

You are invited to participate in a study for the Brecksville-Broadview Heights AP Research class examining how a plant-based dietary change impacts food waste in a high school lunch environment. By participating in this study, you can contribute to furthering scientific knowledge about factors that influence amounts of food waste and environmental knowledge about plant-based diets.

Your participation in this study will require me to collect your food waste (plate waste) from your lunch period for two days. At the end of their lunch period, participants will bring their unconsumed food and waste scraps to the designated classroom where there will be distinct containers for collection of the food waste. These containers will be organized to help separate each participant's meal so that the amount of food waste for individuals can be recorded. The containers will also be labeled to separate home-packed lunches from school-bought lunches. For the context of this study, a vegetarian diet eliminates meat, such as beef, poultry, and fish, but allows for animal products such as eggs and dairy. This study is being conducted over a two-day period because it will be separated into two day-long periods. Day 1 will be the first day of the study and will be the control group that collects food waste from the participants' traditionally meat-based diets. Day 2 will be the second day of the study and will be the intervention part that collects food waste from the participants' adaptation of a vegetarian diet. I will collect the food waste each day and separate it by meal and diet so that it remains confidential and not tied to the participant while it is collected and measured.

All studies involve some degree of risk, but the risks specifically posed by this study are considerably minimal. A diet change can affect the nutritional value if done without proper care. Vegetarian diets can also decrease nutritional value if adopted incorrectly. However, if adopted adequately, they can provide even higher nutritional value. Your participation in this study is voluntary. If at any point during this session you would like to be removed from the study, you are fully able to do so.

Your participation in this study will also earn you volunteer hours. If you have any concerns or questions leading up to the study or during the data collection process, please contact 25hansenj@bbhcsd.org.

Signature of Participant: _____ Date: _____

Printed Name: _____

Signature of Parent: _____ Date: _____

Parent Printed Name: _____