

SUPPLEMENTAL TABLE 1 (Table S1): Pre- and Post-survey exploring knowledge and perspectives

	Strongly Disagree	Disagree	Agree	Strongly Agree
I know how to determine legal vs illegal SCD foods	1	2	3	4
I understand how to liberalize SCD	1	2	3	4
I understand what nutritional supplements may be needed for my child while on SCD	1	2	3	4
I understand the science behind how SCD works for IBD	1	2	3	4
I feel confident preparing SCD yogurt	1	2	3	4
I feel motivated to prepare SCD- legal meals/snacks	1	2	3	4
I feel confident in preparing SCD- legal meals/snacks	1	2	3	4
I feel knowledgeable about preparing SCD-legal meals/snacks	1	2	3	4
I have the skills necessary to prepare SCD legal meals/snacks	1	2	3	4
I face barriers when it comes to preparing SCD- legal meals/snacks	1	2	3	4

SUPPLEMENTAL TABLE 2 (Table S2): Curriculum Lesson Plan

Amount of Time	Tools	Learning Activity	Presenter
(10 min)	*Add pre-survey link to chat *Slides for intro *Chat for word cloud	Pre-Survey Introduction Word Cloud	“insert name”
(13 min)	*SCD primer video	SCD PRIMER	
(10 min)	*Nutrition Adequacy Video	Nutritional Adequacy	
(3 min)	Q&A from chat	Q&A/ Break	
(14 min)	Cracker Video (4m) Muffin Video (6m) Sausage Video (4m)	Recipe Videos	
(3 min)	Q&A from chat	Q&A/ Break	
(16 min)	*The Science Behind SCD video	Science behind SCD	
(7 min)	*Dairy Video	Yogurt Video	
(5 min)	Quiz Slide	Yogurt Quiz	
(9 min)	*Add post-survey link to chat *Slides for resources *Chat for word cloud	Post- survey Reflections Word cloud	

SUPPLEMENTAL TABLE 3 (Table S3)- Additional topics for future SCD-cooking videos

Kid friendly Easy to make On the go Allergen specific (ex Nut free or Dairy free) Breakfast Family style dinners Snacks Smoothies Meal planning Eating Out Travel Where to find SCD legal ingredients Organization of SCD ingredients
