NP3 (continued)

improve dietary quality in low-income families by conducting research, extension, and education activities.

Description: The Farm Fresh Foods for Healthy Kids (F3HK) intervention included a cost-offset (50% subsidy) summer CSA share, weekly payments (including SNAP-EBT), two to four pieces of kitchen equipment, and nine CSA-tailored education classes. F3HK participants were recruited from 12 rural and micropolitan communities in four states in spring 2016 and 2017, and individually randomized to intervention ($n = 148$) or control ($n = 157$). All had income $< 185\%$ poverty and at least one child (2-12y) in the household. Using an intent-to-treat framework, multivariate multi-level regression models were used to examine change in outcomes over time for intervention relative to control. Geospatial data, participant focus groups, and farmer interviews were used to describe CO-CSA accessibility.

Evaluation: CO-CSA pickup sites averaged six miles (m) from participants' homes, which was closer than the farm (18m) but further than the supermarket (3m). F3HK farms reported efforts to reach low-income customers and strategized to modify the F3HK model to suit the local context; however, CO-CSA participants expressed mixed levels of accessibility. Relative to controls, F3HK intervention caregivers had improvement in some measures of attitudes, self-efficacy, skills, and dietary quality after one-season of participation, but not other measures. Lessons from the implementation and evaluation of F3HK informed the development of four undergraduate course modules: development of an intervention in a setting where "local food" is a foreign concept; assessment of dietary quality; economic impact analysis; and how to adapt CSA to open new markets for farmers.

Conclusion: CO-CSA plus education and kitchen tools is a promising mechanism to improve attitudes, self-efficacy, and skills among caregivers, with mixed results concerning dietary quality among caregivers and children. Long-term outcome data will be examined for behavioral maintenance. An Extension toolkit for CO-CSA implementation is under development. Education modules are being piloted, and will be evaluated and refined before dissemination in 2020-21.

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NP4 Improving Preschool Children's Food Knowledge and Food Choice Intentions: Results From a Childhood Obesity Preventive Intervention

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Objective: To examine the impact of a large, preventive intervention on preschool children's food knowledge, and intentions to choose nutrient-dense foods for meals and snacks.

Description: A total of 29 classrooms across 14 predominantly low-income, rural childcare centers ($n = 215$ children, 52% female, mean age = 4.1y) were randomized into 1 of 16 conditions that differed based on whether a classroom received an intervention curriculum (Healthy Eating, Active Play and Self-Regulation) or parent/caregiver guidance. For the purposes of this study, we focus solely on the 11-week Healthy Eating (HE) curriculum that covered a number of topics, including: identifying "GO" and "WHOA" foods, food groups, increasing fruit and vegetable intake, and building a "healthy plate."

Evaluation: Measures were collected pre-post. To assess children's food knowledge, children were first asked to choose their favorite foods from a list of 30 foods and four beverages that vary in energy content. Children were then asked to choose foods for a "healthy lunch" using foods from the same list. A snack selection procedure was used to assess children's food preferences and ability to choose the healthier choice from a list of nine pairs of foods; each pair contained an energy-dense and nutrient-dense food. Children in the HE condition showed a slightly larger increase in their ability to correctly identify nutrient-dense foods. Children in the HE condition showed an increase in nutrition knowledge, and competence in making nutrient-dense snack and meal choices. Children in the HE condition also showed more than a two-fold greater increase in their ability to identify nutrient-dense snack foods than children who were not in the HE condition. Data collection with more than 700 participants is ongoing; results including these additional participants will be shared.

Conclusion and Implications: Increasing children's food/nutrition knowledge and intentions to choose nutrient-dense over energy-dense foods may lead to the development of healthy dietary patterns that prevent the development of obesity in young children.

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NP5 Salud Para Usted y Su Familia [Health for You and Your Family]: Integration of Research, Education and Extension to Promote Healthier Mexican-Heritage Families

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Objective: To implement and evaluate an integrated Spanish-language program to improve nutrition, increase physical activity, and strengthen family function among Mexican-heritage (MH) families. We describe research (stepped wedge cluster randomized controlled trial