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whether students tasted the food before, if they tasted it today, their willingness to eat it again and ask for it at home. Data were explored using descriptive statistics.

Results: Foods most commonly tasted were fruits, vegetables, nuts, and legumes. Typically, they were served raw, paired with a familiar food, or included in a mixed dish. On average, 47% of students tasted the food before, 93% tried it today, 70% were willing to eat it again, and 65% were willing to ask for it at home. Findings will also be presented by grade and target food.

Conclusions: Evaluation of food tasting helps inform future food selection to ensure most children find the foods featured appealing which, in turn, improves food preferences and positively reinforces nutrition education.

Funding: Supplemental Nutrition Assistance Program - Education.

P68 Cooking for Salud: Assessing Clinical Health Impacts of Olivewood Gardens' Culinary-Based Lifestyle Modification Program

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Objective: The objective of the study was to evaluate the clinical health outcomes of participants in Cooking for Salud, a culinary-based lifestyle modification program.

Use of Theory or Research: Informed by Social Cognitive Theory and as seen in previous evaluations of the Cooking for Salud program, participants reported an increase in nutrition knowledge, adoption of healthy behaviors, and confidence in modeling healthy behaviors. However, limited information exists to confirm the medical impact of this type of nutrition education intervention.

Target Audience: This program targeted low-income, Spanish-speaking men and women over the age of 55 living in National City, California who have or are at risk for chronic disease.

Program Description: Olivewood Gardens' Cooking for Salud program is a 7-week, peer-to-peer lifestyle modification program that gives participants tools to change their food-related habits by participating in culinary instruction centered around nutrition, mindfulness, and wellness. The Program is a launching point for ongoing, sustainable behavior change through peer support, empowerment, and continued education. In the Fall of 2018, Olivewood Gardens hosted a group of 15 older adults for the 14th cohort of Cooking for Salud.

Evaluation Methods: Data collection methods included a mix of pre- and post-clinical health measures, pre-survey, retrospective post-then-pre survey, as well as observational and focus group data. Baseline survey and clinical health measures were collected prior to the start of the 7-week intervention and then again at the completion of

the program. Additionally, focus group discussions were held 3 months post-intervention.

Results: After participating in the Cooking for Salud program, 100% of participants positively changed 1 or more clinical health measures, with statistically significant improvement in A1C and HDL Cholesterol levels. Additionally, 100% of participants reported feeling healthier than they used to and now eat meals that are more nutritious.

Conclusions: The evaluation of the Cooking for Salud program shows that nutrition education and behavior modification can result in significant improvements in chronic disease-related clinical outcomes in low-income older adults.

Funding: The San Diego Foundation.

P69 Intent to Change Surveys: A Promising and Practical Approach for Evaluating Adult Single-Session Education

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Objective: The objective is to evaluate CalFresh Healthy Living, UC single sessions to capture behavioral intentions and useful programmatic information about SNAP-Ed participant behaviors and readiness for change.

Use of Theory or Research: Behavioral intention plays a central role in action according to the Theory of Planned Behavior. Single sessions target a specific diet, food resource management (FRM), or physical activity (PA) topic to promote positive changes in intentions and help prompt improvements in behavior. Behavioral studies have shown that asking an individual whether they intend to practice a behavior can increase the likelihood they will do so.

Target Audience: Low-income SNAP-Ed eligible adults (n = 7,092) who participated in single session workshops offered at a wide range of community settings across 25 counties in California. Most participants were women (82%) and Hispanic/Latino (63%).

Program Description: Cooperative Extension community educators delivered nutrition, FRM and PA workshops using SNAP-Ed approved curricula to groups of adults. Sessions were typically an hour or less.

Evaluation Methods: In 2018-2019, educators evaluated workshops at the end of the session by administering 1 or more of the 16 Intent to Change (ITC) surveys. Each ITC focuses on a single diet, FRM or PA behavior with 2 questions: current behavior and future intentions. Participants reported frequency of practicing a specific behavior in the last week and intent over the next week. Data analysis included current behaviors and future intentions of those not currently practicing the healthy behavior.

