P1 Cooking Classes: Are They Effective Nutrition Interventions in Low-Income Settings?

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Objective: Cooking classes are a promising type of intervention that can be used to promote healthful food choices and behaviors to prevent chronic disease. There is a paucity of literature that examines the impact of community-based cooking classes on the multifactorial nature of adult dietary habits in low-income settings. Using a socioecological framework, the purpose of this review was to investigate what influence cooking classes had on: reducing environmental barriers to healthier foods and eating (ie, access to nutritious food); improvement in dietary eating habits; health outcome improvement; promoting financial purchasing power to buy healthy foods; and supporting social health benefits in households, such as improved family relationships for populations from low-income backgrounds.

Methods: A review of the literature was conducted during a ten-year period. Articles included peer-reviewed literature that reported on primary intervention studies that implemented a cooking intervention in the US with adult participants.

Results: Findings revealed that hands-on cooking sessions, whether they are home-based or in-group have favorable impacts on improving dietary habits, general nutrition knowledge, and health outcomes. Furthermore, it was found that few studies have examined the degree to which cooking sessions reduce financial barriers to accessing healthful foods.

Conclusions and Implications: A combined approach of cooking and nutrition education seemed to be more effective in producing short-term behavioral changes in healthy eating behaviors and physical activity; however, there appears that nutrition researchers and educators need to better address economic barriers that might hinder individuals in low-income environments to maintain healthful eating habits.

Funding: None

P2 Paseo por el Super: A Tool for Teaching Low-Income Mexican-Heritage Mothers to Navigate the American Supermarket

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Objective: A Spanish language board game was created with input from promotoras de salud (community health workers) to empower low-income mothers living in Texas border colonias to navigate in-store marketing techniques used to manipulate grocery store purchases.

Target Audience: Paseo por el Super is a model for health promotion professionals seeking to educate low-income populations to be both cost- and nutrition-conscious when purchasing food.

Theory, Prior Research, Rationale: Based on an understanding of the logic behind grocery store arrangement and the economics of coupons and sales, we sought to supplement existing grocery-tour-style education techniques by reducing resource requirements and inspiring participants to be creative.

Description: Paseo por el Super was developed as part of a promotor-led session with Mexican-heritage mothers that focused on planning healthy meals. A publically available diagram of the standard grocery store layout became a game board and color coded paths were added to reinforce the visual transition from one area to another. "Random Event" cards were developed to reflect realistic occurrences in a grocery store, from finding coupons to negotiating aisle displays. In playing the game, participants competed to collect all of the items on their shopping list and encountered real world scenarios as they played.

Evaluation: A hybrid approach to planning evaluation was taken and included group discussions and pilot testing with mothers and post session advisory meetings with promotoras who led the session.

Conclusions and Implications: With an overall increase in the marketing and acceptance of board games, the provision of nutrition education to a new generation of mothers requires innovative approaches to complement traditional approaches.

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P3 "This is Way Better than Cheetos!": Changing Children's Eating Behavior Through Garden and Kitchen-Based Nutrition Education

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Objective: To increase children's consumption of healthier foods through hands-on garden and kitchen experiences.

Target Audience: The children participating in the Olivewood Gardens program are primarily from National City, CA where 50% of the children are overweight or obese. Approximately 76% of students qualify for free/reduced price lunch and 80% are Hispanic/Latino. In National City, the rate of hospitalization due to diabetes is more than twice the rate of the county average.

Theory, Prior Research, Rationale: Diets high in fruits and vegetables are associated with lower risks for chronic diseases and can prevent obesity. Studies show that garden-based nutrition education can significantly increase children's knowledge of, preference for, and consumption of fruits and vegetables.

Description: Olivewood's children's program brings 3rd, 4th, and 5th graders from local schools for sequential visits

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