

The CANTEEN Study: Free School Meals, Diet Quality and Food Insecurity in Secondary School Pupils: a Mixed Methods Study

Hello!

We are a team of researchers at Queen's University Belfast and the University of Birmingham. We are completing an exciting new study about school meals in secondary schools in Northern Ireland and England and your school is taking part.

You may already have taken part in the study and completed a questionnaire. This part of the study is inviting you to take part in a **group discussion**.

Who can take part?

- Young people aged 11 to 16 years from selected secondary schools.

When will I take part?

- If you decide to take part, you will be given time in your normal school day. Your teacher can decide when will suit best and your teacher will stay with you.

What will I be asked to do?

- We would like you to take part in a group discussion.
- There will be up to 8 pupils from the same year in each group. The discussion will ask the group to think about school food and how this might be different for everyone.
- The discussion will be audio-recorded so that we can listen and analyse the recording after.

Do I have to take part?

- No, definitely not. Discuss it with your parent / carer and decide what is best for you.
- If you and your parent / carer don't want you to take part they can complete the opt-out form and return it to your school.
- When we come to your school to run the group discussions, we will check again if you are still happy to take part. You can stop at any time without giving a reason.

Why should I take part?

- You might help to improve school meals in the future. You will be given a £5 shopping voucher as a thank you for taking part.



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What information will be collected from me and why is it collected?

- The personal information we will collect from you includes your full name, year group and lunch choices throughout the week (e.g. school meal, packed lunch, or both).
- We collect your name so that we can link your response to the group discussion with the questionnaire you have previously completed (if applicable).
- We will also collect data from the school about you (Free School Meal eligibility, ethnicity, gender, age, Special Educational Needs status)
- The questions we are asking during the group discussion are to answer the research questions.

What will happen to the audio-recording?

- The audio-recording will be typed out by a transcription company and all personal information (such as your name) will be removed and replaced with your unique study ID. The recording will then be destroyed.

What will happen to the information I give you?

- We will keep your information very safe and private for 10 years and then it will be destroyed.
 - Your answers will be kept completely confidential, only the researchers will know what you have said and we will not share your responses with anyone. **However, we will alert your teacher if your answers suggest that you might need some extra help or support.**
- After we have collected information from all of the schools taking part, we will join the data and have a look at what it tells us.
 - Finally, we write a report to share our findings with other researchers and with the public, but no-one will be able to identify you from the report.
- We will follow data protection law. For more information about how we look after your information, how to access your rights and who to contact if you have any queries or concerns about data protection please visit the Queen's University Belfast website - www.qub.ac.uk/privacynotice/Research/ListofResearchPrivacyNotices/PrivacyNoticeforResearchParticipants.html



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How do I contact you?

Please contact us at any time. No question is too small or too silly for us.

The best way to contact us is by using our study email address: canteenstudy@qub.ac.uk

Researcher contact for all schools in Northern Ireland:

Dr Désirée McIlwee, CANTEEN study Postdoctoral Research Fellow, Centre for Public Health, School of Medicine Dentistry and Biomedical Sciences, Queen's University Belfast, Institute of Clinical Science Block B, Grosvenor Road, Belfast BT12 6BJ. Email: d.mcilwee@qub.ac.uk. Tel: 07823368446.

Researcher contact for all schools in England:

Dr Emma Alving-Jessep, CANTEEN study Postdoctoral Research Fellow, Institute of Applied Health Research, College of Medical and Dental Sciences, The University of Birmingham, Murray Learning Centre, Edgbaston B15 2TT. Email: e.aling-jessep@bham.ac.uk. Tel: 0121 414 8072.

Contact for Further Information:

Professor Jayne Woodside, CANTEEN study Chief Investigator, Centre for Public Health, School of Medicine Dentistry and Biomedical Sciences, Queen's University Belfast, Institute of Clinical Science Block B, Grosvenor Road, Belfast BT12 6BJ. Email: j.woodside@qub.ac.uk. Tel: 028 9097 8942.

What if there is a problem?

- If you have any concerns about any aspects of the study, you can contact the CANTEEN study Chief Investigator, Professor Jayne Woodside (Tel: 028 9097 8942; Email j.woodside@qub.ac.uk).
- Should you remain unhappy and wish to make a formal complaint, you can contact the Research Governance Team at Queen's University Belfast (Tel: 028 9097 2529; Email: researchgovernance@qub.ac.uk).



Thank you for taking the time to read through our information.



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