

## Email/Phone/Social Media Invitation

Dear Director:

In 2019, a new version of the Canada's Food Guide was released. This invitation is to request your participation in a research study looking at the impact of the new food guide at your early learning or child care centre.

We are inviting directors of early learning and child care centres across Canada that care for children 2-5 years old, to share their experiences with the new version of Canada's Food Guide. We are also interested in learning more about the menu in your centre and how you can be supported in terms of continuing to provide a healthy eating environment.

As a form of acknowledgement for your time and participation your early learning or child care centre will have the opportunity to be entered into a draw for one of ten \$50 grocery store gift card.

### Directions:

- Please read the attached introduction letter and informed consent.
- Complete the anonymous survey in either French or English through the survey link, which will take approximately 10 minutes.
- To maintain anonymity, at the end of the survey there will be a separate link to attach your centres menu cycle and the opportunity to provide your email address to be entered into the draw.
- Alternatively you can email a copy of your centres menu cycle to [childhoodnutrition@upei.ca](mailto:childhoodnutrition@upei.ca). If you would prefer to print it and send it by mail please send to the following address: Dr. Sarah Finch, Department of Applied Human Sciences, University of Prince Edward Island, 550 University Ave, Charlottetown, PE, C1A 4P3.

If you would prefer to complete the survey by phone in French or English please email [childhoodnutrition@upei.ca](mailto:childhoodnutrition@upei.ca) or call 902-566-0620 to set up a convenient time. A hard copy of the survey can be emailed or sent through the postal mail upon request.

**Any participation in research is greatly appreciated. If you have any questions or would like to receive a summary of the study results, please contact us by phone (902-566-0620) or email ([safinch@upei.ca](mailto:safinch@upei.ca); [mdrossiter@upei.ca](mailto:mdrossiter@upei.ca)).**

Sincerely,



Sarah Finch, PhD, RD & Misty Rossiter, PhD, RD  
Co-Principal Investigators  
Applied Human Sciences  
University of Prince Edward Island



## Information Letter and Informed Consent

You are invited to participate in the research study *"The 2019 Canada's Food Guide in Early Learning and Child Care Centres"*. This study is being conducted by Dr. Sarah Finch and Dr. Misty Rossiter at the University of Prince Edward Island.

As you may know, a new version of Canada's Food Guide was released in 2019. We are inviting Directors of Early Learning and Child Care Centers to complete an online survey and to submit their menu cycles. We are interested in learning more about your centres menu and how you can be supported in terms of the 2019 Canada's Food Guide and the healthy eating environment within early learning and child care settings.

### Directions

1. **Please complete the anonymous online survey.** The survey is available in both French and English, includes about 18 closed and open-ended questions and should take about 10 minutes to complete. If you would prefer to complete the survey by phone please email [childhoodnutrition@upeci.ca](mailto:childhoodnutrition@upeci.ca) or call 902-566-0620 to set up a convenient time. A hard copy of the survey can be emailed or sent through the postal mail upon request.
2. To maintain anonymity, at the end of the survey there will be a separate link to **attach your centres menu cycles** and the opportunity to provide your email address to be entered into the draw.
3. If you would prefer to print the survey and send it by mail please send to the following address: Dr. Sarah Finch, Department of Applied Human Sciences, University of Prince Edward Island, 550 University Ave, Charlottetown, PE, C1A 4P3.

## INFORMED CONSENT

Your participation is voluntary and anonymous. The content of the survey contains no sensitive information and is not likely to result in any discomfort or harm. You may choose to not answer any questions that you are uncomfortable with. You may withdraw from the survey up until you click submit without consequences, including the opportunity to be entered into the draw for a gift card. However any answers you have already provided are unable to be withdrawn as the survey is anonymous and data is unable to be linked to individuals or centres. The research team will ensure confidentiality and anonymity is maintained. Any identifying information provided through open-ended responses will be removed prior to analysis.

The survey data is collected using the online LimeSurvey platform, through which all data is securely stored, backed-up and managed in Canada only. Data will be managed, analyzed and stored within the University of Prince Edward Island password protected platform. Quotes from open-ended responses may be included in future presentations and publications of the research results. All data will be securely stored for an indefinite period of time and may be reanalyzed for future research, presentations and publications.

**By clicking on the survey link, you are indicating that you have fully read and understand the above information and agree to participate in this study.**

If you have any questions or would like to receive a summary of the study results, please contact Dr. Sarah Finch or Dr. Misty Rossiter (Co-Principal Investigators) by phone (902-566-0579; 902-620-5224) or email ([safinch@upei.ca](mailto:safinch@upei.ca); [mdrossiter@upei.ca](mailto:mdrossiter@upei.ca)).

This research has met the ethical standards of the University Research Ethics Board at the University of Prince Edward Island. If you have any questions about how this study is being conducted and wish to speak to someone who is not directly involved in the study, you may contact the UPEI Research Ethics Board at (902) 620-5104 or [reb@upei.ca](mailto:reb@upei.ca).

**[CLICK HERE TO ENTER THE SURVEY](#)**