Results: SNAP-Ed workshop participants' current behaviors related to sugar sweetened beverages, fast and fried food, and FRM were least likely to align with

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recommended health behaviors. Of those not currently practicing promoted behaviors, 40-100% reported intentions to improve their behaviors.

Conclusions: Single sessions can shape positive behavioral intentions related to diet, FRM, and PA. ITC surveys also provide useful insight for prioritizing education topics that deserve greater emphasis given participants' current behaviors.

Funding: Supplemental Nutrition Assistance Program - Education.

P70 A Mixed Methods, Multilingual Evaluation of the Neighborhood Produce Market Participant Experience

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Objective: To evaluate the participant experience of the Neighborhood Produce Market (NPM), a mobile fresh food pantry, in a small Mid-Atlantic city.

Use of Theory or Research: A participatory approach used to implement a mixed-methods, cross-sectional study.

Target Audience: Adult NPM participants with children in the household and primary language of English, Spanish, and/or Arabic.

Program Description: Through a collaboration of food bank, university, and hospital community outreach partners, NPM offers fresh, free produce and nutrition education with food samples to families at risk of food insecurity. Since its inception in 2017, NPM has served over 300 families and 500 children in 20 neighborhoods.

Evaluation Methods: Four phases informed by collaborative partners with assistance from Spanish and Arabic interpreters/translators: 16 interviews to inform survey development; survey development with closed- and open-ended items and testing; survey translation and testing; and survey data collection using Qualtrics. Content analysis and descriptive statistics conducted for interview and survey data, respectively.

Results: Among interviewees (14 females; 2 males), half of the interviews were conducted in English, 31% in Spanish, and 19% in Arabic. Major themes categorized by benefits, impact on family fruit and vegetable intake, food access norms, and suggestions. Survey completed by 40 participants (34 females; 6 males) in Spanish (40%), Arabic (32%), English (28%). Over 95% reported NPM connected people in the communities and had a positive impact on physical or financial health of families. Most respondents (97%) were introduced to new foods, with 80% reporting their children tried new foods. Over 85% reported they and their household members ate more fresh vegetables due to the NPM. Only 11% reported being uncomfortable

getting food from the NPM. Suggestions included marketing, accessibility, and variety/quantity of foods.

Conclusions: There may be benefits to using a mobile fresh food pantry model like NPM for multilingual communities. Findings may be useful to nutrition educators to meet participant fruit and vegetable needs in similar communities.

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P71 Nutrition Education with Incentive at NYC Farmers Markets May Contribute to Longer-Term Increases in Produce Consumption

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Background: Farmers' markets (FMs) present opportunities for health promotion. In New York City (NYC), the Just Say Yes to Fruits and Vegetables Stellar FM Program (Stellar) provides free nutrition and cooking demonstrations for adults from July-November at select FMs coupled with distribution of one \$2 Health Bucks (HB) coupon, redeemable toward fresh produce at all NYC FMs.

Objective: Evaluate the relative impact of Stellar and HB distribution on initial and longer-term changes in produce consumption.

Study Design, Setting, Participants: This quasi-experimental, longitudinal evaluation recruited the following groups from NYC FMs located in neighborhoods with low incomes from July-August 2016: Stellar (n = 110): Stellar attendees from 2 FMs; HB (n = 330): shoppers at 2 non-Stellar FMs who received \$6 HB at recruitment, and \$6 HB/month for 3 months; Controls (n = 325): shoppers at 2 other non-Stellar FMs. Baseline surveys were conducted at recruitment. Phone/mail follow-up surveys were conducted from August-September 2016 (Wave 2) and February-April 2017 (Wave 3). Participant retention at Waves 2 and 3, respectively, were: Stellar 67%/49%; HB 37%/33%; Controls 38%/37%.

Measurable Outcome/Analysis: Daily fruit and vegetable (FV) consumption were measured using the NHANES Dietary Screener Questionnaire. Linear regression models accounting for participant-level clustering and fixed

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