

MANGO Study Semi-Structured Interview Guide

Introductory Script

Hi, thank you for talking with me today. I'm doing interviews with moms in the MANGO study to learn more about your experience. I want to hear what you think about the food you received as part of the study, if anything changed in how you buy or eat food, and what worked well or could be better.

You don't have to do this interview if you don't want to and we can stop at any time. Your answers will not identify you and will be grouped with other moms' answers, your name won't be shared. The interview will take about 30 to 45 minutes.

With your permission, I'd like to record our talk so I can remember your answers correctly. You can skip any question or stop at any time. Do you have any questions before we begin?

Ok, is it okay if I record and start the interview?

Screening & Enrollment

Let's start with a few questions about how you joined the MANGO study.

1. How did you hear about the MANGO study and sign up?
2. What made you want to join the MANGO study?
3. Do you know the health requirements to join the study?
4. What could be improved about how people join the study?
5. How did you feel about the way we contacted you about participating in the study? Was it easy to understand?
6. Do you have any ideas on how to make the sign-up process better?

In the MANGO study, you got meals and food boxes delivered to your home. Now I'd like to ask about your experience with those.

7. What did you think about the meals and food boxes?
 - a. Was the amount of food okay?
 - i. Was there enough food? Was there any food leftover or any food waste?
 - ii. Was the food you received shared with other family members?
 1. If yes, with whom and approximately how much was shared?
 - b. Did you like the types of food?
 - i. How was the quality and quantity of the food you received?

- ii. What food was your favorite?
 - iii. What food was your least favorite?
- c. Was it difficult to open the packages or use the food you received?
- d. How was your experience with the food delivery process?
 - i. Any feedback on the delivery schedule and frequency
 - ii. Any feedback on the delivery communication
- e. How was your experience with the nutrition education information you received?
 - i. Did you use the recipes provided along with the food?
 - 1. **IF YES:** What did you or anyone in your household like most about the recipes? Which was your most and least favorite?
- f. Do you have any ideas on how to make the food and overall program experience better?
- g. We work with companies that make the meals and boxes. What should we ask the companies to make sure the boxes are helpful for moms like you?

Data collection

During the study, you answered questions about your health, diet, income, and family food needs. Let's talk about that.

- 8. Overall, was it easy or hard to answer those questions?
 - **IF HARD:** What made it difficult? Were the questions too long? Were you worried about privacy? Were the questions confusing or not useful?
 - Were there any questions you didn't want to answer?
 - Were there any topics about pregnant women that we didn't ask about that you think would be important to ask about in the future?

Food Environment, Food Choices & Health Changes

Now I want to ask about your eating habits and health.

- 9. Have you made any changes to your health or eating habits in the last two months since getting the MANGO food boxes?
 - **IF YES:** What kind of changes? Did you change the type or amount of food? What helped you make those changes? What made it hard?

- IF **NO**: Why not?

IF YES OR NO:

If not mentioned, ask:

- Did anyone in your household make any changes to the **type** of food you eat or prefer?
- How about the **amount** of food others in your household eat?
- Any changes to how you or anyone in your household prepares food?
- Have you made any changes to the food that you or anyone in your household buys?

IF NO TO ALL: what was the main reason you didn't make any changes these past 2 months?

10. Have you learned anything new about food or nutrition since starting the study?
 - Is there anything you'd like to learn more about when it comes to healthy eating?
11. Why do you think it's so hard to eat healthy food these days?

Wrap-up

These are my last few questions about the program and your experience in the study.

12. If you could change anything about how you got food through the MANGO study, what would it be?
 - h. For example: how long the program lasts or the timing of when you receive food in the program (e.g., pregnancy, postpartum), the quality or amount of food you received, or any nutrition education.
13. What did you like most and least about the program?

Ensure participant answers most *and* least.
14. As the program ends, what might help you with the transition?
 - i. Would a resource list, help with WIC/SNAP, or budget-friendly meal plans be useful?
15. Do you have any other ideas that would make the MANGO study better or more enjoyable?
16. Do you have any questions for me or anything else you would like to share?

***Thank you for your time. We're done with the interview, and I'll stop the recording now.
[stop recording]***