

## CNEP Participant Information Sheet

### **Want to learn more about nutrition?**

The goal of the Fresh Start Program is to teach you how to choose and prepare healthy foods for less money. You may choose the short or long term program. In the short program, you will be asked to go to nutrition classes weekly for 2 to 5 months. If you choose the long program, you will choose 16 lessons and go to classes for about 6 to 11 months. The nutrition lessons in both programs may take place in your home or you may work with a group depending on the needs of you and your family. Your nutrition education assistant can tell you more about these options.

### **What we will ask you to do?**

To participate in the program, you will need to tell us how you choose and prepare foods. A nutrition education assistant will also ask you about the kinds of foods you eat and how much you eat. This information is needed so we can help you make better food choices.

Any information you give us will be kept private. Your name will not be used in any report. We appreciate you choosing to participate in the program and you may stop at any time.

If you have questions or need to report anything about the program you may call Debra Garrard-Foster (405) 744-9942. This program has been approved by the Institutional Review Board for Protection of Human Subjects, Dawnett Watkins, IRB Chair, at Oklahoma State University, 219 Cordell North, Stillwater, OK 74078. (405) 744-3377