O37 (continued)

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Background: Most adults and children in the US do not consume recommended levels of fruit and vegetables (FV). Providing subsidized or cost-offset community supported agriculture (CO-CSA) alongside nutrition education is 1 approach to increase FV intake among rural, low-income families.

Objective: This analysis assessed change in the frequency and method of FV preparation during and after a CO-CSA plus nutrition education intervention.

Study Design, Setting, Participants: Participants were caregivers in low-income households (<185% FPL) living in rural areas of 4 U.S. states (n = 148). Half-price weekly summer CSA shares of farm produce and 9 seasonal nutrition education lessons were provided. Attendance was recorded at lessons and other data were collected via online surveys at baseline, 1 season later, and 1 year later.

Measurable Outcome/Analysis: Outcomes included monthly frequency of preparing 9 different, seasonal FV for children's snacks and 6 different vegetables for dinner with preparation methods for each. Repeated measures ANOVA and pairwise comparisons with Bonferroni correction tested change in FV preparation frequency over time at 95% confidence. Moderation analysis assessed whether changes in FV preparation frequency varied by lesson attendance.

Results: At baseline, caregivers prepared fruit for snacks and vegetables for dinner almost every day, and vegetables for snacks every other day. Preparation frequency for total snack fruit, celery, cucumber, peppers, other vegetables, total snack vegetables, lettuce, cabbage, greens, squash, and total dinner vegetables all increased during the intervention; and, increases in vegetables for both snacks (celery, cucumber, and total) and dinner (greens and total) were maintained one-year later. At baseline, the majority of participants (>70%) reported using healthy methods to prepare vegetables, and no changes were observed over time. Observed increases in FV preparation frequency were not moderated by lesson attendance.

Conclusion: CO-CSA plus education was associated with increases in FV preparation frequency, increases in vegetable preparation were maintained 1 year later, but improvements were not associated with attending nutrition education.

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O38 How Seafood Says "Sustainable": A Content Analysis of Retail Package Labels

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Background: When harvested or raised within sustainable systems, products of domestic fisheries and aquaculture offer healthy, affordable seafood choices with minimal environmental impact that can help Americans meet dietary guidelines for seafood intake. However, some consumers hesitate to purchase seafood products, associating them with negative environmental impact, and adherence to intake recommendations remains low. Consistent sustainability labeling on seafood products could better signal environmental responsibility and encourage consumers toward increased intake.

Objective: To characterize label attributes indicative of sustainability on seafood packages.

Study Design, Setting, Participants: A content analysis of seafood package labels was conducted using the Label Insight product database. Characterized attributes included 320 terms and certifications documented on packages. From over 400,000 food products, 2,200 seafood packages were selected for inclusion based on type: salmon (n = 730), shrimp (n = 1,387), and oysters (n = 83). Mixed dishes were excluded.

Measurable Outcome/Analysis: Four trained coders characterized label attributes according to a priori themes, including sustainability. Total usage frequencies of sustainability-related labels, and frequencies of specific terms and certifications, were determined for each seafood type. Pearson chi-square analyses were conducted to evaluate statistical associations between seafood type and sustainability labeling practices.

Results: Thirty-eight attributes (11.9%) were coded as sustainability labels. Overall, more salmon (47.9%) and shrimp (47.6%) packages displayed sustainability labels than did oysters (26.5%), (χ^2 (2, N = 2,200) = 14.443, P = 0.001). Specific terms used varied by seafood type. Salmon (41.6%) and oyster (26.5%) packages displaying sustainability labels most frequently utilized unstandardized "environmental" terms, whereas shrimp packages (36%) most often displayed a third-party sustainability certification label. Lesser-used terms included planet friendly, responsibly produced, and responsibly caught.

Conclusion: While encouraging that nearly half the evaluated salmon and shrimp packages reference sustainability, use of terminology and certifications across and within seafood types is inconsistent. Future studies might investigate whether more frequent use of standardized sustainability labels measurably increases seafood purchase and consumption.

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O39 Validating the Campus Food Aid Self-Assessment Tool (C-FAST)

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Background: Recent studies have brought attention to college student food insecurity (FI), which is estimated to

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