O33 (continued)

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Background: A healthy home depends on parents' health behaviors, nutrition knowledge, food literacy skills, and confidence in making healthy choices. Parents who lack these foundational skills are ill-equipped to model and encourage healthy family habits. Additionally, when parents also face economic barriers that limit food access while struggling with foundational food knowledge and skills, the ability to create a healthy home is diminished even further. Therefore, parental nutrition education programs delivered within an emergency food pantry (EFP) are valuable in targeting food insecure populations. Despite the value of nutrition education programs, little is known about parents' perspectives and barriers that influence their understanding and application of nutrition education to successfully provide a healthful home food environment.

Objective: To explore the barriers to, perspectives on, and nutrition education needs to support healthy eating identified by food-insecure parents within an EFP.

Study Design, Setting, Participants: In Spring 2019, a qualitative descriptive study was conducted using focus groups with low-income parents recruited from a parenting class run by Catholic Social Services in southeastern Pennsylvania.

Measurable Outcome/Analysis: Interviews were audio-recorded and transcribed verbatim. Qualitative data were analyzed using a constant comparative method.

Results: Nine parents participated in the focus group (2 males and 7 females). Most were under 40 years-of-age, high school graduates, received federal nutrition assistance, and experienced food insecurity. Four themes emerged: 1) Cooking Confidence Deficit; 2) Healthy Meal Preparation Barriers; 3) Healthy Meal Acceptance Barriers; and 4) Meal Planning, Management, and Adaptability.

Conclusion: Emergent themes support the notion that limited food literacy impairs parents' ability to meet personal and familial nutrition needs. These findings also emphasize the need to develop and evaluate comprehensive and population-specific food literacy programs to promote community health within EFP settings.

Funding: Villanova University Fitzpatrick College of Nursing Research Grant.

O34 Change in Employment Status Due to the COVID-19 Pandemic, SNAP Participation, and Food Security Status

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Background: The onset of the COVID-19 pandemic resulted in record high unemployment rates that topped the Great Depression. As a result, the prevalence of food insecurity increased exponentially, with Blacks and Latinos experiencing disproportionately higher rates of food insecurity.

Objective: We examined associations between change in employment status due to the pandemic and food insecurity among a large sample of Black and Latino adults in a Midwestern state. Furthermore, we evaluated the role of Supplemental Nutrition Assistance Program (SNAP) participation to determine if it modified associations between change in employment status and food security status.

Study Design, Settings, and Participants: We analyzed cross-sectional survey data collected from a volunteer sample of 1,776 Black and Latino adults in 2 waves: May and June/July 2020.

Measurable Outcome/Analysis: Participants listed their change in employment status as follows: "lost job entirely", "employed, but had paid hours reduced", "employed, but anticipate job lost soon", or "no change". Participants self-reported SNAP participation status as yes or no and completed the USDA's 6-item U.S. Food Security Module to report food security status. We used logistic regression to assess the significance of associations after controlling for demographics.

Results: Approximately 15.4% of participants lost their job entirely, 25.7% were receiving SNAP benefits, and 16.4% were experiencing very low food security (VLFS). Change in employment (any type) was significantly associated with increased odds of VLFS after adjusting for demographics. Associations varied by SNAP status. Among SNAP participants, odds of VLFS were 2.91 times higher for those who lost their job compared to "no change" participants. Among non-participants, odds of VLFS were 4.58 times higher for those who lost their job.

Conclusion: We observed strong associations between complete job loss and food insecurity, which underscores the pandemic's impact on nutritionally vulnerable populations. The strength of associations varied by SNAP participation status.

Funding: None.

O35 Global Food and Nutrition Insecurity Due to COVID-19 over 2020: Perspectives from a Survey of Nutrition Educators Across 5 Continents

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