



Parental Consent Form

Time for Lunch Study

Study Overview: Your child is being asked to participate in a voluntary research study. The purpose of this study is to determine the impact of lunch period length on child dietary intake. Participating in this study will involve randomly assigning each summer camp lunch period to be either 20 minutes or 30 minutes long. (Additional time for recess will be provided after the lunch period.) We will monitor what time your child sits down to eat and discards their meal. Once the lunch period is over, we will measure how much uneaten food is remaining on their lunch tray. Your child's participation will last only during the lunch periods on the days that he or she attends the Youth Classics summer camp. There are no known risks related to this research. This research project will provide a free, healthy lunch to all children enrolled in the Youth Classics, even if they choose not to participate in the research. All meals will meet the nutrition standards required by the Healthy Hunger-Free Kids Act and will be prepared by the chefs and food service professionals of Bevier Café. Each child will have a choice of two lunch options, which can be adjusted for allergies or other dietary restrictions. If you decided to pack your child's lunch, you can still participate in the study.

Principal Investigator Name and Title: Melissa Pflugh Prescott, PhD, RDN; Assistant Professor of School/Childhood Foods and Nutrition
Department and Institution: Food Science and Human Nutrition, University of Illinois
Contact Information: (217) 300-7489 or mpp22@illinois.edu
Sponsor: USDA National Institute of Food and Agriculture, Hatch project 1015725

Why is your child being asked?

Your child is being asked to be a participant in a research study about the influence of lunch period duration on children's dietary intake. The purpose of this research is to determine if longer lunch periods help decrease food waste and increase how much healthy foods children eat. Your child has been asked to participate in this research because they are enrolled in the Youth Classics summer camp. Approximately 50 participants will be involved in this research at the University of Illinois at Urbana-Champaign.

Your child's participation in this research is voluntary. Your and your child's decision whether or not to participate will not affect your or your child's current or future dealings with the University of Illinois at Urbana-Champaign. If you decide your child can participate, you or your child are free to withdraw at any time without affecting that relationship.

What procedures are involved?

This research will be performed at the Spice Box, a restaurant located in Bevier Hall. The lunch period for the Youth Classics summer camp will be held in the Spice Box each day of camp. Approximately 50% of the summer camp days will have a 20 minute lunch period, and the remaining half of the days will have a 30 minute lunch period. (Students will have an additional 20-25 minutes of recess each day after the lunch period.) There will be a large sign in the cafeteria showing the lunch period duration, as well as the specific start and end times of the lunch periods. Each day, students will be given a 5-minute warning when the lunch period is about to end. Once the period is over, students will be asked to bring

their tray (and any uneaten food items) to a table where research staff will be waiting to collect the trays. We will also document what time your child enters the lunch line, sits down to eat, and brings their lunch tray to be discarded.

The weekly menu will be provided to parents and youth. Each day your child will have 2 options for each of the following food items: protein, fruit, vegetable, and milk. Water will also be provided. Some days the protein and grain may be combined into one food item, like spaghetti and meatballs. All meals will meet the nutrition standards required by the Healthy Hunger-Free Kids Act and will be prepared by the chefs and food service professionals of Bevier Café. Each child's food options can be adjusted for allergies or other dietary restrictions.

Each child will be assigned a unique, random ID number so that their names are not connected to our study records.

What are the potential risks and discomforts?

There are no known risks for this research.

Are there benefits to participating in the research?

There are no direct benefits to participating, but the research results may help influence future K-12 school decisions about lunch period length.

What other options are there?

Your child has the option to not participate in this study and will receive a free lunch each day they are enrolled in the Youth Classics camp. **OR** You may choose to pack your child's lunch and still participate in this study. Prior to the lunch period, we will document the packed lunch contents and weigh each food item individually in the presence of your child. Researchers will maintain possession of the packed lunch and deliver it to the Spice Box so that it is ready during their lunch period. Similar to the rest of the participants, we will document what time your child sits down to eat and deposits their uneaten food items at the end of the lunch period. We will measure each uneaten food and beverage item individually once all campers have left the Spice Box and return any non-disposable containers to your child. **OR** Your child has the option to not participate in this study, and you may pack their lunch each day they are enrolled in the Youth Classics camp.

Will my child's study-related information be kept confidential?

Faculty, students, and staff who may see your child's information will maintain confidentiality to the extent of laws and university policies. Personal identifiers will not be published or presented.

If actual or suspected abuse, neglect, or exploitation of a child is disclosed, researchers will report the information to Child Protective Services and/or a law enforcement agency.

Will we be reimbursed for any expenses or paid for participation in this research?

You will not be offered payment for being in this study.

Can my child withdraw or be removed from the study?

If you and your child decide to participate, you are free to withdraw consent for your child and discontinue participation at any time. Your child can also choose to stop participating in the study. The

researchers also have the right to stop your child's participation in this study without your consent if they believe it is in your child's best interests, you were to object to any future changes that may be made in the study plan.

Will data collected from my child be used for any other research?

Your child's de-identified waste and dietary intake data could be used for future research without additional informed consent.

Who should I contact if I have questions?

Contact the researcher: Melissa Pflugh Prescott, PhD, RDN; Assistant Professor of School/Childhood Foods and Nutrition at 217-300-7489 or mpp22@illinois.edu if you have any questions about this study or your child's part in it, or if you have concerns or complaints about the research.

What are my child's rights as a research subject?

If you have any questions about your child's rights as a participant in this study, please contact the University of Illinois at Urbana-Champaign Office for the Protection of Research Subjects at 217-333-2670 or irb@illinois.edu.

I have read the above information. I have been given an opportunity to ask questions and my questions have been answered to my satisfaction. I agree to let my child _____
be in the research study described above. I will be given a copy of this signed and dated form.

Please list any food allergies or dietary restrictions. If none, write "none." _____

Parent Signature _____ Date _____

Parent Printed Name

Signature of Person Obtaining Consent _____ Date (must be same as parent's)

Printed Name of Person Obtaining Consent