P88 (continued)

determined using the Wilcoxon signed-rank test and differences among all groups by Kruskal Wallis test. Out of the total participants ($n=4457$) reported, 32% were Caucasian, 27% Black, 1% Asian, 2% multiple races, and 38% of Latino ethnicity. The mean change in HEI-2005 score from entry to exit was 8.2 points in Caucasian, 8.1 in Black, 3.8 in Asian, 9.2 in multiple races, and 9.6 in Latino participants ($p<0.01$).

Conclusions and Implications: Overall, the average change in HEI scores increased by 7.8 points indicating that nutrition knowledge likely improved and led to short-term improvement in diet quality.

Funding: USDA

P89 Multifaceted Intervention Increases WIC Farmers Market Nutrition Program Check Redemption and Suggests Policy Changes

Miriam Seidel, MS, RD, mseidel@chatham.edu, Chatham University, 6035 Ridge Road, Gibsonia, PA 15044;
Malik Hamilton, BS, Chatham University;
Leslie Gordon, BA; Callie Carioti, BS

Objective: Increase WIC Farmers Market Nutrition Program (FMNP) check redemption rate. Target audience was WIC participants in a low income 47.6% white, 46.9% African American neighborhood adjacent to the city of Pittsburgh.

Theory, Prior Research, Rationale: The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) FMNP aims to increase consumption of fresh fruits and vegetables for WIC families while supporting local farmers who sell at area farmers markets (FM). Yet, FMNP check utilization in PA is just over 50% and is lower in the targeted neighborhood. Barriers as well as aids to FMNP utilization and produce consumption are well documented and informed the intervention, CRUNCH!: Eat Fresh, Eat Healthy, Move More. A review of FMNP procedures in several states is informing policy recommendations for PA.

Description: Using a quasi-experimental research design, the June through early November intervention included cooking demonstrations in the WIC clinic; informal tours of FMs; and community garden visits.

Evaluation: State data provided check redemption rates. Baseline and follow-up questionnaires explored barriers to FMNP check redemption, aids to fruit and vegetable consumption and pre- and post-intervention consumption data. Participation in the intervention activities were tracked.

Conclusions and Implications: The intervention significantly ($p < .001$) increased the FMNP check redemption rate by program participants (46%) compared to non-participants (39%). Participation in the intervention activities was lower than expected. Barriers were consistent with the literature and there was no change in fruit or vegetable consumption. Program findings led to discussion of local issues and state policies regarding interpretation of federal

FMNP regulations. A local stakeholder group is currently exploring policy recommendations.

Funding: Aetna Foundation

P90 “Where are the Tomatoes From?” Restaurant Wait Staff Ability to Address Customer Questions about Food Sources

Laura Dragon, MS, ldragon@syrr.edu, Syracuse University, 150 Crouse Drive, Syracuse, NY 13244;
Jennifer Wilkins, PhD, RD, Syracuse University

Objective: The dramatic increase in local food demand has been a leading consumer trend over the past few decades. Consumers have sought local food at farmers' markets, roadside stands and grocery stores and on restaurant menus. Increasingly, waiters, as the primary customer contact, are called upon to provide information about sources of menu items and ingredients. This pilot study explored waiter understanding of, and training related to, local foods (LF), characteristics of customer inquiries, LF sources and wait staff confidence in addressing customer questions about LF.

Study Design, Setting, Participants: Local food promoting restaurants (LFPRs), where food sourcing is featured in establishment marketing, were included in this study. Nineteen waiters employed at eight LFPR in one central New York urban county were surveyed.

Outcome Measures and Analysis: Quantitative data were analyzed primarily through descriptive statistics. Mann-Whitney U-Test was used to determine whether training or confidence differed among waiters that were accurate or inaccurate in identifying the restaurant's ingredient sources.

Results: Ten waiters (63%) had at least a bachelor's degree; fourteen (82%) were white, and ages ranged from 22 to 46. Nearly two-thirds of waiters were “very confident” in addressing customers' LF questions. Less than one-third of waiters accurately identified sources of menu ingredients. No significance was found between accuracy and confidence level in addressing LF questions.

Conclusions and Implications: These preliminary data suggest waiters may have a false sense of confidence in addressing LF questions indicating a need for more training on local foods. Further, waiter claims about food sources in LFPRs need to be verified with procurement records.

Funding: None

P91 Back to the Future: National Food Conservation Recommendations from 1917-18

Janet Schwartz, MS, RD, jschwartz@framingham.edu, Framingham State University, 100 State Street, Framingham, MA 01701

Objective: To investigate and describe an historical national food conservation effort and celebrate the 100th anniversary of the US Food Administration

Continued on page S59

P91 (continued)

Study Design, Setting, Participants, Intervention:

Research into primary source historical records of the US Food Administration (USFA) 1917-18 at Stanford University as well as publications and artwork produced about this federal agency.

