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Results: Overall, Coordinators reported that teachers followed SFP at mealtimes. All participants reported that teachers regularly sit with children during mealtime, 70.8% of Coordinators reported that teachers provide daily nutrition education during mealtime, 83.3% role model eating healthy foods, and 95.8% praise children for trying new foods. However, only 45.8% of Coordinators indicated that teachers asked children if they were still hungry before serving second helpings and 37.5% of Coordinators indicated teachers are allowed to bring food from outside the center. When asked about commonly used approaches to training new teachers about feeding practices, 62.5% of Coordinators indicated teachers attend workshops/training sessions, and 50% indicated a more experienced teacher verbally explains these practices, versus other methods.

Conclusions and Implications: Findings suggest most NC-based HS programs perceive they are generally utilizing SFP with a few exceptions. For example, addressing hunger cues with children during mealtime is important to help children regulate their intake, yet results indicate several teachers do not follow this practice. Future research warrants observational methods to explore how feeding policies and professional development strategies influence teachers' actual feeding practices during mealtime, versus administrative perceptions.

Funding: None.

P140 Double Up Food Bucks: Supporting Fruit and Vegetable Intake and Protection Against Food Insecurity

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Background (Background, Rationale, Prior Research, and/or Theory): Double Up Food Bucks (DUFb) is a healthy food incentive program that doubles the value of SNAP benefits spent at participating markets and grocery stores, helping to increase fruit and vegetable consumption while supporting local farmers.

Objective: The purpose of this study is to describe shopping patterns, food assistance participation and impact on fruit and vegetable intake (FVI) and food insecurity among DUFb participants in the state of Michigan.

Study Design, Setting, Participants, Intervention: DUFb participants completed surveys during the 2015 (n = 314) and 2016 (n = 225) market seasons across 47 farmers' markets (FMs) in Michigan.

Outcome Measures and Analysis: The survey assessed food security, FVI, sociodemographics, and attitudes/experiences with DUFb. Participants received \$5 to complete the survey. Descriptive statistics were calculated, and daily FV cup equivalents were determined using a validated algorithm. Chi-square tests were conducted to determine the relationship between FVI, food insecurity and attitudes/experiences with DUFb.

Results: Across respondents (n = 539), mean FVI was 3.17 cups (SD = 1.78); 43.8% reported high/marginal food security, while 56.2% reported low/very low food security. Subgroups for whom FVI was greater included those that reported: longer participation in DUFb ($\chi^2(1) = 14.29$, $P = .001$); using DUFb at other FMs ($\chi^2(1) = 7.94$, $P = .019$); participating in SNAP for longer ($\chi^2(1) = 12.95$, $P = .002$); greater ease in using DUFb to buy FVs ($\chi^2(1) = 9.66$, $P = .008$); self-reported very good/excellent health ($\chi^2(1) = 12.96$, $P = .002$). Subgroups who were food secure (e.g. high/marginal) reported using their DUFb at grocery stores in addition to FMs ($\chi^2(1) = 4.69$, $P = .030$); and self-reported very good/excellent health ($\chi^2(1) = 19.70$, $P = .000$).

Conclusions and Implications: These results indicate that greater participation in a federally funded nutrition incentive program are associated with greater FVI and food security. These chi-square results will inform multivariable models that will be presented. These results can help foster dialogue on the importance of health food incentives and how to best tailor programs.

Funding: USDA.

P141 Examining the Real and Perceived Food Environment, Shopping Behaviors, and Predictors of Dietary Behavior Among a Group of Older, Racially Diverse Off-Campus College Students

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Background (Background, Rationale, Prior Research, and/or Theory): College students face unique challenges to engaging in healthy dietary behaviors, often leading to weight gain or nutrient deficiencies that may have long-term implications. More research is needed to understand the food environment of off-campus students and its impact on shopping, cooking, and diet, particularly in a sample of older and more racially diverse students.

Objective: Examine relationships between off-campus student food environment, shopping behaviors, and dietary behaviors and outcomes.

