P71 (continued)

stress reduction. Nutrition education programs for adults should incorporate stress reduction and mindfulness to support whole health in addition to nutrition.

Funding: None

P72 Measuring Plate Waste with Family-Style Meals in Head Start: A Pilot Study

Cody Parris, BS, East Carolina University;
Kristey Coulter, BS, Pitt County Health Department;
Virginia C. Stage, PhD, LDN, RDN, carrawaystagev@ecu.edu,
East Carolina University, Health Science Building
4310J, East Carolina University, Greenville, NC 27834

Objective: Develop and pilot-test a standardized protocol for plate waste of family-style meals in Head Start

Study Design, Setting, Participants: A standardized protocol was developed after five observations. Four researchers pilot-tested the protocol by collecting plate waste and observational data in two Head Start classrooms in eastern NC during four separate lunches. Approximately 18 low-income 3-5-year-old children were in each classroom.

Outcome Measures and Analysis: Plate waste was collected for 8 observations on 4 different days. Milk, entrée, vegetable, and fruit were measured. Before lunch, food was measured in large serving bowls. Post mealtime measurements merged all waste for each food group into its original bowl. Descriptive statistics were used to analyze waste percentage. Researchers identified challenges for collecting plate waste with family-style meals using observational notes.

Results: Overall percent wasted was approximately 26%. Fruit was the most wasted (29.31%), followed by vegetables (27.39%) and milk (27.13%). Entrees had the lowest waste (19.54%). The most wasted individual item was salad (60.69%); the least Beefaroni (7%). Challenges to measuring family-style plate waste included measuring spilled fluids, separating foods combined during the meal, measuring inedible portions, and measurement of waste for individual children.

Conclusions and Implications: Standardized methods for measuring plate-waste are needed to accurately assess dietary intake in settings that use family-style dining. Further refinement of the researcher-developed plate waste protocol is needed based on challenges observed during pilot-testing. More research is needed to develop standards for a wider variety of meals, and to determine feasible methods for measuring plate waste for individual children.

Funding: None

P73 A Descriptive Assessment of Weekend Food Programs and the Impact on Household Food Security

Lesli Biediger-Friedman, PhD, MPH, RD, LB47@txstate.edu,
Texas State University, 601 University Drive, San Marcos,

TX 78666; *Xiumely R. Cadenas*, BS, Texas State University;
Tiffany Rodriguez

Objective: A growing approach to address weekend food insecurity includes weekend backpack food programs. Little is known about the impact these programs have on a child's household food. The purpose of the study was to describe the impact of two weekend food programs on household nutrition and food security.

Study Design, Setting, Participants: The study examined programs serving elementary school-aged students enrolled in one of two weekend food programs in a suburban county of south central Texas. In depth interviews were conducted with a purposeful sample of 8 English-speaking and 8 Spanish-speaking parents of student participants. Interview questions explored participation with other food resources, the impact of the food provided to household food security and nutrition, and child acceptance of the food provided.

Outcome Measures and Analysis: Interviews were immediately transcribed and analyzed using a three-coder emergent theme coding structure. Meta themes included reduction of food portions with reported characteristics of food insecurity, acceptance of the food by parents and children, and a described improvement to nutritional variance of the household foods. Attitudes toward the weekend food programs were generally positive, however, some responses were critical of the nutrition quality of highly processed foods. Though the food program provided food only for the school student, all participants discussed household sharing of the food provisions. Participants wanted larger portions of food, and more protein, fruits, and vegetables.

Conclusion and Implications: Weekend food programs are a promising approach to improve food security of families and provide nutritious foods. However, complex household dynamics revealed that many participants were still food insecure.

Funding: None

P74 Analysis of Sugar-Sweetened Beverage Purchases by Supplemental Nutrition Assistance Program Participants

Andres Romualdo, MA, andresp.romualdo@gmail.com,
IMPAQ International, LLC, 10420 Little Patuxent
Parkway, Suite 300, Columbia, MD 21044

Objective: This study examines the differences of item level sugar-sweetened beverage (SSB) purchases between two groups: Supplemental Nutrition Assistance Program (SNAP) households and non-SNAP households.

Study Design, Setting, Participants, Intervention: An exploratory study was conducted to examine the differences in SSB purchases between SNAP recipients and non-SNAP participants who have loyalty cards with a major, national food retailer.

Continued on page S52