

Dear City Voice Panel member,

I hope this letter finds you well. My name is Ellen Evans, I'm a researcher specialising in food behaviour at the ZERO2FIVE Food and Drink Research Unit. As a member of the City Voice Panel, you have indicated that you would be interested in being informed about opportunities to participate in other research studies, therefore I would like to invite you to participate in an exciting research project titled: *"Understanding the Impact of Lifestyle on the Food Choices of People Over 65 in Scotland"*.

The purpose of the study is to gain insights into the experiences and practices of people over 65 in Scotland regarding their food habits and how these may evolve over time. We want to understand the factors that positively or negatively impact your relationship with food. This includes the influence of health conditions, such as diabetes or visual impairments, as well as changes in living situations, like living with adult children or coping with the loss of a partner/spouse. We will also discuss practical and financial aspects of food shopping. We believe that your unique perspective would greatly contribute to the success of this study.

Your participation would involve taking part in a group discussion held at the Rowett Institute Ashgrove Road West, Aberdeen, AB25 2ZD, to be scheduled for mid-May. A participant information sheet detailing what is involved is included for your information.

As a token of our gratitude for your time and contribution in the group discussion, you will receive a £25 voucher or a charitable donation of your choice.

If you are interested in participating, please contact me using the contact details below. Your timely response is greatly appreciated, as it will help me plan the research project. If you have any questions, please do not hesitate to contact me.

Thank you for considering this invitation. We value your potential contribution and look forward to your involvement in advancing our research.

Sincerely,



Dr Ellen W. Evans – Reader in Food Behaviour

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