



Interested in getting more fruits and vegetables?

WHAT ARE THE GOALS OF THIS RESEARCH STUDY?

This study aims to support families with buying, cooking, and eating fresh fruits and vegetables at home! The goal of this study is to learn how fruit and vegetable vouchers and virtual cooking classes and resources affect families' experiences with home cooking and food shopping, as well as caregiver mental health.

WHO CAN BE A PART OF THIS STUDY?

Families with children aged 2-5 years old who would be interested in receiving fresh fruits and vegetables and participating in virtual cooking classes

WHAT WILL PARTICIPANTS BE ASKED TO DO?

Participants will be asked to fill out questionnaires online throughout the program, provide urine samples, and record foods/drinks consumed over a 24-hour period. They will also receive fruit and vegetable vouchers for 8 weeks and potentially participate in a virtual cooking skills program for 6 weeks.

Participants will be compensated for their time and efforts.

I WANT TO HELP! WHO DO I CALL?

If you are interested in participating in this study or would like to learn more, please contact the study coordinator:

Claire Reichelt
homeplate@chop.edu
or 215-847-3462

You can also scan the following code:

Take a picture to get in touch with our study team!



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