

## Information for Eating Pattern Study Participants

Thank you for your interest in the study that measures fruit and veggie intake in two ways; through a light shone on your finger, using light pressure, and a short survey of your eating patterns over the past day, week, or month. The survey contains 23 questions and will require no more than 15-20 minutes of your time to complete. When you have completed the light measurement and survey, you will receive a \$5 grocery store gift card.

This study is supported by the University of Delaware (UD) and is being conducted by the Center for Research in Education and Social Policy (CRESP) at UD. All personal information and responses will remain confidential on encrypted computer systems, and secure using locked containers. Your participation in this study is voluntary. Should you decide to start, you will be welcome to exit it at any time.

The machine that shines the light on your finger, using light pressure, is called the “Veggie Meter.” It measures the amount of carotenoids in your skin. These are natural substances that give fruits & veggies their colors, so multiple measurements over time can tell us how much fruits and veggies you eat. But for this study, we’re testing how the machine works, so your reading will be just yours for today without any additional measurement.

For the survey, you will be asked to think about what you usually ate last month. Specifically, you’ll be asked to think about all the fruits and vegetable that you ate last month, including those that were: raw and cooked; eaten as snacks and at meals; eaten at home and away from home (restaurants, friends, take-out); and, eaten alone and mixed with other foods. The survey will ask you to report how many times per month, week, or day you ate each food, and if you ate it, how much you usually had.

The information you anonymously provide will be combined with data from other anonymous survey responses in order to perform statistical analyses that will help decision-makers understand the effectiveness of our nutrition programs. Approximately three hundred persons will be asked to participate in the study.

There is no cost associated with participation in the study. There is no additional compensation for participants other than the \$5 grocery store gift card, as described above. The risks associated with participation in this study are no greater than those ordinarily encountered in daily life, but you may benefit directly if you complete the study and receive a gift card. There is no penalty if you choose to stop participating.

If you need any further information or have any questions at all, please feel free to contact Tara Tracy, Research Coordinator at the University of Delaware/CRESP: 610/212-2601 or [tetracy@udel.edu](mailto:tetracy@udel.edu). This project’s Principal Investigator is Allison Karpyn, Ph.D., Senior Associate Director at the University of Delaware/CRESP: 610/909-3154 or [karpyn@udel.edu](mailto:karpyn@udel.edu).

If you have questions or concerns regarding the rights of individuals who agree to participate in this research, please contact the Chair of the Institutional Review Board at the University of Delaware: 302/831-2137 or [hsrb-research@udel.edu](mailto:hsrb-research@udel.edu).