**Supplementary Figure 1** – Study flow chart



|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Midpoint (n=224)** |  |
|  |  | **Included (n=182)** |  | **Excluded (n=42)** |  |
| **Characteristic**\* |  | **Mean or %** | **SD** |  | **Mean or %** | **SD** | **p-value** |
| Age |  | 56.1 | 13.9 |  | 50.9 | 13.0 | 0.03 |
| BMI |  | 25.5 | 4.6 |  | 25.2 | 4.2 | 0.8 |
| Sex |  |  |  |  |  |  |  |
|  Female |  | 89% |  |  | 95% |  | 0.2 |
| Education |  |  |  |  |  |  |  |
|  ≤ Bachelor's |  | 51% |  |  | 57% |  | 0.5 |
| Household income |  |  |  |  |  |  |  |
|  < $100k |  | 52% |  |  | 40% |  | 0.2 |
| Mean household size |  | 2.2 | 1.1 |  | 3.0 | 1.5 | 0.003 |
| Smoking in household |  |  |  |  |  |  |  |
|  Yes |  | 4% |  |  | 0% |  | 0.2 |
| Children in household |  |  |  |  |  |  |  |
|  Yes |  | 27% |  |  | 41% |  | 0.08 |
| Percent GPQI score |  | 54.6 | 9.3 |  | 53.7 | 9.8 | 0.6 |
| Percent baseline HEI score |  | 73.3 | 9.2 |  | 70.7 | 9.1 | 0.1 |
| Experimental group |  |  |  |  |  |  |  |
|  Intervention  |  | 50% |  |  | 50% |  | >0.9 |

**Supplementary Table 1 -** Descriptive characteristics comparing full and analytic samples at midpoint

GPQI, Grocery Purchase Quality Index; HEI, Healthy Eating Index; BMI, Body Mass Index. P-values reflect t-tests for continuous variables and chi squared for categorical variables.

**Supplementary Table 2 –** Multivariable-adjusted regression models examining the concordance between Grocery Purchase Quality Index (GPQI) and Healthy Eating Index-2010 (HEI) scores across GPQI tertiles

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Model | 1 | 1 (mid) | 2 | 2 (mid) | 3 | 3 (mid) | 4 | 4 (mid) |
| N | 209 | 182 | 207 | 180 | 196 | 172 | 151 | 128 |
| Adjustment | None | Age & sex | Age, sex & BMI | Age, sex, BMI & income |
| P for model | <0.0001 | <0.0001 | <0.0001 | <0.0001 | <0.0001 | <0.0001 | <0.0001 | <0.0001 |
| R2 | 0.2864 | 0.2836 | 0.3051 | 0.2905 | 0.3209 | 0.3150 | 0.4387 | 0.4202 |
|  | **β (SE)** |
| GPQI T1 (T3=ref) | 13.0 (1.0) | 14.0 (1.7) | 12.5 (1.5) | 13.8 (1.7) | 13.4 (1.5) | 14.6 (1.8) | 16.0 (1.7) | 18.0 (2.0) |
| GPQI T2 (T3=ref) | 5.0 (1.4) | 4.7(1.7) | 4.9 (1.4) | 4.9 (1.7) | 5.1 (1.5) | 4.9 (1.7) | 6.7 (1.6) | 7.48 (1.9) |
| Age |  |  | 0.08 (0.04) | 0.04 (0.05) | 0.08 (0.04) | 0.02 (0.05) | 0.1 (0.05) | -0.0 (0.05) |
| Sex=F (M=ref) |  |  | 3.5 (2.0) | 2.8 (2.3) | 3.06 (2.0) | 2.63 (2.3) | 3.0 (2.2) | 2.0 (2.5) |
| BMI |  |  |  |  | -0.27 (0.1) | -0.16 (0.2) | -0.3 (0.2) | -0.3 (0.2) |
| Income≤100k (>100k=ref) |  |  |  |  |  | -3.6 (1.3) | -1.6 (1.5) |
|  |  | **Least square means of score differences\*** |
| GPQI tertile 1 | -25.4±1.0a | -25.5±1.2a | -23.6±1.3a | -24.2±1.5a | -24.5±1.4a | -25.0±1.6a | -26.1±1.5a | -26.1±1.8a |
| GPQI tertile 2 | -17.3±1.0b | -16.1±1.2b | -16.0±1.3b | -15.6±1.5b | -16.3±1.3b | -15.3±1.5b | -16.7±1.4b | -15.6±1.5b |
| GPQI tertile 3 | -12.4±1.0c | -11.4±1.2c | -11.1±1.3c | -10.4±1.5c | -11.2±1.3c | -10.5±1.5c | -10.0±1.4c | -8.2±1.7c |

\* Mean differences between the GPQI and HEI scores adjusted for the designated variables. Different superscripted letters indicate significant differences between groups.

**Supplementary Table 3 –** Odds of obtaining high or lowconsumption diet quality scores (HEI) across tertiles of the Grocery Purchase Quality Index (GPQI)

|  |  |  |
| --- | --- | --- |
|  | Odds of high HEI score (≥80 points)  | Odds of low HEI score (<60 points) |
|  | Unadjusted OR (95% CI) | Fully adjusted OR (95% CI) | Unadjusted OR (95% CI) | Fully adjusted OR (95% CI) |
| Baseline HEI |
| GPQI Tertile 1 (ref) | - | - | - | - |
| GPQI Tertile 2  | 1.55 (0.52, 4.61) | 1.84 (0.48, 7.04) | 0.41 (0.13, 1.24) | 0.49 (0.08, 3.05) |
| GPQI Tertile 3 | 7.42 (2.83, 19.45) | 7.32 (2.04, 26.24) | 0.16 (0.03, 0.73) | 0.39 (0.06, 2.75) |
| 3-months HEI |
| GPQI Tertile 1 (ref) | - | - | - | - |
| GPQI Tertile 2  | 1.65 (0.51, 5.32) | 3.07 (0.52, 18.21) | 1.16 (0.52, 2.62) | 0.88 (0.32, 2.41) |
| GPQI Tertile 3 | 5.48 (1.93, 15.58) | 10.55 (1.92, 57.97) | 0.90 (0.39, 2.08) | 1.17 (0.43, 3.20) |

Fully adjusted model includes age, sex, BMI, and income

**Supplementary Table 4 –** Comparing frequencies of high and low consumed diet quality (HEI) scores across GPQI tertiles

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Timepoint | HEI score threshold | Percent of total sample | Percent of GPQI tertile | P for chi squared test |
| GPQI T1 | GPQI T2 | GPQI T3 |
| Baseline | High (≥80 points) | 21.1% | 8.7% | 12.9% | 41.4% | <0.0001 |
| Low (<60 points) | 8.6% | 15.9% | 7.1% | 2.9% | 0.02 |
| 3-months | High (≥80 points) | 18.7% | 8.1% | 13.1% | 35.6% | 0.0002 |
| Low (<60 points) | 8.8% | 11.3% | 11.5% | 3.4% | 0.20 |

Chi squared tests compared percent of sample with high (≥ 80; vs <80) or low HEI (<60; vs ≥60) scores across GPQI tertiles.