

**Are you interested in nutrition and  
mental health?**

# Join Our Research Study!

## What's Involved?

- Gain access to the 'Declassified Student Food Guide' platform and learn about the role of nutrition in mental health
- Receive three email reminders to engage with the platform
- Complete two surveys (at the beginning and end of the study) to help us evaluate the platform (30 minutes and 40 minutes each)

## Why Participate?

- Access nutrition resources.
- Contribute to research on nutrition and mental health.
- A chance to win one of two \$100 prizes

## Want to learn more?



### Contact Information:

Roodiya Awosanmi MSc. Candidate  
[rawosanm@uoguelph.ca](mailto:rawosanm@uoguelph.ca)

Dr. Monique Aucoin, MSc. ND, Adjunct  
Professor. [maucoi02@uoguelph.ca](mailto:maucoi02@uoguelph.ca)

Dr. Alison Duncan, PhD, RD, FDC, Professor.  
[amduncan@uoguelph.ca](mailto:amduncan@uoguelph.ca)

This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants. (REB#19)