

## EATING DURING LOCKDOWN: WHAT IS THE IMPACT ON OUR FOOD CHOICES?

For many of us, the first lockdown in March 2020 was synonymous of major disruptions in our eating habits. To better understand these changes, researchers from the CSGA launched an online survey in partnership with the Centre of Research in Epidemiology and Statistics. 938 adults from the Dijon area completed questionnaires about their food consumption and food choice motives during the month before and the 1<sup>st</sup> month of the lockdown.

Overall, the results showed an increase in the consumption of processed meat, snacks, sweet-tasting drinks and alcohol during lockdown. Food choice motives were found to have changed. During the lockdown, some respondents declared that they placed less importance on the convenience, familiarity and price of food and more on its impact on the health, naturalness and ethical values.

Forty-eight percent of respondents declared that food was more important to cheer them up during compare to before the lockdown. This 'emotion regulation' role of food generally resulted in a decrease in the nutritional quality of diet. Other respondents (29%) took advantage of lockdown to better control their weight and increased their consumption of fruit, vegetables and pulses.

In conclusion, these results highlight the potential detrimental impact of long-lasting lockdowns on the nutritional quality of diet. However, the lockdown can also be seen as an opportunity to adopt healthier eating habits or opt for more ethical and sustainable foods. Further research is needed to investigate whether these changes observed during the first lockdown are stable over time. A new survey will be launched in 2021 to answer this question!



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### For more information

Marty L, de Lauzon-Guillain B, Labesse M, Nicklaus S. (2021) Food choice motives and the nutritional quality of diet during the COVID-19 lockdown in France. *Appetite* **157**, 105005.

Web conférence : <https://alimentation-sante.org/Event/conference-en-ligne-hedonisme-et-durabilite-des-comportements-alimentaires-que-nous-apprend-le-confinement/>

### Keywords

Lockdown; COVID-19; food choice; diet; online survey