

Smart APPetite

BUY LOCAL • EAT SMART • GET HEALTHY

Are you a teen between 13 & 19 years of age?

Participate in our research study, where we're hoping to improve teens' knowledge on healthy living and eating.

For more information and to sign up visit:

smartappetite.ca/school

How to participate!

- Register your teen by **MARCH 1 2023**
- Complete a short survey about you & your household
- Your teen will be asked to complete **3 surveys** (~45 minutes each) & may be asked to use our app for **8 weeks** (time spent in app will vary by their use)



All participants receive up to \$40 in Amazon gift cards and entered into a draw to WIN Apple AirPods!

If you have any questions, you may contact Dr. Jason Gilliland (Principal Investigator) at University of Western Ontario by phone (519-661-2111 x. 82619) or email (smartappetite@uwo.ca).

The SmartAPPetite project is a collaboration between faculty members of:



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