

(FS)²

Framingham State
Food Study

eat well

ADVANCE SCIENCE

Join us for our third and final year of this novel study brought to campus by the partnership of Boston Children's Hospital & Framingham State University.

FOR MORE

information on the Food Study,
please visit us at

www.fs2foodstudy.org

TO REGISTER

or for questions, please contact
the FS2 Team at

617-919-7305

or email

fs2@childrens.harvard.edu



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Framingham
State University

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www.fs2foodstudy.org



GET FOOD & SUPPORT FOR WEIGHT LOSS

At the end of the study, all participants receive a personalized health report including changes in body fat, lean mass, blood pressure, and cholesterol levels.

GET FOOD

- In partnership with Boston Children's Hospital, the (FS)² will provide you with the food and support you need to start losing weight.

GET SUPPORT

- Personalized meal plans, with foods in just the right amounts to help you lose 10-14% of body weight.
- Nutritional counseling to support your weight loss needs.

★ ★ Call us to find out more! 617-919-7305! | www.fs2foodstudy.org ★ ★



QUICK, EASY & NUTRITIOUS

All meals, snacks
& beverages are made
with fresh ingredients
& prepared
specifically for you.

LET US SERVE YOU

- Three meals and one snack per day prepared for you for nine months.
- All food prepared in the (FS)² Kitchen at Framingham State University.

QUICK, EASY, AND NUTRITIOUS!

- All food is prepared using a wide variety of healthful, fresh ingredients.
- Visit the (FS)² Kitchen at Framingham State University to eat your meals or pick-up your meals to take home.
- Accommodations may be made for tastes and preferences.

★ ★ Check out the food at our kiosk in the Marketplace at FSU! ★ ★

A top-down photograph of a person's hands holding a stack of cash and a receipt over a table of fresh produce. The produce includes a bunch of garlic, a pomegranate, a yellow apple, a green cucumber, a ginger root, a corn cob, a purple onion, and a bunch of green herbs. The scene is set on a light-colored wooden table.

FINANCIAL COMPENSATION

For participation,
you will receive
compensation
for your time
& all your meals.

COMPENSATION

- Receive a participation stipend of over \$3,000.
- Receive over \$3,000 worth of food.
- Total value of the program, up to \$6,500.

BENEFITS

- All snacks and meals are provided.
- No need to cook or grocery shop.
- Enjoy nine months of food-cost savings.



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JOIN US
FOR THE THIRD
AND FINAL YEAR

Over the first two years of (FS)², 82 participants lost a total of 1,923 pounds during the weight loss phase and kept it off.

Our participants have lost almost a ton of weight, equivalent to the size of a polar bear!



QUICK FACTS ABOUT THE SCREENING AND ENROLLMENT PROCESS

- Call us or visit our website.
- Together we will determine if the study is right for you.
- See the timeline for screening and enrollment.

★ ★ Call us to find out more! 617-919-7305! | www.fs2foodstudy.org ★ ★

SCREENING AND ENROLLMENT TIMELINE

Once you qualify and begin the study, we will prepare foods in just the right amounts to help you lose weight and keep it off.

SPRING SEMESTER

Telephone Screening

SPRING SEMESTER

Screening Visit at (FS)² House

AUGUST

Informed Consent Visit at (FS)² House

SPRING SEMESTER

Informational Visit at (FS)² House

JUNE JULY

Medical clearance from Primary Care Physician

AUGUST

Baseline Measurements

(FS)²

**AUGUST
SEPTEMBER**

Weight Loss Phase
(Phase 1 starts)

**NOVEMBER
DECEMBER**

Weight Loss
Maintenance Test
Phase (Phase 2
starts)

**MARCH
APRIL**

Weight Loss Maintenance
Final Measurements
(Phase 2 ends)

NOVEMBER

Post Weight Loss
Measurements
(Phase 1 ends)

**JANUARY
FEBRUARY**

Weight Loss Maintenance
Mid-point
Measurements

MAY

End of Study

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