Participant Information Sheet

Local Foods Study

You are invited to take part in a research study. Before you decide whether to volunteer, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. Talk to others about the study if you wish.

Please do not hesitate to contact us (see below) if there is anything that is not clear or if you would like more information.
What is the purpose of this study?
Sourcing foods from around the world may result in a higher carbon footprint, compared to those grown locally. What is less well known is whether there are any differences in the nutritional content of these foods.

This study has been designed to compare the differences in nutritional status (Vitamins A, B<sub>6</sub>, B<sub>12</sub>, C, carotenoids, E, folate, zinc, iron, selenium and copper) between people who consume locally grown foods compared to those who consume globally grown foods. The results of this study will help to inform the Scottish Government’s food policy.

Who can take part?
We plan to carry out the study on volunteers aged between 18-65, who are of average body weight, non-smokers, not taking any supplements and not on any long term medication. Volunteers who meet the initial criteria and are interested in participating will be asked to complete a pre-screening questionnaire. This will allow us to categorise volunteers into two groups, one in which they are consuming mostly locally-sourced foods and another in which they are consuming foods sourced from around the world (global foods). Volunteers from each group that can be age-, gender- and food choice-matched will be eligible to take part in the study.

What do I have to do?
Before the study starts we will assess whether you are eligible to take part and so we will ask you to complete a questionnaire on foods you normally consume and some basic details about you. Then, we will look for two people with similar characteristics but one consuming locally-sourced foods and the other globally-sourced foods.

If you meet the screening criteria we will invite you to keep a food diary for one week as well as a health questionnaire. At the end of the week you will be asked to provide a blood sample of 50 ml (equivalent to 2 tablespoons).

What will happen if I don’t want to continue with the study?
You are free to withdraw at any time, without providing a reason.

What will happen to the samples I give?
The University complies with the Data Protection Act and all information will be treated in the strictest confidence. The University monitors research projects so individual (anonymised) data may be accessed for this purpose. Your samples may be kept for up to five years after the study is completed. After this period we will destroy your samples.

Expenses and payments
We will offer £20.00 to reimburse any travelling expenses.

What are the possible disadvantages and risks of taking part in this study?
All blood sampling will be performed by a trained member of staff and this should give you only a minimum amount of discomfort. However, there is a small risk associated with any blood sampling.
Who has reviewed this study?
The Rowett Institute Ethics Panel has approved the study.

What if there is a problem?
At anytime during the study, if you have a complaint or a concern that you have been unable to resolve with the Principal Investigator or Human Nutrition Unit Manager, Mrs Sylvia Stephen (01224 438607, sylvia.stephen@abdn.ac.uk), you may contact the Head of the Human Studies Management Committee, Professor Garry Duthie (01224 438623, g.duthie@abdn.ac.uk). The Institute carries indemnity insurance for any harm or adverse event.

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