

July 17, 2024

Dear Colleague,

Faculty of Agricultural and Food Sciences Food and Human Nutritional Sciences

Winnipeg MB R3T 2N2 Canada Tel 204-474-8071

donna.ryland@umanitoba.ca

We are recruiting volunteers to participate in a research study on the aroma, flavour and texture of wild rice. Participants will have the opportunity to take part in sensory research, learn the methods related to descriptive analysis of food, and aspects of their own sensory ability. The results will be used in a thesis, journal articles, reports, and at conferences. A potential risk would be allergic reactions to any food or beverage products. Due to this risk people with any food or beverage allergies will be excluded from the study. Active staff or students of Dr. Michel Aliani and those with a professional relationship with Myera Group Inc. the funder of the study will also be excluded due to conflict of interest. This letter explains what your commitment would be. If you have any questions in general about the study and/or specifically regarding the consent form that contains more details please call me, Donna Ryland, at 204-474-8071 or e-mail donna.ryland@umanitoba.ca. I will also be available at any time at the sessions throughout the study for questions and more information as required.

Ten to twelve panelists will take part in group sessions (training component) followed by sessions where evaluations are performed individually. Training involves group discussion of definitions and techniques for measuring aroma, flavour and texture and evaluation of their intensities in different samples of wild rice. Other food products may be used to facilitate the training for identification of the sensory descriptors. There will be 8 to 10 training sessions and three individual experimental sessions held approximately three times a week at 11:30 to 12:15 for a total of 11 to 13 sessions. It is anticipated that the study will be completed within a 4-to-5-week period. The first meeting is planned for Thursday, August 1, when times and dates for future sessions will be confirmed with the group. A physical gift card from the University of Manitoba Bookstore in the amount of $90.00 will be given as an honorarium at the beginning of the first session. The study will take place on the Fourth Floor in the Human Ecology Building.

Completion of the enclosed screening questionnaire will confirm that exclusion criteria do not exist. If you are interested in helping us with this research notifying Donna at 204-474-8071 or e-mail donna.ryland@umanitoba.ca before July 30 would be greatly appreciated. Please read and complete the attached consent form and questionnaire and e-mail them back as soon as possible before the first meeting. If you have any concerns or complaints about this project, you may contact Dr. Michel Aliani (michel.aliani@umanitoba.ca).

This research has been approved by the Research Ethics Board at the University of Manitoba, Fort Garry campus. If you have any concerns or complaints about this project, you may contact the Human Ethics Coordinator (humanethics@umanitoba.ca: Tel: 204-474-7122).

We hope that you will be able to take part in this research and look forward to hearing from you. Alternatively, if you know of anyone else that might be interested in participating, we would appreciate it if you could forward this information to them. Thank you.

Sincerely,

Donna Ryland, Research Coordinator

Dr. Michel Aliani, Principal Investigator and Alexandre Goertzen, PhD Student

Department of Food and Human Nutritional Sciences

Faculty of Agricultural and Food Sciences

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**CONSENT FORM**

**Research Project Title:** Flavouromics for Wild Rice

**Researchers:** Dr. Michel Aliani, Professor, Principal Investigator, michel.aliani@umanitoba.ca

Donna Ryland, Research Coordinator; Alexandre Goertzen, PhD Student, Research Assistant, Department of Food and Human Nutritional Sciences

**Sponsored by:** Myera Group Inc.

**General Information**

This consent form, a copy of which will be left with you for your records and reference, is only part of the process of informed consent. It should give you the basic idea of what the research is about and what your participation will involve. If you would like more details about something mentioned here, or information not included, you should feel free to ask by contacting Donna Ryland at 204-474-8071 or e-mail donna.ryland@umanitoba.ca. She will also be available at any time at the sessions throughout the study for questions and more information as required. Please take the time to read this carefully and to understand any accompanying information.

**Risks and Benefits**

Participating in this study carries minimal risk.

