

**PEOPLE NEEDED FOR RESEARCH:  
WHAT INFLUENCES THE WAY  
PEOPLE OVER THE AGE OF 65  
SHOP, COOK AND EAT IN ABERDEEN?**

**Who can take part?**

- Individuals aged 65 and above regardless of their level of involvement in food shopping and cooking.
- Individuals aged 18 and above who provide support to relatives or neighbours (aged over 65) with their food shopping and cooking.

**What does the study involve?**

- Attending a 2-hour group discussion to share your opinions and experiences at the **Aberdeen Arts Centre on Thursday, 30<sup>th</sup> May 2024.**

**What is the benefit of taking part?**

- You will be contributing to an important piece of research for Food Standards Scotland.
- You will receive a £25 supermarket voucher or charity donation of your choice for taking part.

**How to take part or find out more information?**

- You must register in advance to be eligible to participate and receive the voucher.
- Please contact: Dr Ellen Evans at [elevans@cardiffmet.ac.uk](mailto:elevans@cardiffmet.ac.uk) on **07867176544**, or sign-up online at [tinyurl.com/Over65Food](https://tinyurl.com/Over65Food)