

Focus Group Information Letter

Name of the study: *Healthy Plates*

Invitation to Participate:

You are invited to participate in a study being conducted by Dr. Claire Kendall and Dr. Katherine Moreau. This study is part of Healthy Plates, Bright Futures — a broader initiative led by the University of Ottawa, the University of Ottawa Students' Union (UOSU), and the Ottawa Neighbourhood Study (ONS) at Bruyère Health Research Institute.

Purpose of the Study:

This project examines the food and financial challenges faced by students at the University of Ottawa. The goal is to gain a deeper understanding of students' experiences with food insecurity and financial stress, enabling us to improve the supports and services available to them.

Participation:

If you agree to participate, you will be asked to take part in a 90-minute focus group with other students. During the session, we will ask about your experiences with food access, financial stress, and support services on campus. The focus group will be held online (Zoom) at a time that suits you. You do not need to turn on your camera or use your real name on Zoom. You will also complete an anonymous demographic survey.

A trained facilitator will guide the conversation. A note-taker will be present, and the session will be recorded. The recording will help us accurately capture what is shared and will be transcribed without names or identifying details.

Risks:

There are no known physical risks. However, we will be discussing topics that may be personal or emotional in nature. You can skip any questions, take a break, or leave the group at any time without penalty.

Benefits:

There is no direct benefit to you for participating. However, your input can help improve programs and policies for students facing food and financial challenges.

Confidentiality and Anonymity:

Your responses will remain confidential. Only the project team will have access to the data. Names will not appear in transcripts or reports. While full anonymity cannot be guaranteed due



to the group setting, we ask everyone in the group to keep what is shared private. All data will be deleted after five years.

Voluntary Participation and Withdrawal

Your participation is completely voluntary. You can stop participating at any time without any consequences. If you withdraw, any data collected from you will be securely deleted.

Compensation:

As a token of appreciation for your time, you will receive a \$25 electronic gift card for groceries. You will still receive the gift card even if you choose to withdraw.

Questions or Concerns

If you have any questions about the study, please email Professor Katherine Moreau from the Faculty of Education, who is coordinating it: kmoreau@uottawa.ca.

