P65 Florida Farm to School Partnership – Statewide Program Planning Workshop

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Objective: To assess current practices, define measures of success, and describe the roles and responsibilities of stakeholders throughout the state of Florida involved with the Florida Farm to School (FFTS) Partnership, a partnership between the Florida Department of Agriculture and Consumer Services and the University of Florida-IFAS Extension.

Target audience: State and county Extension faculty and community representatives, such as farmers and school food authorities.

Theory, Prior Research, Rationale: Participatory research employing pre-experimental qualitative methodologies to identify and coordinate current and future approaches for the FFTS Partnership.

Description: The workshop was a 1 day event held simultaneously at 10 different locations across the state of Florida connected via videoconferencing. It began with a brief introduction of the FFTS Partnership, followed by an analysis of strengths, weaknesses, opportunities, and threats (SWOT) of FFTS by local breakout groups at each location and concluded with a strategy session in which topics identified by the SWOT analysis were analyzed and possible approaches were discussed.

Evaluation: Thematic analysis was employed to identify main themes discussed by participants during the course of the workshop. Components of SWOT analysis for local FFTS were identified and compiled.

Conclusions and Implications: Results from the Statewide Program Planning Workshop indicate that participants lack knowledge about the various elements of FFTS overall and are unaware of how to identify and utilize available resources. The roles and responsibilities of the land-grant institution in FFTS were further defined through this process. Enhancing communication, collaboration, and organization at the county, region, and state levels are critical to addressing barriers to FFTS implementation.

Funding: Florida Department of Agriculture and Consumer Services.

P66 Healthy Eating My Way – Online Nutrition Education Tool Based on Behavior Change Model

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Objective: In 2013 the Dairy Council of California developed an online nutrition education tool titled, Healthy

Eating My Way. The objective of the tool is for users to evaluate their food choices for nutrition adequacy and make a plan for improvement.

Target audience: It is designed for adult consumers, 19 years of age or older and is delivered in an online format.

Theory, Prior Research, Rationale: The tool incorporates a positive nutrition education philosophy and research-based behavior change model described on HealthyEating.org.

Description: The user receives individualized information including their body mass index, total energy expenditure and recommendations for servings from each food group based on their BMI and activity level. Users can learn more about each food group and use this information to make a nutrition goal and plan for improvement. They may also opt to receive 4 follow-up emails which provide additional nutrition information and encouragement.

Evaluation: The tool was evaluated by senior level undergraduate nutrition majors and was deemed to be effective at achieving the stated goals. Students offered input for tool improvements which will be implemented.

Conclusions and Implications: An online nutrition education tool can be effective at delivering positive, actionable messages that enable adult consumers to improve their food choices. The tool is unique because it contains enough information to inform action without being tedious and cumbersome. It is food-based rather than nutrient-based and links to recipes that can help users achieve their goals.

Funding: Dairy Council of California.

P67 Unique Role of Nutrition and Interior Design Professionals in Achieving Meal Time Satisfaction in Dementia Residents

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Objective: Identify knowledge of food service operators, dietitians and interior design consultants to enhance proper food selection during and between meal times of dementia residents.

Target audience: Dementia residents and their families, food service operators and registered dietitians, Extended Care Community (ECC) administrators and interior design consultants.

Theory, Prior Research, Rationale: Secondary literature of national and international data was identified in order to determine if universal design guidelines for establishing elder dining facilities could be accomplished.

Description: A survey that generated a checklist of potential design components to enhance appetite and

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