Welcome! I’m currently a PhD candidate at the Friedman School of Nutrition Science and Policy at Tufts University, where I study food prices, time use, and diet quality.

I am a PhD candidate at the Friedman School of Nutrition Science and Policy at Tufts University, where I work with Dr. William Masters on the Food Prices for Nutrition Project. My dissertation research focuses on the links between diet quality, time use, and food group prices.

Prior to Tufts, I worked as a consultant for the Trade and Agriculture Directorate of the Organization for Economic Co-operation and Development (OECD) (Paris, France), where I developed a case study of the processed food sector, with a focus on the trade-offs and synergies across environmental, livelihood, and health objectives. During my time at the OECD, I also monitored food and agricultural policies induced by the COVID-19 pandemic, with particular attention to trade restrictions.

I hold a Master of Science in agriculture, food, and the environment from the Friedman School of Nutrition Science and Policy (Boston, MA, USA), a Master of Science in neuroscience from McMaster University (Hamilton, ON, Canada), and a Bachelor of Science in neuroscience, biochemistry and molecular biology from Dalhousie University (Halifax, NS, Canada). During my Bachelor’s degree and first Master’s degree, I acquired foundational knowledge of the molecular, cellular, and physiological processes underpinning human health and the interactions between nutrition and health. I am especially interested in leveraging my interdisciplinary training to communicate across scientific disciplines, bridge the academic-policy divide, and improve access to healthy diets globally.

I have also been a very proud parent since 2021.