Outcome Measures and Analysis: Conservation messages, media campaigns, food education programs, and the role of nutrition professionals reveal a highly focused effort to conserve food and boost agricultural output while improving nutritional intake.

Results: The USFA, a national, decentralized community organizing effort, encouraged all Americans to pledge to eat less meat, buy local foods, serve just enough, use what is left and save food. These prescient recommendations and food education efforts emanated from federal and state levels with the goal of sending food to American troops and people of Europe during World War I. Beautiful posters created by graphic artists promoted food conservation efforts and were at the core of the national media campaign. With the primary slogan for the campaign, Food Will Win the War, messages were crafted to appeal to immigrant groups, homemakers, businessmen, children, and schools. Librarians, home economists, Extension agents, dietitians and food educators were organized to support state and local programs and displays.

Conclusions and Implications: Conservation messages resonate 100 years after the US Food Administration succeeded in its goal. The federal government can utilize the organizational structure of the US Food Administration and state governments as a model to engage citizens, businesses, and agriculture in food conservation efforts.

Funding: None

P92 Building Future Food Trade Professionals Impact on Local Food Systems Through Experiential Education

Kathy Savoie, MS, RD, ksavoie@maine.edu, UMaine Extension, 75 Clearwater Drive, Suite 104, Falmouth, ME 04105; Ellen Turcotte, BS, Maine Region 10 Technical High School

Objective: To increase Food Trade students' current and future impact on utilizing nutritious, local foods within the food trade business.

Theory, Prior Research, Rationale: Experiential Learning Theory provided the framework for this programs' focus on engaging students in an immersive experience.

Description: Target audience was Food Trade students, Maine Region Ten Technical High School (n = 30). Food Trade students experienced 494 hours/student of food, nutrition and agriculture education. The Local Food Procurement program included: lessons, field trips and experiential activities through the Region 10 Cafe. Lessons included: nutrition, local food systems and sus-

tainability. Field trips to farms to experience the production, harvesting, and storage of vegetables, wild game and grains. Students utilized the information gained to improve existing practices of their cafe to focus on increasing local food procurement. Students planned, prepared and served a meal one day per week for six months at their cafe.

Evaluation: Students conducted a Consumer Food Preference Survey of cafe diners to learn more about consumer demand. The survey (n=133) revealed: 77% rated locally grown/produced foods as very important, 98% believe local foods stimulate local economy, 95% believe local foods are fresher, and 85% believe local foods are better for the environment. Students increased the usage of nutritious, local foods on their cafe menu by \$2,000, representing a 25% increase of local foods purchased. Analysis of student journals revealed that 100% of students gained knowledge of general nutrition, local foods, procurement and food systems.

Conclusions and Implications: Educating tomorrow's food trade professionals on nutrition and local foods is a vital component towards sustaining an economically viable local food system.

Funding: Maine Agriculture in the Classroom

P93 Consumer Definitions of "Healthy Foods": a Pilot Survey

Donna Winham, DPH, RD, MCHES, dwinham@iastate.edu, Iowa State University, 2302 Osborn Drive, Ames, IA 50011; Shelly Palmer, Iowa State University

Objective: Consumer perceptions of what defines a "healthy" food are not well known, nor is it clear if consumers differentiate between more or less nutritious food options. This information is essential to develop appropriate nutrition education messaging.

Study Design, Setting, Participants: A convenience sample of adults completed an online pilot test survey in Fall 2016. The survey was available in both English and Spanish. Participants were recruited from email listservs, snowball sampling, and health clinics.

Outcome Measures and Analysis: Qualitative theme analysis was applied to open-ended responses for "How do you define a healthy food?" Descriptive statistics for multiple choice questions about food options were compared by Hispanic vs. non-Hispanic groups.

Results: Respondents were 76% female, 68% non-Hispanic with an average age of 38±14 years. Eighty-seven percent wrote an answer to the "healthy foods" question. Trends in qualitative responses were evaluated and recoded into common themes of: nutrition, whole foods, ethical considerations, and satiety. The most common responses (35%) focused on the nutrition of the food, followed by nutrition and whole foods (33%), e.g. "Nutritious, as fresh as possible and if made, with few ingredients and no preservatives." For multiple choice questions, significantly more non-Hispanics picked the healthier options of brown rice (white rice), canned fruits in 100% juice (syrup), and whole

Continued on page S60