

The influence of a single individual's actions on many societal issues is often small, but individual efforts can have a significant impact when combined. Several potential policies could attempt to encourage these actions, including providing information on climate impact, employing nudges, or offering monetary incentives.

In the first two chapters, I use large-scale natural experiments to examine interventions aimed at promoting sustainable food consumption. Chapter One investigates the effects of information provision, while Chapter Two explores the combination of monetary incentives and normative appeals. The third chapter concentrates on unconditional generosity, and together with my co-authors, we examine potential gender differences in generosity and assess whether these differences are related to the recipient's needs.

Sustainable Consumption and Prosocial Actions

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