**Title of Study:** Healthy Happy Family Eating: A Randomised Controlled Trial

**PARTICIPANT INFORMATION**

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We would be grateful to you if you could assist us by participating in our study exploring healthy living.

*What does the study involve?*

It involves participating in one of two online programmes that Netmums and the University of Reading have designed. One of these focuses on healthy family eating, and the other on kids’ wellbeing. Both are delivered by email. The aim of the study is to compare the programmes to each other.

If you decide to take part, you will be randomly allocated to receive one of the two programmes. This means you won’t get to choose which programme you are offered, but both are designed to help you improve your kid’s health and well-being. After the study is complete, if you would like to take part in the other programme, you can.

*Who can take part?*

Anyone can take part, as long as you have a child between the ages of 1 and 16 years old living with you some of the time.

*What will happen if I take part?*

If you agree to participate, first you will complete an online questionnaire. This will take about 15 minutes. You will then be randomly allocated to your programme. Both programmes consist of 9 emails sent over a 3-week period which offer tips, suggestions and ideas around healthy living. When the course has finished, you will be asked to complete another questionnaire, similar to the one you completed at the start and then a final one 6 months later, when you can also be entered into a prize draw to win one of two £250 prizes we have on offer.

Your data will be kept confidential and securely stored. All information collected for the project will be destroyed after a period of 5 years from the completion of the project has elapsed. Taking part in this study is completely voluntary; you may withdraw at any time without having to give any reason. Please feel free to ask any questions that you may have about this study at any point.

*This application has been reviewed by the University Research Ethics Committee and has been given a favourable ethical opinion for conduct*