A potential risk would be unknown allergic reactions to and microbiological safety of food or beverage products presented during the study.

If problems with unsuspected food or beverage allergies do occur, the fourth floor in the Human Ecology Building where the study is taking place is equipped with an emergency telephone in the training room and in the hallway just outside the individual workstation area. These are linked to the University's intermediate level first aid responders who will come immediately. They will assess the situation and react accordingly. To ensure the safety of the food samples they will be stored and prepared by a certified food handler or under their direct supervision following standardized protocols under strict sanitary conditions. As a benefit, participants will have the opportunity to take part in sensory research, learn the methods related to descriptive analysis of food and aspects of their own sensory ability. Requests for a summary of the study will be distributed approximately two months (November, 2024) after all the sensory data have been collected to those completing the information at the end of this form.

**Participant Eligibility**

Criteria for participation are:

No allergies to food and beverages

At least 18 years of age

Not an active staff member or student of Dr. Michel Aliani

No professional relationship with Myera Group Inc.

**Completion by participants of the accompanying screening questionnaire will confirm eligibility.**

**Study Purpose and Procedures**

The study is being done to evaluate the aroma, flavour and texture of wild rice. Participants will be asked to refrain from eating or drinking anything but water 30 minutes prior to the session as well as refrain from using scented personal care products. Eight to ten group training sessions will be conducted by an experienced facilitator. Responses for aroma, flavor and textural descriptors for wild rice samples will be gathered from the group and discussed as well as the definition to determine which ones best describe the wild rice samples. Non wild rice samples will be presented to aid in the definition. As training continues participants will mark the intensities of the attributes on a 15 cm line scale with endpoints of low and high. Group members will share intensities for samples to ensure that the attributes are understood. At each session participants will smell/taste no more than eight samples of wild rice (about 20 g each), as well as other products useful in defining specific attributes to become familiar with definitions and procedures. Filtered water will be available for cleansing the palate after each sample is evaluated. Three experimental test sessions will be held in individual booths where responses will be entered using an iPad. All sessions will be approximately 45 minutes, three times a week, and take place on the Fourth Floor of the Human Ecology Building. Therefore, the total maximum time commitment will be approximately 8.25 to 9.75 hours (11 to 13 sessions (8 to 10 training sessions and 3 experimental test sessions) at 45 minutes each) over a 4-to-5-week period. Informing the researcher of a missed session due to illness or other unforeseen circumstance would be appreciated as soon as possible. A time mutually agreed upon with the researcher and participant will be scheduled to make it up.

A physical gift card from the University of Manitoba Bookstore in the amount of $90.00 will be given as an honorarium at the beginning of the first session. You will be asked to sign a form as confirmation of its receipt.

**Confidentiality Concerns and Data Handling**

Panelists will be identified by number so that data will be coded. Access to information linking panelist to number will be limited to M. Aliani and D. Ryland. It will be kept in a locked filing cabinet in Room 400F Human Ecology Building until the data have been analyzed and then shredded. Participants will be asked to keep the identity of group members and discussions confidential. Data published will be given as group means with no individual names given. Data will be kept in University of Manitoba password protected electronic files for 5 years (Dec 1st , 2029) or until research data have been published whichever comes first.

Printed coded data from training sessions will be kept in the locked filing cabinet until the data from the experimental sessions have been analyzed and then placed in a recycling box. Printed copies of consent forms and questionnaires will be kept in the locked filing cabinet until the summary of the study has been distributed (November, 2024) at which time they will be shredded. Emails containing electronic copies of consent forms and questionnaires will be deleted permanently from the University of Manitoba password protected mailbox once the summary has been distributed. Results may be used for journal articles, reports, and conference presentations as well as a student thesis. The University of Manitoba Research Ethics Board(s) and a representative(s) of the University of Manitoba Research Quality Management/Assurance office may also require access to your research records for safety and quality assurance purposes.

