P105 (continued)

Funding: Oklahoma State Department of Education Child Nutrition Services

P106 Exploring the Association Between School-Sponsored Extracurricular Activities and Dietary Intake and Frequency of Family Dinners

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Objective: To assess the association between school-sponsored extracurricular activities and dietary intake and family dinners among adolescents.

Study Design, Setting, Participants: A total of 8,809 eighth-graders and their parents who participated in the Early Childhood Longitudinal Study, Kindergarten Class of 1998-99 (ECLS-K).

Outcome Measures and Analysis: Variables of interest were family dinner frequency, and food and drink consumption. Gender and family socioeconomic status were included as covariates. Analyses were conducted in Mplus using path analysis.

Results: The more hours spent on school-sponsored extracurricular activities was directly associated with more milk and 100% fruit juice consumption. Greater hours spent on extra-curricular activities were also associated with fewer frequency of family dinner per week. Family dinner in turn was positively associated with fruit and vegetable consumption. The time spent in extracurricular activities was not associated with soda or sports drinks intake and with the frequency of fast food consumption.

Conclusions and Implications: Participating in school-sponsored extracurricular activities supports healthy eating habits among adolescents even when frequency of weekly family dinner times decrease.

Funding: None

P107 Gender Differences in Nutrient Composition of School Provided and Packed Lunches of Elementary School Children in Schools with Low and High Percentages of Free and Reduced Lunches

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Objective: The purpose of this study was to compare the nutrient composition of school provided lunches through the National School Lunch Program (NSLP) and packed lunches of males and females students enrolled in schools with a low and high percentage school of free and reduced lunches.

Study Design, Setting, Participants: Non-experimental, comparative design. Elementary school 1 (ES 1) had a low free and reduced percentage (6%) and elementary school 2 (ES 2) had a high free and reduced percentage (56%) with a total of 286 lunches between the two schools.

Outcome Measures and Analysis: The nutrition composition of the lunches were measured using the photography method and analyzed using diet analysis software. Multifactorial ANOVA measured differences in nutrient composition between gender and school type.

Results: ES 1 lunches contained significantly ($p \leq 0.05$) more cups of vegetables, ounces of meat/beans and grams of protein and fiber, and milligrams of iron compared to ES 2. Significant interactions ($p \leq 0.05$) between lunch types (packed vs. NSLP) were also demonstrated. Lunches of males contained significantly more ($p \leq 0.05$) ounces of grains, grams of fat and saturated fat compared to female lunches.

Conclusions and Implications: The NSLP provides a significantly more nutritious lunch to elementary school children especially when socioeconomic status is taken into consideration than packed lunches. It is important to promote the NSLP and reduce barriers to free and reduced lunch especially in low socioeconomic areas.

Funding: None

P108 Students' Attitudes Toward Meatless Meals in School Lunches

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Objective: Studies show health benefits of plant-based diets. Building meatless meals into school lunches should help build positive habits for children. To assess attitudes of students regarding meatless meals in school lunches.

Study Design, Setting, Participants, Intervention: A campaign to raise awareness of the benefits of occasional meatless meals was conducted at an elementary and a middle school. First, students were given printed information on benefits of plant-based diets. Second, short age-appropriate promotions were conducted during lunch times. Students in both schools were invited to participate in pre- and post-intervention surveys. Data were analyzed using descriptive statistics and chi square tests.

Results: The pre- and post-surveys were completed by at least 97% of the students present on the days of survey administration. Most students did not recognize beans as a good substitute for meat either pre- or post-intervention (elementary: pre-28.8% vs. post-28.5%; middle: 28.6% vs. 26.8%). There was a significant increase after the campaign (51.7% to 88.9%) in elementary students who reported hearing of the "meatless meals" campaign but a significant decline (26.1% vs. 21.4%) in students agreeing that eating

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