APPENDIX L YOUTH FOOD BOOKLET



OMB Control Number:

The U.S. Department of Agriculture's

The National Food Study

Youth Booklet

For foods you get when not with a parent or guardian

First Day:
Booklet for:

About the Study

The **National Food Study** is collecting information from households throughout the United States. This study will answer questions like:

- Where do people get their food?
- · What types of food do people get?
- · How often do people get food?
- · How much money do people spend on food?

Your family has agreed to take part in this national study.

Help us make sure that kids count! We need your help!

For the next week we want you to keep track of all the foods and drinks you buy or get for free.

- Use this book to track foods and drinks that you get when you are not with a parent or guardian
- Give your book to your parent or guardian on days 2, 5, and 7 when they call us to report the foods your family got
- Earn \$20 for completing this book
- Help us to make the National Food Study a big success!

Remember ... the information that you provide will be kept confidential. Your name will be removed from your book after it is received. Your answers, and all the information provided by your household, will be grouped with others.

HOW to USE This Food Book Follow these easy STEPS every day!



START a new **red page** for each place where get food from outside your home



WRITE CLEARLY and be careful when writing numbers



DESCRIBE each food and drink that you get



SAVE receipts and tape them to the back pages

QUESTIONS? Call 1-866-275-8659

Remember ...

- Write down foods and drinks you got ON YOUR OWN when you were not with your parent or guardian
- · Write each food and drink on a separate line
- · Don't tell us what you EAT, tell us what you GET!

Ways to Describe Food and Drinks

What to look for	Examples
√ The BRAND or product name	Pepsi, Doritos, Gatorade, Dannon Yogurt
√ The TYPE of food	White or whole wheat bread, chicken nuggets or grilled chicken breast
√ The FORM of the food	Raw carrots or cooked carrots
√ The FLAVOR	Chocolate milk, oatmeal cookie, or vanilla yogurt
√ The FAT and SUGAR	Whole milk or 1% milk; regular or diet soda; 100% juice or fruit-flavored drink
√ Things you ADDED	Butter on bread, ketchup on fries, dressing on salad

Write down the **size** or **weight** if it is on the package (such as 12 oz can of soda) and how many you got (such as 2 cookies).

Complete one RED page each time you get food or drinks outside your home

(√) DAY you got food	Mon Tue	Wed	Thu	Fri	Sat	Sun
Name of PLACE where you got food:	School cafeteria					
(√) CHECK the meal or snack	☐ Breakfast √	Lunch	☐ Dinner/	/Supper	Sna	ack/drink
TOTAL PAID (including tax)	\$.	√	(√) if free			
	tion if you DO NOT hav S NOT list each food i		ceipt			
Write each food ar	nd drink on a separate	line	Write size or if you know (S,M, L or ou grams, lbs, e	it inces,	How many?	Amount paid
Bean & Cheese be sour cream	ourrito with salsa &				1	
Spanish rice					1	
Chocolate milk -	1%		8 oz	' •	1	
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		ıΜ				
	CAI	ΓI				

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Name of PLACE where you got food:	McDon	alds					
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TOTAL PAID (including tax)	\$	6 9 3	3 🗆	(√) if free			
Complete this sector the receipt DOE				ceipt			
Write each food ar	nd drink or	n a separat	te line	Write size o if you know (S,M, L or ou grams, lbs, e	it inces,	How many?	Amount paid
Quarter pounde	r with ch	eese				1	\$3.45
French fries				Larg	e	1	\$1.89
Coke				Larg	e	1	\$1.59
				16			
				צון			
	6	$\Lambda \Lambda$	I'I				
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Complete one RED page each time you get food or drinks outside your home

(√) DAY you got food	Mon	Tue	We	d Thu	Fri	Sat	Sun
Name of PLACE where you got food:							
(√) CHECK the meal or snack	Break	fast _	Lunch	☐ Dinn	er/Supper	☐ Sna	ack/drink
TOTAL PAID (including tax)	\$			(√) if fre	е		
Complete this sec				eceipt			
or the receipt DOE	S NOT list	each food	l item				
Write each food a	nd drink or	n a separa	te line	Write size if you kno (S,M, L or grams, lbs,	ounces,	How many?	Amount paid

QUESTIONS? Call 1-866-275-8659

Remember ...

- Write down foods and drinks you got ON YOUR OWN when you were not with your parent or guardian
- · Write each food and drink on a separate line
- Don't tell us what you EAT, tell us what you GET!

Ways to Describe Food and Drinks

What to look for	Examples
√ The BRAND or product name	Pepsi, Doritos, Gatorade, Dannon Yogurt
√ The TYPE of food	White or whole wheat bread, chicken nuggets or grilled chicken breast
√ The FORM of the food	Raw carrots or cooked carrots
√ The FLAVOR	Chocolate milk, oatmeal cookie, or vanilla yogurt
√ The FAT and SUGAR	Whole milk or 1% milk; regular or diet soda; 100% juice or fruit-flavored drink
√ Things you ADDED	Butter on bread, ketchup on fries, dressing on salad

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Name of PLACE where you got food:						·		
(√) CHECK the meal or snack	☐ Breakfast ☐ Lunch ☐ Dinner/Supper ☐ Snack/drink							
TOTAL PAID (including tax)	\$ (\(\sqrt{)}\) if free							
Complete this section if you DO NOT have a receipt or the receipt DOES NOT list each food item								
Write each food ar	nd drink on	ı a separa	te line	if you k	or ounces,	How many?	Amount paid	

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Questions and Answers

Q: What if I don't buy any meals, snacks, or drinks on some days?

A: That's okay. Some people don't buy food every day. Did you get anything for free at school, from your friends, or from any other place? If yes, write that down.

Q: What if all the food I ate came from our kitchen?

A: Then you do not need to write anything in the book for that day.

Q: Can I just save my receipts and not write in the book?

A: No, because some receipts are hard to read or don't include all the information we need. You need to save the receipt <u>and</u> complete the red page.

Q: What types of foods and drinks do you want to know about?

A: All of the food that you <u>and</u> everyone in your household acquire during the study period. Your parent or guardian will keep track of groceries and other food that they bring home, and meals and snacks that they get away from home.

You need to track foods and drinks that you get. Don't forget the small items! Sometimes people have just chips or a drink for lunch—we want to know about that.

Q: Who needs to fill out a booklet?

A: Each person age 11 and older may fill out a booklet. An adult should write foods acquired by children under age 11.

Questions and Answers (continued)

Q: Should I estimate or guess the amount or size?

A: No. Write the amount (for example, the number of ounces or grams) or the size (for example, small, medium, large) only if it is listed on a package or menu.

Q: What should I do if someone buys food for me?

A: If someone buys food for you, list the place where they got the food and write down \$0.00 for the total paid since the food was free.

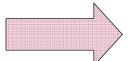
Q: What should I do if I only paid for part of the meal?

A: If you have a receipt but you only paid for part of the meal, circle the items that you paid for and write the amount that you paid.

Still have questions? Call us! We're here to help!

1-866-275-8659

SAVE receipts in pocket



According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is XVXX-XXXX. The time required to complete this information collection is estimated to average 53 minutes per week, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.



The National Food Study is a project of the United States Department of Agriculture Economic Research Service. To learn more, go to www.usdafoodstudy.org.