

You and your child are invited to take part in a study about what children and young people in Scotland aged 2–15 years are eating and drinking. The study is funded by Food Standards Scotland and led by the University of Edinburgh. A market research company based in Glasgow called Taylor McKenzie is conducting the survey. Researchers at the University of Aberdeen and Biomathematics & Statistics Scotland are also helping with the study. The Human Ethical Review Committee at the University of Edinburgh has reviewed and approved this study.

What will happen if I, and my child, decide to take part?

- You will complete a brief questionnaire about your child, including details like their gender and ethnicity, and your household such as the number of adults and children living there.
- You will be asked to complete an online food diary, recording all the food and drink items your child had on the previous day.
 - For secondary school pupils, we suggest they complete this themselves, with your help if needed. Additional questions about their food and drink choices will also be asked.
- Ideally, you or your child will complete up to four food diaries on different days within two weeks of completing the first one.
- We will ask for your email address and/or mobile phone number, which will be held securely by Taylor McKenzie and used solely for study-related communication.
- If you have more than one child, we will randomly select one to participate when you start the questionnaire. You will only be asked to enter information about that child. However, you can choose to include your other children in later surveys when prompted if you wish.
- We will ask if you're interested in taking part in future studies about your child's eating habits. Among those interested with a child aged 3 years or over, 400 will be randomly invited to complete another survey about how often their child had particular food and drink items over the past 2–3 months, from a list of about 145 items.

Time commitment

The initial questionnaire should take about 10 minutes to finish. Each food diary should take around 15 minutes. You will likely get faster after the first one as you get used to the tool. The extra survey about your child's eating habits in the past 2–3 months will take about 20 minutes to complete.



Opt-out of receiving letters from us

If we do not hear from you, we may send reminder letters to this address.

To opt out of receiving future letters from us, please contact us at:

✉ Intake24@taylor McKenzie.co.uk

☎ 0808 175 6942

Cost, reimbursement and compensation

Your participation in this study is voluntary. In return for your participation, you will receive a **£10 gift voucher** if you complete one food diary, or a **£20 voucher** if you complete two. If you complete four, you can additionally enter a raffle for a chance to win **one of three £100 vouchers**. If you complete the additional survey about your child's eating habits over the past 2–3 months, you will receive an **additional £10 voucher**.

What if I change my mind?

If you or your child choose to take part but later decide to stop being part of the study, you/they can tell the research team at any time, without giving a reason. Unless you contact us on the email or phone number provided, the data you have provided until that point will be used. If you would like us to stop using your data, please contact us before the study report is published, which is likely to be toward the end of 2024. Unless you indicate that you do not want to receive the study results, we will send the overall findings to you when the study has been completed.

Benefits and risks

There are no known benefits or risks for you or your child from taking part in this study. Choosing not to take part, or stopping the study, will not impact any benefits and other services you and your child are entitled to.

My data

Taylor McKenzie will conduct the survey and have access to all the information you provide. This will be held securely on their server, locked in a secure office. Access to these data is password-protected and only shared with those who require access in order to conduct this study. Researchers at the University of Edinburgh and Biomathematics & Statistics Scotland will have access to your survey responses but this dataset will not contain your child's name, email, address, or phone number. Researchers at the University of Aberdeen will have access to some dietary data but will not have access to any other data.

Taylor McKenzie will retain your child's name, email, address, and phone number for 6 months after which it will be permanently deleted. After that, an anonymous dataset with your child's gender, age, stage of education, receipt of food parcels or vouchers in the school holidays, how many adults and children live in the household, food insecurity, and dietary data will be retained indefinitely in the UK Data Archive.

Confidentiality / anonymity

All the information we collect during the research will be kept confidential. We will use the results from this study in reports, but these will not contain any information that could identify you or your child.

**For further information and FAQs visit:
www.edin.ac/intake24**

Please see our privacy notice: <https://www.foodstandards.gov.scot/intake24/privacynotice>