

# Rachel D. Gilbert

[rachel.gilbert@tufts.edu](mailto:rachel.gilbert@tufts.edu)

<https://sites.tufts.edu/rachelgilbert/>

## EDUCATION

---

Expected 2025 PhD Candidate, Food and Nutrition Policy and Programs  
Tufts University, Friedman School of Nutrition Science and Policy, Boston, MA

2017 MSc, Agriculture, Food and Environment  
Tufts University, Friedman School of Nutrition Science and Policy, Boston, MA  
Water: Systems, Science and Society Certificate, Tufts Institute for the Environment

2012 BA, Environmental Studies  
Dickinson College, Carlisle, PA  
Honors: John Dickinson Scholar; *Summa Cum Laude*; Phi Beta Kappa

## RESEARCH INTERESTS

---

My research focuses on the intersection of agriculture, food, and nutrition, using economic analysis to understand food choice and improve access to healthy diets around the world. I am interested in how food prices and other costs, such as meal preparation and trade costs, influence the cost and affordability of safe, nutritious diets. My research interests also include consumer willingness to pay for food attributes, such as safety and convenience.

## RESEARCH EXPERIENCE

---

10/2020-  
Present **Researcher, Food Prices for Nutrition**, Tufts University, Boston, MA  
Support [country engagement and technical assistance](#) in nine focus countries in South Asia and Africa for the Food Prices for Nutrition project, in partnership with IFPRI and the World Bank; develop software tools and workshops for national governments to monitor diet costs; contribute to collaborative and individual research projects related to the cost and affordability of healthy diets.

03/2023-  
Present **Consultant**, Global Alliance for Improved Nutrition (GAIN)  
Assessing affordability of target foods

01/2022-  
08/2022 **Consultant**, Food and Agriculture Organization of the United Nations (FAO)  
Analysis of trade policy and the cost of healthy diets globally

10/2018-  
10/2020 **Research Analyst**, International Food Policy Research Institute, Washington DC  
Mickey Leland International Hunger Fellow, Development Strategy and Governance Division

09/2017-  
09/2018 **Research Assistant**, IFPRI, Lilongwe, Malawi  
Mickey Leland International Hunger Fellow, Development Strategy and Governance Division

## TEACHING EXPERIENCE

---

Tufts University, Boston, MA

Spring 2022 **Teaching Assistant**, Friedman School of Nutrition Science and Policy

Spring 2023 Professor Dan Maxwell and Professor Merry Fitzpatrick, *Famine, Livelihoods, and Resilience*

09/2021-  
02/2024 **Stata Workshop Instructor**, The Fletcher School

09/2016- **Teaching Assistant**, Friedman School of Nutrition Science and Policy  
05/2017 Professor William Masters, Economics for Food and Nutrition Policy

## OTHER PROFESSIONAL EXPERIENCE

---

09/2015- **Research Assistant**, Global Development and Environment Institute, Tufts University  
08/2017 Assisted with literature reviews and secondary data analysis on India and southern Africa for [Feeding Tomorrow](#), a book for popular audiences on agricultural trade and development policy to support smallholder farmers

05/2015- **Research Assistant**, Jean Mayer Human Nutrition Research Center on Aging, Boston, MA  
02/2016 Worked in the Dietary Assessment Unit to collect and process multiple-pass 24-hour recalls

11/2013- **Research Assistant**, Small Planet Institute, Cambridge, MA  
05/2015 Assisted authors with fact-checking, copy editing, mapping origins of sources, and compiling and summarizing materials for the book [World Hunger: 10 Myths](#); research on topics such as climate change, agroecological practices, population growth, foreign aid, free trade, and democratic movements

## JOURNAL ARTICLES

---

Herforth, Anna W., **Rachel Gilbert**, Kristina Sokourenko, Tehreem Fatima, Olutayo Adeyemi, Dawit Alemayehu, Eunice Arhin, et al. “Monitoring the Cost and Affordability of a Healthy Diet within Countries: Building Systems in Ethiopia, Ghana, Malawi, Nigeria, Pakistan, Tanzania, and Viet Nam.” *Current Developments in Nutrition*, August 20, 2024, 104441. <https://doi.org/10.1016/j.cdnut.2024.104441>.

