P72 (continued)

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Objective: Evaluate the effectiveness of a five-week community cooking program on adult cooking self-efficacy and usage of healthy foods through pre- and post-surveys.

Use of Theory or Research: Sufficient fruit and vegetable consumption (FVC) has been found to decrease risk for chronic disease. In 2015, only 6.9% of Ohio adults consumed the recommended 2-3 cups of vegetables per day. Research has shown that self-efficacy is a significant predictor in FVC. Cooking for the Family was developed to address self-efficacy by providing hands-on cooking experiences using fresh produce.

Target Audience: Adult residents from a large metropolitan area in Ohio.

Program Description: Cooking for the Family is a five-week program that educates individuals about cooking healthy and affordable meals. Its goals are to increase cooking knowledge and skills and self-efficacy in the kitchen. One meal is cooked each week and participants are given produce to take home to cook the same meal with their families. At the fifth class, participants bring their family to cook with them. Participants who successfully complete the program receive a cooking kit which includes cooking supplies and coupons.

Evaluation Methods: Participants completed pre- and post-surveys measuring consumption of 20 healthy food items introduced in classes, self-efficacy and program satisfaction.

Results: Participants (N=58) reported significantly higher levels of self-efficacy after completing the program (PreM = 12.6724, PostM = 17.8103, $P < .000$). Additionally, participants' (N=33) consumption of meats, vegetables, herbs/condiments, and pantry items all increased significantly after completion of the program (PreM = 2.121, PostM = 2.444, $P < .000$), with pantry items showing the most change. Participants were highly satisfied with the program.

Conclusions: These findings indicate that in-person nutrition education and hands-on learning are effective strategies for improving cooking self-efficacy and healthy food consumption. Findings should be considered in efforts to increase nutrition knowledge and healthy behaviors.

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P73 Impact of a Soy Nutrition Education Intervention on Knowledge of Smallholder South African Soy Farmers

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Background: Smallholder farmers have gained importance globally recently and are considered to be

fundamental to ensure populations' food security. A recent study found 45% food insecurity among soy farmers in South Africa (SA) and it was recommended to focus on improving smallholder farmers' ability to produce, preserve, store and consume food through appropriate interventions.

Objective: To assess smallholder soy farmers' knowledge and perceptions of soy after participating in a soy nutrition education intervention.

Study Design, Settings, Participants: This was a cross-sectional, quantitative study among a convenience sample of 78 soy smallholder farmers from KwaZulu-Natal (SA). A soy nutrition education program, including soy cooking demonstrations, tasting and recipes, and informed by the Social Cognitive Theory, was implemented for eight hours.

Measurable Outcome/Analysis: Pre- and post-quantitative data measuring soy knowledge and perceptions were collected using a modified version of a survey, tested for face and content validity and reliability, used previously. Data were analyzed using IBM SPSS Statistics, version 25 for descriptive statistics as well as paired-sample t-tests to ascertain change in participants' perceptions and knowledge of soy after the intervention. Significance was established at level 0.05.

Results: Only 41% of the soy farmers used soy in the household and mainly in meat dishes. Participants' knowledge improved significantly ($P < .001$) from a mean $\pm$ standard deviation (SD) score of 26.33 ± 5.06 before to 32.00 ± 9.46 after the intervention, translated as 64.2% to 78.0% correctly answered questions before to after the intervention respectively. Soy taste preference also significantly ($P = .002$) improved after the intervention.

Conclusion: Soy farmers had average soy knowledge that improved significantly after the soy nutrition education program. Improvement in both soy knowledge and preference should result in more soy being consumed, thus impacting food insecurity and nutritional status.

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P74 Impact of the WV Kids Market Program on Children's Knowledge, Attitudes and Consumption of Fruits and Vegetables

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Objective: To evaluate the impact of the West Virginia (WV) Kids Market Program on children's knowledge, attitudes and consumption of fruits and vegetables (FV) using a parent survey.

Use of Theory or Research: Ninety percent of WV adults do not eat five servings of FV daily. Without positive parent role modeling and consistent home access, children are unlikely to develop preferences for

Continued on page S66