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youngest child between ages 2-8 at week two and nine of EFNEP classes. A facilitation kit was used to assist participants. All ASA24 data collections were conducted by trained professional staff.

Evaluation Methods: Raw data was exported from ASA24 to track the number of successful logins and attempts to enter recalls at each timepoint, total calories consumed, meal times, and food codes. Data collectors recorded errors frequently encountered, adjustments made to specific recalls, and user difficulties.

Results: Of the 88 enrolled participants, 62% completed ASA24 entry in Spanish and 38% in English. Fifty four percent (47) successfully completed ASA24, 27% (24) were unable to complete ASA24 and their child recalls were collected on paper, and 19% (17) did not attend the data collection.

Conclusions: ASA24 can successfully be used to assess children's diets reported by parents enrolled in EFNEP. However, users may encounter challenges with connectivity, limited participant literacy levels, and technical difficulties within the ASA24 system. Identifying challenges and strategies to overcome them, is critical to inform the advancement and dissemination of this web-based tool.

Funding: USDA.

P66 Feasibility, Acceptability and Effectiveness of 'Read for Nutrition' Program in Childcare Settings

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Objective: To evaluate the feasibility and acceptability of 'Read for Nutrition' program in childcare providers and effectiveness of the program on children's preference and consumption of a target, commonly disliked vegetable (broccoli) in childcare settings.

Use of Theory or Research: The 'Read for Nutrition' program is based on the Adult Learning theory. The program includes research-based strategies for improving children's preference and consumption of vegetables in the childcare settings via interactive shared reading while implementing enthusiastic role modeling, engaging children's senses and verbal praise.

Target Audience: Childcare providers (n = 16) caring for preschool children ages 3-5 years old.

Program Description: The 'Read for Nutrition' is a three-week professional development program consisting of a reading component (lesson) and coaching component. In this program, childcare providers read a lesson that provides them with a roadmap for applying the strategies and received two one-on-one coaching sessions. Participants were asked to implement the strategies while reading the book "Monsters Don't Eat Broccoli" multiple times with children during the program.

Evaluation Methods: Feasibility and acceptability using a self-report survey. Survey questions included enjoyment,

ease of implementation and integration of the strategies described in the program with existing curriculum, and childcare providers perceived effectiveness of the strategies. Effectiveness was evaluated by measuring children's preference and consumption of broccoli.

Results: Children's preference for broccoli increased significantly after the program ($t = 2.217$, $P = .03$). Also, proportional consumption of broccoli increased for children who have received five or more exposures to the book reading experience ($n = 47$) ($t = 2.765$; $P = .008$). Number of exposures to the book was a significant predictor for proportional consumption of broccoli ($\beta = .304$, $P = .006$).

Conclusions: The program was perceived as feasible and acceptable by the providers. Furthermore, they were willing to use these strategies in their existing curriculum.

Funding: USDA NIFA, Nebraska Agricultural Experiment Station.

P67 Flint Kids Cook: Feasibility and Preliminary Effectiveness of a Cooking and Nutrition Education Program for Children

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Background: Programs that include cooking may be more effective in improving diet quality among children than nutrition education alone. Flint Kids Cook was created in October 2017 as a pilot cooking and nutrition program for children in Flint, Michigan. Unique in design, the program was co-facilitated by a chef and dietitian and offered inside a farmers' market commercial kitchen.

Objective: To assess feasibility and preliminary effectiveness of Flint Kids Cook.

Study Design, Settings, Participants: This pre-post pilot study included six weekly sessions (90 minutes each) at a local farmers' market. Children were recruited from partnering pediatric offices and community-based organizations in Flint. Sessions included 10-12 children (8-18 years) who actively prepared two dishes that highlighted a specific food group. The final session was a celebratory meal that children prepared for their families.

Measurable Outcome/Analysis: Feasibility was assessed using retention rates. To evaluate effectiveness, baseline and exit scores related to attitude towards cooking and cooking self-efficacy were compared using paired samples t-tests. Attitude towards cooking scores ranged from 6-30 (lower scores indicated a more positive cooking attitude) and cooking self-efficacy from 8-40 (lower scores reflected greater cooking self-efficacy).