Study Design, Setting, Participants, Intervention: Cross-sectional survey of off-campus college students at a designated minority-serving institution. Students

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(non-Freshman, living off campus) were recruited through targeted emails, and selected by random and convenience sample. Participants ($n = 418$) reported demographic information, consumption (validated 26-item Dietary Screener Questionnaire (DSQ)), shopping habits, and perceptions of external food environment. Participant addresses were geocoded, and GIS was used to map proximal food stores and derive a modified-Retail Food Environment Index (m-RFEI) score for each participant, a ratio of healthy to less-healthy stores.

Outcome Measures and Analysis: Univariate, Bivariate, and Linear Regression analyses performed.

Results: Students perceived limited (39%) and low quality (32%) fresh fruits and vegetables and abundant fast food near their home (84%). Students mostly consumed food not requiring cooking (63.2%) or fast food (61%). Students shopped at their primary food store on average less than four times per month. Low average m-RFEI (8.15) indicated an environment of mostly fast food and convenience stores. After controlling for other factors, m-RFEI scores were positively associated with student age (.03) and income (.02), and BMI was positively associated with age, sugar sweetened beverage frequency, and having financial aid, and higher among racial minorities. Most students (76%) desired to eat healthier.

Conclusions and Implications: Strategies are needed to help low-income off-campus college students, particularly racial minorities, overcome limited healthy food access for a healthier dietary pattern.

Funding: UNC-Greensboro Internal Faculty Research Award.

P142 Maximizing Efforts in Building Healthy School Cafeteria Through the Collaboration of Nebraska Community Nutrition Educators

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Objective: To increase students' consumption of healthy foods and new offerings through implementing Smarter Lunchroom techniques.

Target Audience: Six ($n = 6$) elementary schools and fourteen ($n = 14$) junior and/or senior high schools that participate in National School Lunch Program. Of the 20 Nebraska schools, five schools were SNAP-Ed eligible, meaning >50% of their students qualified for free/reduced price school lunch.

Theory, Prior Research, Rationale: The Smarter Lunchrooms Movement (SLM) uses easy no-cost and low-cost changes to encourage students to select, eat, and enjoy healthier foods in school without eliminating choice. These interventions promote sustainable changes like moving more nutritious food groups such as fruits and vegetables, naming and displaying vegetables with catchy titles,

highlighting the entrée, and implementation of healthy choices lines.

Description: Nebraska Extension, including the Nebraska Supplemental Nutrition Assistance Program-Education (SNAP-Ed) collaborated with Nebraska Team Nutrition (NE TN) to provide \$1,000 NE TN mini-grants. Extension staff provided trainings and technical assistance to 20 schools to help them create appropriate organizational and environmental changes to improve the health and nutrition of students.

Evaluation: Each school SLM team enrolled as a TN school, completed trainings, mini-grant application and final report including pre/post SLM scorecards and photos.

Conclusions and Implications: The goal was to implement changes in school cafeterias to promote increased student choices of whole grains, fat-free or low-fat dairy products, fruits, vegetables and legumes. Targeted improvement areas were tied to one or more of the six basic Smarter Lunchroom principles: managing portion sizes, increasing convenience of healthier foods, improving visibility of healthier foods, enhancing taste expectations, utilizing suggestive selling, and setting smart pricing strategies. Smarter lunchroom strategies were well received. In the final report, schools mentioned positive feedback, prioritizing the lunchroom, impact on future efforts/purchases, and pride as important differences. The most popular advice offered to other schools wanting to implement Smarter Lunchrooms strategies is to just try it, with most talking about the ease of using the Smarter Lunchrooms tools.

Funding: Nebraska Department of Education-Team Nutrition, Nebraska Department of Health and Human Services.

P143 Policies and Other Influences on Food-Ordering Decisions for Catered Events in a University Workplace

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Background (Background, Rationale, Prior Research, and/or Theory): The food environment at work includes what people bring as well as what is provided in cafeterias, vending machines, and catered functions. While menus at catered functions are typically chosen by someone else, no research has investigated factors that influence items chosen.

Objective: To develop and validate an instrument to identify factors that influence what is ordered for catered events at work.

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