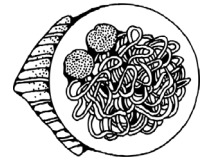


Interested in participating in the “Ten Tips” study?

Register Anytime / Study Enrollment will take place February 2022



***Ten Tips** supports food security, healthy shopping, eating, health and wellness among residents of Westbrook Housing*



- We are hoping to recruit 120 participants.
- Participants will attend up to 8 nutrition classes where a group meal is served.
- You will be provided with a meal, a packet of ingredients for a cookbook recipe, as well as the cookbook and basic equipment for meal preparation if needed.
- You will be offered \$20 for each completed dietary survey before you begin and again at the end of the program.
- In addition, you may be asked to participate in an interview and if you choose to do so, you will receive a \$25 incentive for that.

You can participate if:

- You live in a Westbrook Housing Authority property.



Why is this study being done?

This study is being done so we can learn more about how to promote nutrition and wellbeing among seniors living in housing such as the Westbrook Housing complex especially during times when we need to stay safe because of circumstances like the Covid-19 pandemic.

What will I be asked to do?

You will be asked to:

- Complete a brief enrollment survey
- Complete two dietary assessment surveys before the program and two after (approximately 30 minutes each)
- Participate in up to 8 educational sessions (1.5 hours each) where a meal is served
- Complete eight 5-minute session evaluation surveys
- A brief exit survey when the program is finished
- A short follow-up survey at 3 months after the end of the program
- You may be asked to participate in an interview to ask about your perceptions of the educational session and the project overall (30 minutes).

APPROVED FOR USE

11/24/2021

**UNIVERSITY OF NEW ENGLAND
INSTITUTIONAL REVIEW BOARD**

If interested, call Maggie Gamble, Research Assistant, at **207-221-4617** or register at an upcoming wellness event.