



Seeking UB Student Research Participants for the

FRESH STUDY



Food, Resilience, and Emotional Strength for Health

A research study exploring how fresh food access and stress reduction tools may support student's mental health, cognitive performance, and wellbeing.

DO YOU QUALIFY?

- ✓ first or second year student, aged 18-21
- ✓ experiencing some level of food insecurity
- ✓ at least moderate liking of fruits & vegetables
- ✓ willing to visit the Veggie Van on campus and attend 4 lab visits on South Campus



CASH
COMPENSATION
FOR YOUR TIME

WHAT IS INVOLVED?

- 4 lab visits, approx. 1-2 hrs each, at the NHRLab on South Campus
- 6 month commitment (~ one academic semester)
- non-invasive measurements, questionnaires & cognitive tests
- completely **voluntary**, will not affect your GPA or academic standing



BENEFITS



fresh produce access • mental health support tools • help us improve policies and programs for university students

INTERESTED? GET IN TOUCH WITH THE RESEARCH TEAM:

✉ laurabir@buffalo.edu

✉ NHRLab@buffalo.edu

☎ 716-829-2022



University at Buffalo

Nutrition and Health Research Laboratory

UNIVERSITY AT BUFFALO IRB APPROVAL

STUDY00010659

Questions about your rights as a participant? (716) 888-4888 researchadvocate@buffalo.edu