Ensuring the highest standards in scientific research is crucial. We go to great lengths to consider and tackle numerous factors during the design of our studies. It’s not easy. We face obstacles such as ineffective protocols, unexpected shifts to online platforms due to global pandemics, the complexity of human behavior, inadequacies in questionnaires measuring our intended outcomes, and various other challenges. While as Nutrition Educators we are innovative and novel in our approaches, we also don’t want to reinvent the wheel if we don’t have to. For this reason, it is so important to share what we are doing, share our methods, and share our challenges and successes. One of the best ways to get the word out about these things is to publish a methods paper.

The *Journal of Nutrition Education and Behavior* provides a mechanism for publishing your methods papers. Research Methods are manuscripts that describe the 1) objectives and methodologies for interventions whose aims are to change nutrition and/or physical activity behavior and/or related physiological outcomes; and 2) development and validation of questionnaires. In other words, we accept papers focusing on intervention methods as well as questionnaire development methods. Take a look at our guidelines for authors at jneb.org to learn more about the submission process.

We’ve published excellent examples of methods papers this past year. For example, Liu et al.\(^1\) highlighted their work in the development of a responsive feeding questionnaire for caregivers of Chinese toddlers. Applying the Self-Determination Theory, the authors detailed their thorough approaches to validate the tool, encompassing aspects like construct and face validation, cognitive interviewing, and assessments of reliability. Consequently, we now have a validated questionnaire in our tool kit that can be used by nutrition educators working with Chinese populations. Likewise, Wang et al.\(^2\) highlight their work in developing a tool for assessing food and nutrition competencies among youth. Their findings that the Assessment of Foods and Nutrition Competencies in Adolescents effectively captured the core competencies of the targeted program participants and possessed the psychometric qualities critical for program evaluation further strengthen the need for these studies to collect better and more comprehensive data. While these are two excellent examples of questionnaire development methods papers, we also await more intervention methods papers.

Publishing your methods papers is advantageous in so many ways. It allows you to showcase the excellent work you are engaged in, share it with others, and contribute to the promotion of scientific integrity by emphasizing rigor and reproducibility—key elements of quality research. I understand that we experienced a pause due to the transition to online activities. Now that we’re back in the field, however, remember to share your insights and experiences from working with your communities. It’s time to showcase your work, and we eagerly await your submissions on methods!

*Lauren Haldeman, PhD*
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**REFERENCES**