Results: Of the 71 children who attended the program, the majority (73%) completed at least four sessions. Most participants (mean age 10.8 ± 2.3 years) were African American (86%) and Flint residents (78%). Approximately half were female (51%). Among the 51 children who completed assessments, significant improvements ($P = .012$) were observed in mean attitude towards cooking scores from baseline (8.75 ± 2.89) to program exit

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(7.87 ± 2.46). Mean cooking self-efficacy scores also improved significantly ($P = .002$) from baseline (13.75 ± 4.50) to program exit (11.53 ± 3.88).

Conclusion: Flint Kids Cook could be modeled in similar communities to engage children and promote positive changes in cooking attitudes and self-efficacy.

Funding: Michigan Health Endowment Fund.

P68 FSU Cooks: Culinary Nutrition Workshops Help Participants Learn About Food, Cook, and Eat!

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Objective: FSU Cooks: Learn.Cook.Eat was developed by the Food and Nutrition Department (FND) at Framingham State University (FSU). The purpose of the program is to provide an educational environment focused on food and culinary literacy. Participants learn about food, participate in hand-on cooking, and eat their creations. The aim of the pilot was to assess the feasibility of offering the program to community members.

Use of Theory or Research: There is increasing evidence that hands-on culinary experiences can empower people to make healthy food choices by increasing exposure to new foods and techniques and increasing self-efficacy.

Target Audience: FSU students and Framingham community members.

Program Description: FSU Cooks was piloted during Fall 2018 with two introductory campus and community lectures and three culinary nutrition workshops focused on diet and brain health. Lectures provided a backdrop to the workshops which targeted 'brainy' foods: whole grains, dark-green leafy vegetables, and spices. Workshop were led by FND faculty and FSU's executive chef. In addition, students from the FND acted as culinary assistants. Each workshop included an overview of nutrition-related topics, cooking demonstrations, and hands-on culinary experiences.

Evaluation Methods: Workshop activities were assessed using process evaluation. Participants rated questions on a scale (5=strongly agree and 1=strongly disagree). Qualitative data about the workshop was also collected.

Results: Twenty one participants attended three workshops. All participants indicated that they strongly agreed or agreed that the workshop information was useful and they would recommend the program to family and friends.

Conclusions: Hands-on culinary workshops can be a fun and engaging way for participants to become empowered to make healthy choices. Based on information learned

from the pilot, plans are in place to continue programming in spring 2019 with a focus on heart healthy foods. Additional evaluation methods will be incorporated to assess changes in participants pre-/post-workshop knowledge and intentions to change eating practices.

Funding: Framingham State University.

P69 Fun with Fresh Food Rainbow Nutrition Program Helps Families Improve Attitudes and Behavior Around Fruits and Vegetables

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Objective: The Fun with Fresh Food (FFF) Rainbow Nutrition program is designed for families to improve attitudes and behaviors around fruit and vegetable (FV) consumption. This includes improving self-efficacy in adults preparing and serving FV, and increased interest in cooking and willingness to try FV in children.

Use of Theory or Research: Previous research suggests parental self-efficacy around food affects children's diet quality. Social Cognitive Theory suggests modeling of food preparation is effective at increasing self-efficacy. Additionally, studies show children may need 10 to 30 exposures to foods before accepting them.

Target Audience: Children (ages 2-13) and their parents/guardians attending summer community events in suburban Georgia in 2018.

Program Description: FFF uses research-based techniques for addressing picky eating in a six-week series of 20-minute interactive rainbow-themed food "commercials." Each week centers on a color (i.e. purple), with the specific food (i.e. cabbage) remaining unknown until sessions begin. Children participate in age-appropriate kitchen tasks as part of a recipe demonstration. Sessions include taste tests and produce giveaways.

Evaluation Methods: Weekly post-program parent surveys assessed knowledge and behavioral intention. A final post-survey assessed parents' perceived impact of series overall. Nine parents with > 50% attendance participated in interviews and focus groups to further explore program impact and acceptability.

Results: Average weekly attendance was 110 people; 50 children attended ≥ 50% of sessions. Eighty-three percent of adults gained FV knowledge and 78% intended to incorporate a recipe or tactic at home. Focus group data showed increased confidence in serving FV, greater interest in children cooking and eating FV, and the rainbow theme being a significant draw.

Conclusions: The FFF program suggests short, repeat exposure to FV can have a strong impact on parental self-efficacy for cooking and eating FV and child interest in FV. Short demos may reduce barriers by illustrating healthy eating does not have to be time consuming or difficult. The FFF model could be employed in many

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