Section A.

“Hello, this is [YOUR NAME] from the University of Minnesota calling for [Student’s NAME]. I am calling to follow-up about a research project on breakfast that is occurring at [Student’s SCHOOL].”

- If student answers and is available, proceed to Section B.
- If student answers but is unavailable, try to schedule a better time to talk.
- If someone else answers, see if student is available.
- If someone else answers, and student is unavailable ask for a better time to reach student.
- If no one answers and you can leave a message:
  "Hello, this is [YOUR NAME] from the University of Minnesota calling for [Student’s NAME]. I am calling to follow-up about a research project on breakfast that’s happening at [Student’s SCHOOL]. Please call us back at 612-280-4101 and leave a message with your name, telephone number, and the best time for us to reach [STUDENT'S NAME]. Otherwise, we will be calling you over the next few days to try and get a hold of [STUDENT’S NAME]. Alternatively, [STUDENT’S NAME] could take the eligibility survey online. The link is http://bit.ly/breakfast01. You can also find the link in the Project breakfast letter sent a few days ago to your home. Thank you and have a great [DAY/EVENING]."

Section B.

“A couple of months ago you were given a short survey about breakfast while at school. Based on your responses, you may be eligible to be in the study, but we have a few additional questions. Your parent/guardian received a letter within the last 10 days telling them more about the study. Do you have a few minutes for me to tell you about the study?”

- If “Yes”: The purpose of this study is to learn how to make school breakfast more appealing to high school students. If you want to participate, we’ll ask you to complete an online survey, get your height, weight, and body fat measurement at school in a private room by University trained staff, and complete dietary recalls over the phone in which you will describe what you ate over the previous 24 hours. You will be doing this in a few weeks and again at the end of next school year - and by completing these you will receive up to a $75 SuperCertificate (which is an electronic gift card that can be used at a variety of stores) for completing this time, and up to an additional $75 SuperCertificate for completing it at the end of next year.

  I will be asking you 4/5 [Males will receive 4, females 5.] additional questions now. If you feel uncomfortable at any time, you may decline to answer any questions. Is it OK if I ask you a few questions to see if you are eligible to participate in study?”

  - If “Yes”: “Okay great, I will now ask you a few additional questions.”
    - [Ask all questions – Section C. After questions, go to Section D.]

  - If “No”: Can I call back later to ask these questions or are you just not interested in participating?”
• If they agree to us calling them at a later time/date, set up time and thank them for talking with you.
• If not interested in participating: "Okay, no problem. Thank you for talking with me today. Do you have any questions?"

Section C.
[Ask all eligibility items even if you know based on responses that the student will not be eligible.]

Overall Protocol for Eligibility Items
• Even if you know a student is ineligible based on their responses, still proceed with asking all items.
• If a student will not answer a question, they will be considered ineligible.

1. Are you planning to transfer to a different high school within the next 12 months?
   □ yes  [Not eligible.]
   □ no  [Eligible.]

2. Will you be at school by 1st period most days next fall? (For example, not at college classes or work program.)
   □ yes  [Eligible.]
   □ no  [Not eligible.]

3. [If student is female.] Are you pregnant?
   □ yes  [Not eligible.]
   □ no  [Eligible.]

If student asks for resources about being (or possibly being pregnant), offer the following resources [IF STUDENT DOESN’T ASK FOR ASSISTANCE, DO NOT SHARE THIS INFORMATION WITH THEM]:

• Talking with school nurse.
• Talking with family's medical doctor/nurse.
• The Option Line: For teens who think they are pregnant. If pregnant, discusses options (parenting, adoption, and abortion). Provides resources. - 1-800-712-HELP (4357)

4. 3. How well do you understand instructions written in English? (read response choices)
   □ Very well  [Eligible.]
   □ Sort of well  [Eligible.]
   □ Not well  [Not eligible.]

5. 4. How well do you understand English when spoken to you? (read response choices)
   □ Very well  [Eligible.]
   □ Sort of well  [Eligible.]
   □ Not well  [Not eligible.]
Section D.

- Even if you know a student is ineligible based on their responses, still proceed with asking all items.
- If a student will not answer a question, they will be considered ineligible.

- **If student is eligible:** "Congratulations! You are eligible to participate in this study. Next, think about if you have time over the next 2-3 weeks to do 3 things:
  
  o Get your height, weight and percent body fat taken at school. This takes about 10 minutes.
  o Take an online survey either at school or outside of school. This takes less than 10 minutes.
  o Be available by phone 3 times to tell us about your food intake. Each call will take about 20 minutes.

- Do you want to commit to doing all 3 of these and be enrolled in the study?"

  ➔ **If not interested in participating:** “I’m sorry to hear that.”
  - “Would you be OK if I mailed you a study packet to get more information about study and contacted you at a later time to see if you want to participate at that time?”
  - “Do you have any questions for me?”
  - “Thank you for spending time talking with me today. I hope you have a good rest of the day/evening. Goodbye”

  ➔ **If interested in participating:** “Great! We will be mailing you a study packet which will include information that you will need to access:
  
  - your online survey; and
  - info for doing your food recalls.

