

**Attachment Q. What to Report and What Not to Report
Handout**



FOODLOG EVENTS

Example Scenarios:

Food/drink you get during the 7-day study period whether or not they are eaten.



PURCHASED

Food/drink purchased while grocery shopping

Grocery store food ordered (online or phone) for delivery or pickup

Food/drink your child purchased at the school cafeteria

Prepared foods purchased from a grocery store

Restaurant food ordered (online or phone) for pickup or delivery

Food/drink you bought for other people



FREE

Food from yours or a friend's garden

Food prepared for you or purchased for you

Food samples eaten while grocery shopping

Coffee/tea from work kitchen or waiting room

Food/drink received from a food pantry

Food/drink your child received while at daycare/camp

Free food item from, "Buy One Get One Free"



DO NOT REPORT

Food/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 food during your study period.

Meals you prepare with food that has already been reported in the FoodLog.

Medications and Supplements