**Withdrawal From the Study**

Participants are free to withdraw at any point during the study with no negative consequences by informing the research coordinator named at the end of this form verbally and/or in writing. Data will not be used from those who withdraw before the end of all the scheduled sessions. Data will be destroyed upon notification of withdrawal. Participants can no longer withdraw from the study after the end of the three experimental sessions about 5 weeks from the start of the study (September 15, 2024).

Your signature on this form indicates that you have understood to your satisfaction the information regarding participation in the research project and agree to participate as a subject. In no way does this waive your legal rights nor release the researchers, sponsors, or involved institutions from their legal and professional responsibilities. You are free to withdraw at any time throughout the study, and/or refrain from answering any questions you prefer to omit, without prejudice or consequence. Your continued participation should be as informed as your initial consent, so you should feel free to ask for clarification or new information throughout your participation.

The University of Manitoba may look at your research records to see that the research is being done in a safe and proper way.

This research has been approved by the Research Ethics Board at the University of Manitoba Fort Garry campus. If you have any concerns or complaints about this project, you may contact any of the above-named persons or the Human Ethics Officer at 204-474-7122 or HumanEthics@umanitoba.ca. A copy of this consent form has been given to you to keep for your records.

**Signature Section**

Participant’s Name (Please Print)

Participant’s Signature \_ Date

Telephone Number E-mail Address

Researcher and/or Delegate’s Signature Date

I wish to receive a summary of the research findings:

Please check Yes No

If Yes By e-mail or ground mail

(Please Print Your Preferred Address)

Panelist Number

Delegate’s contact information:

Donna Ryland, Research Coordinator Room 400 Human Ecology Building Telephone – 204-474-8071

E-mail – donna.ryland@umanitoba.ca

**Notice Regarding Collection, Use, and Disclosure of Personal Information by the University**

Your personal information is being collected under the authority of The University of Manitoba Act. The information you provide will be used by the University for the purpose of this research project, and for appropriate communication as required. Your personal information may also be used to contact you in the event that a draw is associated with the research project and you win the prize and/or you request other offers associated with the research project. Your personal information may also be disclosed to any co- investigators from other educational institutions (if applicable to this research project). Your personal information will not be used or disclosed for other purposes, unless permitted by The Freedom of Information and Protection of Privacy Act (FIPPA). If you have any questions about the collection of your personal information, contact the Access & Privacy Office (tel. 204-474-9462), 233 Elizabeth Dafoe Library, University of Manitoba, Winnipeg, MB, R3T 2N2.

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**Screening Questionnaire**

# This information will be kept strictly confidential. Panelist #

1. Are you free from allergies to any food or beverage products? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Are you 18 years of age or older? Yes \_\_\_\_ No \_\_\_\_\_
3. Are you free from any direct staff or student relationship(s) with Dr. Michel Aliani?

 Yes \_\_\_\_\_ No \_\_\_\_\_

1. Are you free from any professional relationship with Myera Group Inc.? Yes \_\_\_\_\_ No \_\_\_\_\_

Thank you very much for completing this questionnaire.

**Notice Regarding Collection, Use, and Disclosure of Personal Information and Personal Health Information by the University**

Your personal information and personal health information (collectively “information”) is being collected under the authority of The University of Manitoba Act. The information you provide will be used by the University for the purpose of this research project, and for appropriate communication as required. Your information may also be used to contact you in the event that a draw is associated with the research project and you win the prize and/or you request other offers associated with the research project. Your information may also be disclosed to any co- investigators from other educational institutions (if applicable to this research project). Your information will not be used or disclosed for other purposes, unless permitted by The Freedom of Information and Protection of Privacy Act (FIPPA) and The Personal Health Information Act (PHIA). If you have any questions about the collection of your information, contact the Access & Privacy Office (tel. 204-474-9462), 233 Elizabeth Dafoe Library, University of Manitoba, Winnipeg, MB, R3T 2N2.