

Biography – Lauren Au

Dr. Lauren Au is an Assistant Researcher at the University of California's Nutrition Policy Institute. Dr. Au obtained her Bachelors in Nutritional Sciences and Dietetics at UC Berkeley, her MS in Nutrition and Public Health and RD from Columbia University, and her PhD in Food Policy and Applied Nutrition from Tufts University. She also completed a postdoctoral fellowship at UC Berkeley. Dr. Au recently served as a senior nutrition advisor to U.S. Senator Kirsten Gillibrand of New York, where she helped lead many nutrition initiatives, such as preserving funding for the Womens, Infants, and Children program and fighting to prevent food stamp cuts. Dr. Au brings a wealth of experience in conducting nutrition interventions in low-income community settings.