P138 (continued)

Results: Roughly 60% of participants were female with an average age of 45 (± 12.81), and the majority were Caucasian (81%). Nearly one-third of participants requested interventions focused on managing diabetes (32%), hypertension (39%), and heart disease (32%). Most participants were interested in interventions focused on produce (87%) and recipe ideas (73%). Barriers to cooking included: budgeting/cost, time constraints, lack of access to food and cooking equipment, disabilities, and homelessness. The majority reported having regular access to smartphones (70%), internet (60%), and were open to receiving nutrition education through social media (41%) and online videos (43%).

Conclusions: This study adds to the limited body of literature on nutrition education needs and potential strategies/foci of intervention for uninsured adults who rely on free health clinics. Results suggest nutrition interventions should work alongside clinics to address equipment and food access to facilitate the preparation and selection of healthier items. Additionally, future interventions could leverage online modalities to support and enhance in-person nutrition education offered through clinics.

Funding: None.

P139 A Trauma-Informed Approach to Charitable Food Distribution: The Nutrition Pantry Program

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Objective: This study's objective was to evaluate the change in environment, inventory, policies, services, and overall healthy scores of pantries in the Nutrition Pantry Program (NPP), a trauma-informed policy, systems, and environment (PSE) intervention.

Use of Theory or Research: One out of 8 Californians faces food insecurity and 1 out of 7 utilize food pantries. This population also faces higher rates of diet-related diseases and traumatic experiences related to food insecurity. NPP utilizes behavioral economics, trauma-informed principles, and the transtheoretical model of change to create environments that promote healthy choices and mitigate retraumatization.

Target Audience: NPP is open to all California pantries; participants included 53 pantries during 2018 and 2019 within the following settings: faith-based, higher-education, general social services, housing, and K-12.

Program Description: NPP provides a framework for pantries to provide trauma-informed nutrition security, and lasts on average 10 months. Pantries start by completing the Healthy Food Pantry Assessment Tool (HFPAT) and a client needs assessment and obtaining client feedback. Next, a personalized work-plan is created, and trainings, technical support, and resources are provided.

Evaluation Methods: The HFPAT is a validated survey used to evaluate PSE initiatives in pantries. Those using the tool viewed a 2-hour instructional webinar. Researchers analyzed pre- and post-HFPAT scores to evaluate the effectiveness of NPP on pantry practices.

Results: Fifty-three pantries completed a baseline HFPAT and 19 completed a follow-up HFPAT. On average, overall healthy scores increased by 9 points, with the most improvements in the "Food Distribution to Clients" and "Policies" sections. Sections with the lowest improvements include "Frozen Foods" and "Services for Clients."

Conclusions: When given a framework, technical support, and resources, pantries are able to improve their overall "healthy" score by using PSE and trauma-informed interventions. Pantries are, however, limited on changes requiring larger infrastructure investments, such as increased refrigeration/freezer space and increased staff time for support services.

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P140 Get the Good Stuff in NYC: Baseline Survey Findings of a Supermarket-Based Nutrition Incentive Program

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Objective: The objective of this study was to assess participant characteristics and evaluate usage of a fruit and vegetable (FV) incentive program for people with Supplemental Nutrition Assistance Program (SNAP) benefits at 4 supermarkets in New York City (NYC).

Use of Theory or Research: In 2017, NYC residents with low incomes reported consuming 1 serving less of FV per day on average than those with high incomes (3.1 vs 2.1). Cost is a barrier to healthy eating and research shows that financial incentives are a promising tool for making produce more affordable. A recent study demonstrated that offering a \$0.30 match on every SNAP dollar spent on FV resulted in nearly a quarter-cup increase in consumption.

Target Audience: NYC residents enrolled in SNAP at 4 participating supermarkets.

Program Description: Utilizing supermarkets' electronic point-of-sales systems and customer loyalty technology, participants get a dollar-for-dollar match on SNAP purchases of eligible FV. The electronic infrastructure streamlines incentive distribution and benefits are extended beyond fresh produce to frozen and canned FV and dried beans.

Evaluation Methods: At baseline, a 13-question survey collects participant demographics and supermarkets report incentive distribution and redemption monthly.

Results: From June 2019 through January 2020, 3,159 individuals enrolled in the program. The mean participant

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