

**Attachment I3. Downloading and Installing the
FoodLogger, Accessing the Food Log, and Survey
Concepts**



FOODLOGGER

Installation Instructions

Welcome to the National Food Study!

All eligible household members should follow the step-by-step instructions below to download and install the FoodLogger app on their personal smartphone.

1 | App Download & Installation



Apple (iOS)

1. Open the App Store
2. Search for “National Food Study”
3. Download the FoodLogger app for free by selecting GET
4. Select INSTALL
5. Once FoodLogger has been downloaded, select OPEN
6. See Initial Login to the FoodLogger below for instructions on how to log into the FoodLogger

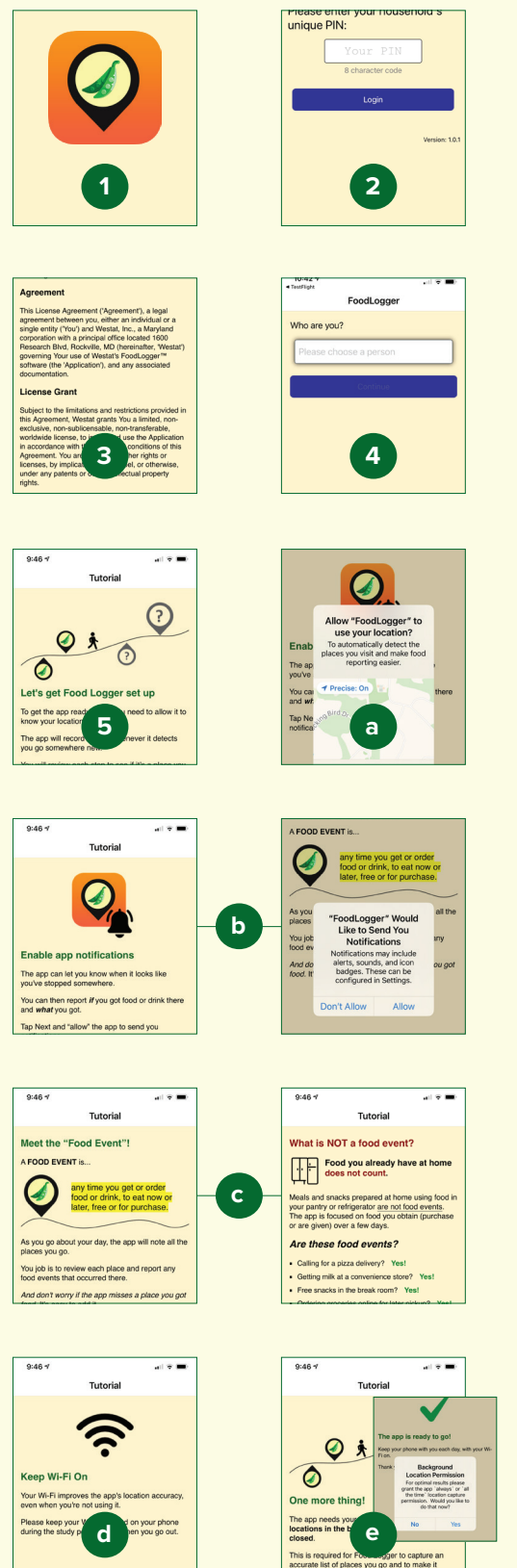
Android

1. Open Google Play Store
2. Search for “National Food Study”
3. Select FoodLogger
4. Select INSTALL
5. Select OPEN
6. See Initial Login to the FoodLogger below for instructions on how to log into the app

2 | Initial App Login



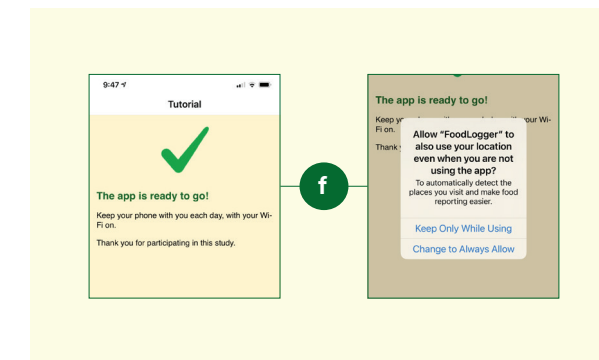
- 1. Locate App Icon:** The FoodLogger app icon will appear on your home screen. It has two green beans inside a GPS marker (see image to the right). Tap on the icon to launch the FoodLogger.
- 2. Enter PIN:** On the “Welcome to FoodLogger” screen, type your household PIN in the box. Each member of your household will use the same PIN the first time they log into the app only. Your household PIN is _____. We will text and/or email this PIN to you as well.
- 3. Terms and Conditions:** In order to use the app, you will need to read through and agree to the terms and conditions. Tap on “I agree” at the bottom.
- 4. Choose Your Name:** When asked, “Who are you?,” select your name from the dropdown list. The list should include all the members of your household.
- 5. Complete Tutorials:** The first few screens within the FoodLogger will provide you with a few tutorial screens on how the app works. You will only see these screens the FIRST time you log into the app. Read the information in each screen carefully.
 - a. Allow FoodLogger to Use Location:** Make sure you always allow the FoodLogger to use your location. This will allow the app to capture your stops as you travel, making your study participation easier. On Apple phones, tap either “Allow Once” or “Allow While Using App” when prompted. On Android phones, simply select “Yes” when prompted.
 - b. Allow Notifications:** The FoodLogger is designed to push reminder notifications and messages to you during the study week, even when you are not using the app. Be sure to select “Allow” to get these messages.
 - c. Define a Food Event.** The next few screens explain the concept of food event and provide examples. Familiarize yourself with this to better understand what should and should not be reported in the FoodLogger.
 - d. Keep WiFi on!** Remember to always keep your WiFi turned on and connected to ensure the app is working and collecting your stops.
 - e. Background Location Permission.** In order for FoodLogger to collect your location even when you are not using the app, you will need to allow FoodLogger to capture your location information in the background. Make sure you say “Yes” when