**Gilbert, Rachel**, Leah Costlow, Julia Matteson, Jakob Rauschendorfer, Ekaterina Krivonos, Steven A. Block, and William A. Masters. “Trade Policy Reform, Retail Food Prices and Access to Healthy Diets Worldwide.” *World Development* 177 (May 1, 2024): 106535. <https://doi.org/10.1016/j.worlddev.2024.106535>

Mekonnen, Daniel A., Olutayo Adeyemi, **Rachel Gilbert**, Dare Akerele, Thom Achterbosch, and Anna Herforth. “Affordability of Healthy Diets Is Associated with Increased Food Systems Performance in Nigeria: State-Level Analysis.” *Agricultural and Food Economics* 11, no. 1 (July 3, 2023): 21. <https://doi.org/10.1186/s40100-023-00263-w>.

Schmidt, Emily, Paul Dorosh, and **Rachel Gilbert**. “Impacts of COVID-19 Induced Income and Rice Price Shocks on Household Welfare in Papua New Guinea: Household Model Estimates.” *Agricultural Economics* 52, no. 3 (2021): 391–406. <https://doi.org/10.1111/agec.12625>.

Schmidt, Emily, **Rachel Gilbert**, Brian Holtemeyer, and Kristi Mahrt. “Poverty Analysis in the Lowlands of Papua New Guinea Underscores Climate Vulnerability and Need for Income Flexibility.” *Australian Journal of Agricultural and Resource Economics* 65, no. 1 (2021): 171–91. <https://doi.org/10.1111/1467-8489.12404>.

Mekonnen, Daniel A., Olutayo Adeyemi, **Rachel Gilbert**, Dare Akerele, Thom Achterbosch, and Anna Herforth. “Affordability of Healthy Diets Is Associated with Increased Food Systems Performance in Nigeria: State-Level Analysis.” *Agricultural and Food Economics* 11, no. 1 (2023): 21. <https://doi.org/10.1186/s40100-023-00263-w>.

## DISCUSSION PAPERS AND REPORTS

---

- Fatima, Tehreem, **Rachel Gilbert**, Anna Herforth, and Raja Ajmal Jahangeer. *Measuring the Cost and Affordability of a Healthy Diet in Pakistan*. 2024. Islamabad: FAO.
- Alemayehu, Dawit, Fantu Bachewe, Tirsit Genye, **Rachel Gilbert**, Hagos Haile, Derek Headey, William A. Masters, Anna Herforth and Masresha Tessema. *Implementation of the Ethiopian Food-Based Dietary Guidelines: Analysis of cost and affordability of healthy diets, January 2020 – December 2022*. Food Science and Nutrition Research Directorate Scientific Newsletter (2023). Addis Ababa: Ethiopian Public Health Institute (EPHI). <https://ephi.gov.et/wp-content/uploads/2023/09/Scientific-Newsletter-Analysis-of-Cost-and-Affordability-of-Healthy-Diet-using-Ethiopia-FBDGs.pdf>
- Aberman, Noora-Lisa, Kufoalor, Doreen S, and **Gilbert, Rachel**. “Mapping the Implementation Process for Subsidized Fertilizer Distribution under Ghana’s Planting for Food and Jobs Program.” GSSP Working Paper. Washington, DC: International Food Policy Research Institute, June 2021. <https://ebrary.ifpri.org/digital/collection/p15738coll2/id/134432>
- Duchoslav, Jan; Kenamu, Edwin; **Gilbert, Rachel**; Baulch, Bob; Palloni, Giordano; and Gilligan, Daniel O. 2020. Building resilience and adaptation to climate change in Malawi: Quantitative baseline report. MaSSP Report May 2020. Washington, DC: International Food Policy Research Institute (IFPRI). <https://doi.org/10.2499/p15738coll2.133763>
- Davis, Kristin E., Gammelgaard, Johanna, Preissing, John, **Gilbert, Rachel** and Ngwenya, Hlamalani. 2021. *Investing in farmers: Agriculture human capital investment strategies*. FAO, Rome. 2021. Rome, FAO and IFPRI. <https://doi.org/10.4060/cb7134en>
- Gilbert, Rachel**; Benson, Todd; and Ecker, Olivier. 2019. Are Malawian Diets Changing? An assessment of nutrient consumption and dietary patterns using household-level evidence from 2010/11 and 2016/17. MaSSP Working Paper 30. Washington, DC: International Food Policy Research Institute (IFPRI). <https://doi.org/10.2499/p15738coll2.133522>
- Schmidt, Emily; **Gilbert, Rachel**; Holtemeyer, Brian; and Mahrt, Kristi. 2019. Poverty prevalence and correlates of household expenditure in four lowland areas of rural Papua New Guinea. IFPRI Discussion Paper 1863. Washington, DC: International Food Policy Research Institute (IFPRI). <https://doi.org/10.2499/p15738coll2.133400>
- Gilbert, Rachel**; Subedi, Binita; Wallingford, Jessica; Wilson, Norbert; and Masters, William A. 2019. Nutrient and mycotoxin content of commercially-sold premixed infant cereals in Malawi. MaSSP Working Paper 28. Washington, DC: International Food Policy Research Institute (IFPRI). <https://doi.org/10.2499/p15738coll2.133335>
- Schmidt, Emily; **Gilbert, Rachel**; Holtemeyer, Brian; Rosenbach, Gracie; and Benson, Todd. 2019. Papua New Guinea survey report: Rural household survey on food systems. IFPRI Discussion Paper 1801. Washington, DC: International Food Policy Research Institute (IFPRI). <https://doi.org/10.2499/p15738coll2.133067>

