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Fwd: State of the Plate Focus Group - West Charlotte

Gerri Cummings [gerri.cummings@gmail.com]

Sent: Thursday, July 23, 2015 9:40 AM**To:** Steve Johnston

----- Forwarded message -----

From: "Cummings, Gerri" <CummingsG@hpccr.org>

Date: Jul 23, 2015 9:37 AM

Subject: State of the Plate Focus Group - West Charlotte

To: "gerri.cummings@gmail.com" <gerri.cummings@gmail.com>

Cc:

This announcement is forwarded on behalf of the Charlotte-Mecklenburg Food Policy Council's Experts Panel:

We are conducting a "State of the Plate" assessment which is a part of a comprehensive food systems assessment for the Charlotte region. The research is being done in collaboration with Johnson C. Smith University and a team of researchers from other local universities. We are currently seeking participants for focus groups. If you are willing to help please find details below from Dr. Metz. Please reply to Dr. Metz at this address CLTplate@gmail.com. Here's what we've got coming up:

- **West Charlotte** - The focus group will be **on Thursday, 7/30, from 6-7:30 at the Johnson C. Smith University HealthPlex**. Also free parking--no passes required. If folks are not familiar with the campus, plan an extra 5 minutes. It's pretty easy to find, but not intuitive.

You can also share that we are asking folks to do a little "homework" in the week leading up to your focus group. The "homework" is simple:

We'd like you to do **a photo diary of everything you eat over 2-3 days**. You can pick any three days during the week leading up to your focus group. Before you eat, take a picture of the food and drink you are about to enjoy. Then (before you forget) send the photo to our team e-mail: CLTplate@gmail.com or to my phone ([704-998-8897](tel:704-998-8897))

If you'd like, you can include some info about the food (where did you buy it/harvest it, special occasions, where are you eating, etc). This is purely optional. If you miss something (samples at COSTCO, food eaten while harvesting), no worries—you can e-mail or text that information separately to CLTplate@gmail.com. If the photo diary is not feasible for you, please take some notes and bring them with you to your focus group.

Remember, there is no "right" answer and this week may not be "typical" of how you normally eat. We are interested in **all** your food decisions, whether they are "typical," "ideal," "special," "experimental," and so on. So please include **all** the meals and snacks you can for your three day diary and come to the focus group prepared to share a little more about those choices.

Looking forward to seeing you very soon!

Katherine Metz and the research team

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