium was created for a cross-country study about changes in eating motivations, dietary habits and food and waste management. The study consisted in an online survey, with questions about the different parts of food behavior. This survey was translated in the native language of each participating country (in a total of 16 countries).

Similarities and differences were observed between countries, which is particularly interesting taking into account the particular socio-economic and cultural conditions of each countries, as well as the severity of the pandemic in each of them. Motivations associated with getting pleasure and reward from foods were perceived to be increased during this time, comparatively to the period before pandemic. Also, increases in the intake frequency of cookies and chocolates were observed, although in several countries the consumption of vegetables was also referred to increase. It was noted a generalized lower concern about convenience characteristics of foods (namely processed and fast-food), with an increase in cooking. Even so, it was interesting to note differences among countries, which can be discussed in light with the severity of disease in each country and, mainly, with economic and socio-economic characteristics.

The comprehension about the changes and the main motivational factors that lead to them is of major importance to intervene in this and future pandemic scenarios, with the objective of lowering the negative behavioral changes and potentiate the positive changes observed.

More information about the consortium "Changes in Food Behavior - COVID-19" and the study objectives can be found here: <https://foodcovid-19.weebly.com>

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Keyword3	Eating habits
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AV requirements	Computer projection
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