asked. If you are taken out of the app to your phone Settings, select “Always” to allow location access. Then, exit Settings and come back into the app.

On Apple devices, once you and the phone start traveling, you will get the following notification. It is important to select the 2nd option here, “Change to Always Allow.” This is a very important step!

- f. Change to Always Allow!** If you are prompted at any point, always select “Change to Always Allow”. This will help improve the accuracy of the app and make your participation easier!

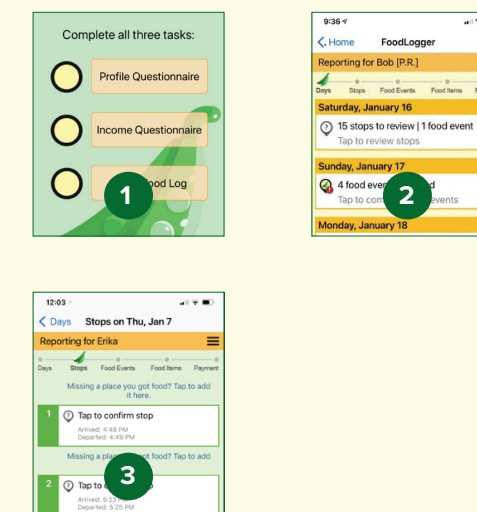


3 | App Overview



- 1. Complete Home Screen Tasks:** The FoodLogger home screen includes 3 tasks to complete throughout the study week (Profile Questionnaire, Income Questionnaire, and 7 Day Food Log). Your total earned incentive will calculate each day at the bottom. The Help link will take you supplemental resources and videos. Household members age 11 and older will have access to their own food log account and each person with a food log account must complete the Profile Questionnaire. Household members 16 and older must complete the Income Questionnaire too.
- The 7 Day Food Log is where you will enter the food and drinks you get (for purchase or free) each day during the 7 day study period.
- 3. The Days page.** The Days page shows each day of your FoodLogger. Tap on the individual days to go to the Stops page. On the Stops page, you can review stops, add food events, and enter individual food items.
- 4. The Stops page.** The Stops page shows your captured stops for that day. You will be asked to review each stop and answer a question about if you got food or not for each stop. The app will only capture your stops if you ALLOW the FoodLogger to access your location (see Tutorials above). This will make your participation easier.

If you do not see a stop that you made and got food, you can add the stop manually by tapping on, “Missing a place you got food? Tap to add it here.”
- Navigate through the food log and enter the foods you get during the week (for purchase or for free). Remember to log in each day, enter the food you got, and complete the Day Overview. If you have questions about the kinds of food to enter or about how to enter the food you get, please refer to videos available under Help.



4 | Important Study Concepts



The National Food Study is a 7 day study of your entire household. The study requires household members to enter all food and drinks your household gets (for free or purchase) during the 7 day study period in a food log.

This is not a consumption study. Sometimes, the food you get (for free or purchase) is also the food you eat. Sometimes, the food you get is not the food you eat. Sometimes, the food you eat is not food you got during the study. Below are a few important reminders about the study, including what you should and should not enter in the food log.

Examples of food/drinks you **SHOULD** enter in the food log:

- Grocery purchases you make during the study week. This includes groceries you buy for yourself or someone else and food someone buys for you.
- Restaurant food (fast-food or dine-in) you get during the study week. This includes meals or food you buy for yourself or someone else and food someone buys for you.
- Food ordered online or by phone during the study week. This includes food you buy for yourself or someone else and food someone buys for you. Remember to enter this food when the order is placed, not when the food is delivered/picked up.
- Free food you get from a food bank or meals you get from a soup kitchen or meal center during the study week.
- Free food you get such as from a sibling's house or a friend's garden.
- Free food or drink received from a BOGO deal or loyalty rewards.
- Food or meals your child gets while in school, daycare, or camp either purchased separately, part of tuition cost, or for free.
- Snacks and drinks you get while on an airplane.
- Alcoholic beverages you get during the study week.

Examples of food/drinks you **SHOULD NOT** enter in the food log:

- Food and drink items that you purchased or received before the 7 day study period began. This includes food already in your house, even if you use this food to prepare a meal during the study period.
- Meals you prepare with food that has already been reported.
- Food, drinks, meals, you got during the study week that have already been entered in the food log by someone else in your household. For example, if your mother bought the entire household a family dinner at McDonald's and entered all the meals in the food log afterwards, no one else in the household would need to enter their meals individually.