## PRESENTATIONS & CONFERENCE PROCEEDINGS

---

- 08/2024      AAEA Annual Meeting  
Track session: Nutrition and food consumption in Africa  
*The cost of preparing and consuming healthy diets in Malawi*
- 09/2023      Agriculture, Nutrition and Health Academy Week, Lilongwe, Malawi  
*Learning Lab: Cost and Affordability of Healthy Diets*

- 05/2023 International Conference on Agricultural Statistics (ICAS) IX, Washington, DC  
[Linking International Trade and Import Barriers to the Retail Cost of Healthy Diets Worldwide](#)
- 08/2022 AAEA Annual Meeting, Anaheim, California  
Accepted Poster Presentation  
*Meal preparation costs and diet quality in Malawi*
- 06/2019 Linkages of Agriculture, Nutrition and Economic Development, Port Moresby, Papua New Guinea  
Presentation  
*Child growth and development in rural Papua New Guinea, available online at [http://bit.ly/png\\_childgrowth](http://bit.ly/png_childgrowth)*
- 06/2019 Gilbert, Rachel, Binita Subedi, Jessica Wallingford, Norbert Wilson, and William Masters. "Nutrient Composition and Mycotoxin Contamination of Commercially Sold Premixed Cereals for Complementary Feeding of Infants in Malawi: Test Results for 94 Samples of 8 Brands (P11-079-19)." *Current Developments in Nutrition* 3, no. Supplement\_1 (June 1, 2019).  
<https://doi.org/10.1093/cdn/nzz048.P11-079-19>.
- 02/2019 IFPRI Malawi Brown Bag seminar, Lilongwe, Malawi  
*Market demand for and nutrient and mycotoxin levels in commercially-sold premixed cereals for complementary feeding of infants in Malawi, available online at [http://bit.ly/marketdemand\\_mw](http://bit.ly/marketdemand_mw)*
- 07/2018 Agriculture, Nutrition and Health Academy Week, Accra, Ghana  
Poster presentation and one-minute speed talk  
*A promising pathway? Assessing the relationship between aquaculture, fish consumption and types of fish consumed by households in rural Bangladesh*

## **MEMBERSHIP IN PROFESSIONAL SOCIETIES**

---

Agricultural and Applied Economics Association (AAEA)  
Agriculture, Nutrition, and Health Academy (ANH Academy) and Research Community on Food Access  
American Society for Nutrition (ASN)

Ad hoc reviewer: *Food Security, Australian & New Zealand Journal of Public Health, Health Policy Open, Applied Economics*

## **ADDITIONAL SKILLS**

---

**Software skills:** Microsoft Excel, Stata, LaTeX, NVivo, Open Data Kit and Kobo Toolbox, SurveyCTO, WordPress  
**Languages:** English (native), Spanish (intermediate), French (novice)

## **SERVICE**

---

2023-Present Friedman School Curriculum & Degrees Sub-committee on Anti-Racism, Equity, and Inclusion  
2023-24 Friedman School Admissions Committee  
2022 Friedman School Curriculum Review, Quantitative Methods and Skills Working Group  
2017-2019 International Food Policy Research Institute Sustainability Task Force