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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O35 (continued)

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Background: The COVID-19 pandemic disrupted agri-food and health systems, increasing the risk of food insecurity, malnutrition, and related health problems.

Objective: To develop a global pandemic impact picture around agri-food and health systems.

Study Design, Setting, Participants: Cross-sectional web-based survey with closed- and open-ended questions. Food, nutrition, and health researchers/practitioners from an international network were recruited as representatives of populations they serve. Two reminders to complete the survey were sent.

Measurable Outcome/Analysis: Groups vulnerable to food insecurity and government actions were mapped, along with the impact of the pandemic on food production, distribution, and access, and offer of nutrition services. Descriptive statistics and content analysis summarized the data.

Results: Thirty individuals from Africa, America, Asia, Oceania, and Europe responded (11.85%). Most were from nutrition and dietetics (43.3%) or medicine (26.7%), working in research (50%) and with >10 years experience (62.1%). Informal/temporary workers (83.3%), older adults with chronic diseases (73.3%) and children eligible for school meals (53.3%) were found to be vulnerable to food insecurity. Commonly cited government actions were support for hand sanitation (53.3%), assistance to school-aged children (46.7%) and direct food provision (43.3%). About 50% saw community-led actions as important solutions. Only 16.7% mentioned remote delivery of nutrition services in primary care. Open-ended questions revealed that economic shocks, reduced investment, lack of staff/staff illnesses, transit restrictions, markets/stores closure or panic buying contributed to food production/distribution constraints. Reduced food availability, with unemployment/reduced purchasing power, increased food costs, lack of food security programmes or food emergency services contributed to food/nutrition insecurity. Nutrition services were reduced, suspended, or deprioritised.

Conclusion: Several factors contributed to agri-food systems disruption and various government actions were implemented globally. Nutrition services offered in the healthcare context deserves further exploration. As the pandemic continue this provide a blueprint for a nutrition education/awareness programme to mitigate those risks based on knowledge gaps in policy and practice.

Funding: NNEdPro Global Centre for Nutrition and Health.

O36 College Students Cope to Achieve Food Security During the COVID-19 Pandemic

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Background: Feeding America estimates an additional 13.2 million people experienced food insecurity in 2020 as a result of the COVID-19 pandemic. College students have higher risk given their transitional life stage and lack of access to enablers of food security, including federal food assistance programs. This project investigates interpersonal and community-level factors of the social ecological model that affect food choices, self-efficacy, and coping mechanisms among food insecure college students during the pandemic.

Objective: Describe facilitators and barriers to food security among college students during the COVID-19 pandemic.

Study Design, Setting, Participants: After IRB approval was obtained, participants (n = 18) were interviewed via a video-conferencing platform to investigate interpersonal coping mechanisms related to food security. Inclusion criteria encompassed current enrollment, participation in the on-campus food pantry, and age less than 30 years. Interviews focused on students' food acquisition and utilization, experiences with food insecurity before and during the pandemic, and feelings of stress.

Measurable Outcomes/Analysis: Interviews were recorded, transcribed, and themed using a 2-coder method.

Results: Students identified lack of knowledge about food assistance programs, confusion over food assistance qualification, and lack of transportation to food assistance sites as perceived barriers to improving food security during the pandemic. Primary coping mechanisms and facilitators to obtaining food were food pantry utilization, social support through food sharing, participation in the Supplement Nutrition Assistance Program (SNAP), and engagement with community support programs.

Conclusion: COVID-19 has further exacerbated college students' vulnerability to food insecurity. College students have limited access to SNAP and rely on interpersonal relationships and community resources to maintain food security. Findings describe unique coping strategies to access food and identify strategies to improve college student food security during the pandemic.

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Research Methods & Food Systems

O37 Fruit and Vegetable Preparation Changes During and After Cost-Offset Community Supported Agriculture and Nutrition Education

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