

## Supplemental Material

**Table 1. Codebook.**

<b>Code</b>	<b>Definition</b>
Social support (SOC)	Comments where parents/caregivers indicated that they receive help from other sources (friends, family, social media, support groups) to help prepare meals for their child and help navigate their child's condition
Facilitators (FAC)	Factors that make it easier for parents/caregivers to care for their child
Professional experiences (PE)	Comments where the parent/caregiver discusses experiences with a nutritionist/physician
Barriers: Diagnosis (BD)	Factors that inhibit care or cause anxiety/stress for family at diagnosis
Barriers: School (BS)	Comments associated with food challenges for child at school
Barriers: Other (BO)	Factors that inhibit care for child post-diagnosis
Caregiver knowledge and perceptions (CKP)	Caregiver thoughts about T1D prior to and after diagnosis
Stigma (STI)	Comments where parents/caregivers express desire to have child be like others and avoid being singled out due to foods they eat
Recommendations (REC)	Comments where parents/caregivers offer suggestions on improvements associated with their ability to care for their child and for future T1D interventions
Empowerment (EMP)	Comments associated with parents/caregivers feeling confident about addressing their child's needs due to past experiences and support
Nutritional Changes (NC)	Changes in child's diet following diagnosis of T1D

## **Supplement 2. Interview Guide**

Thank you for agreeing to participate in this 30 minute phone interview. We appreciated your responses to our survey regarding understanding nutritional experiences among families with a child newly diagnosed with type 1 diabetes. This interview is a follow-up to the survey. We would like to ask you some additional questions about your nutritional experiences before and after your child was diagnosed with type 1 diabetes, barriers and facilitators that may impact your ability to provide nutritious meals for your child, and nutritious meal preparation in order to understand how to develop an effective intervention that addresses your needs as a caregiver for a child with type 1 diabetes.

We also wanted to let you know that we will be audio recording this conversation to ensure that all information is captured. Is that okay with you? [Response]. Do you have any questions before we begin? [Response]. Great, let's get started.

- 1) What are your thoughts/attitudes towards nutrition and type 1 diabetes? How are nutrition and T1D related?
- 2) What kind of conversations have you had with your child's physician regarding nutrition?
- 3) Have you met with a nutritionist? If so, what kind of conversations have you had with your child's nutritionist regarding nutrition?
- 4) How have your child's meals changed since the diagnosis? Do you prepare the same meals as you did prior to your child's diagnosis?
- 5) How would you describe your ability to prepare nutritious meals for your child? Please explain.

6) Tell me an example of preparing a nutritious meal for your child with type 1 diabetes? Can you share challenges and successes?

7) Thinking back to when your child was first diagnosed, what were some barriers that prevented you from providing consistently nutritious meals for your child (example: lack of knowledge, time, or resources, transportation) ?

7a) Do these barriers still exist?

7b) How have you addressed some of these barriers?

8) Would you benefit from having a nutritionist help you choose the right foods to buy in a grocery store for your child? What is your experience grocery shopping?

9) What kinds of things would be helpful to know when purchasing and preparing meals for your child?

That concludes the interview. Thank you for taking the time to do the interview with me. We will share the results of the study with you after we have completed all data collection and analysis. Do you have any other questions before we end the call? [Response]. Have a great day. Good-bye.