*We will also be at your school on [DATES AND TIMES] to take your height, weight, and body fat measurements. On your measurement day, you will receive a pass releasing you from class. Please dress in light clothing, do not wear tights or nylon stockings, and use the bathroom before you come to the measurement room.”

  ➔ “As part of this research project we want to make sure we can remain in contact with you.”
  - [Mailing Address]
    - “The mailing address I have for you is [ADDRESS]. Is this the best address to send the study packet to?”
      - If not, get a different address.
  - [Phone]
“Also, is this the best phone number to reach you in the future?”

- Is this: [READ OPTIONS]
  - Your cell phone?
  - Someone else’s cell phone?
  - A home or landline phone?
  - [IF NONE OF THE ABOVE] ask them to please explain what type of phone.

- [IF CELL PHONE] “Would you be OK with receiving text messages?”
- Do you have an additional phone number you can be reached at?
- “What is the best time to reach you in the future if we need to contact you?”
  - Use **Telephone Dietary Recall Availability Form** to help get best times to call for 24-hour food recalls [THIS FORM IS ATTACHED AT BOTTOM OF THIS DOCUMENT].

- [E-mail Address]
  - “And do you have an e-mail account that you use regularly?”
    → If yes. “Is it OK if we e-mail you an online survey link as well as other study information?”

- [Alternate Contact]
  - “And in case we are unable to contact you, do you have another person we can contact?” [GATHER INFORMATION ABOUT THAT PERSON – NAME AND PHONE # SHOULD BE SUFFICIENT]

→ “That’s all I have for you today, do you have any questions?”

→ “Thank you for spending time talking with me today. I hope you have a good rest of the day/evening. Goodbye.”

**If student is not eligible:** “OK. That is all I have for you today. Unfortunately, you have not been selected to be in the study. “Thank you for spending time talking with me today. Do you have any questions?” I hope you have a good rest of the day/evening. Goodbye.”
Telephone Dietary Recall Availability Form

Over the next 2-3 weeks we will be calling you three times to ask you about all the foods you ate over the previous day. We call this a 24-hour dietary recall. Each recall takes 20-30 minutes to complete. Please keep a copy of your Food Amount Booklet near your telephone for use during these interviews.

We need to know what days and times you are usually free for us to call you to complete these recalls. The calls are not scheduled, we will just try calling you at the times you tell us you are usually available. If we reach you and you are busy we will just try calling another time.

Please tell me what times are the best to try calling by placing a check mark in the box next to all the times that are generally good for you. Also, let us know what phone number we should try calling at during those times.

<table>
<thead>
<tr>
<th>Day</th>
<th>Times to call</th>
<th>Phone numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Times:_________</td>
<td>What number(s) are best to reach you at on <strong>Mondays</strong>?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ My cell □ Other cell □ Home phone (landline)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Other (please write) _____________</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Times:_________</td>
<td>What number(s) are best to reach you at on <strong>Tuesdays</strong>?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ My cell □ Other cell □ Home phone (landline)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Other (please write) _____________</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Times:_________</td>
<td>What number(s) are best to reach you at on <strong>Wednesdays</strong>?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ My cell □ Other cell □ Home phone (landline)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Other (please write) _____________</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Times:_________</td>
<td>What number(s) are best to reach you at on <strong>Thursdays</strong>?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ My cell □ Other cell □ Home phone (landline)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Other (please write) _____________</td>
</tr>
<tr>
<td>Fridays</td>
<td>Times:_________</td>
<td>What number(s) are best to reach you at on <strong>Fridays</strong>?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ My cell □ Other cell □ Home phone (landline)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Other (please write) _____________</td>
</tr>
<tr>
<td>Saturdays</td>
<td></td>
<td>What number(s) are best to reach you at on <strong>Saturdays</strong>?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ My cell □ Other cell □ Home phone (landline)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Other (please write) _____________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Morning (9 am- 12 noon) □ Morning (9 am- 12 noon)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Mid-day (12 noon-3 pm) □ Mid-day (12 noon-3 pm)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Evening (3 pm- 6 pm) □ Evening (3 pm- 6 pm)</td>
</tr>
<tr>
<td>Sundays</td>
<td>Times:_________</td>
<td>What number(s) are best to reach you at on <strong>Sundays</strong>?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ My cell □ Other cell □ Home phone (landline)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Other (please write) _____________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Morning (9 am- 12 noon) □ Morning (9 am- 12 noon)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Mid-day (12 noon-3 pm) □ Mid-day (12 noon-3 pm)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Evening (3 pm- 6 pm) □ Evening (3 pm- 6 pm)</td>
</tr>
</tbody>
</table>

What time does your school day end: ______________________