P5 The Baltimore Urban Food Distribution (BUD) Pilot Study: A Food Systems Intervention Leveraging Technology and Community-Based Strategies

Emma Lewis, MS, elewis40@jhu.edu, Johns Hopkins Bloomberg School of Public Health, 615 North Wolfe St, Baltimore, MD, 21205; Lisa Poirier, MS, Johns Hopkins Bloomberg School of Public Health; Siyao Zhu, MS, Johns Hopkins Whiting School of Engineering; Nina Martin, PhD, Johns Hopkins Bloomberg School of Public Health; Antonio Trujillo, PhD, Johns Hopkins Bloomberg School of Public Health; Joel Gittelsohn, PhD, Johns Hopkins Bloomberg School of Public Health

Background: Under-resourced urban communities in the United States commonly lack access to healthy foods, largely due to a food system that favors the provision of calorie-dense processed foods to main food sources. The Baltimore Urban food Distribution (BUD) study is a multi-level, multi-component systems intervention that leverages technology to move fresh foods from local suppliers to corner stores located in food-scarce neighborhoods of Baltimore, Maryland.

Objective: To develop, pilot test, and evaluate the BUD application (app) among 1 producer and 2-3 corner stores.

Study Design, Setting, Participants: Formative research to design the BUD app began in 2016 and is ongoing. We will recruit 2-3 corner stores to participate in a first-round pilot test. These stores will receive subsidized kale and mustard greens through in-app purchasing and delivery directly from the supplier between May 1-July 31, 2021. Point-of-purchase marketing strategies (shelf-talkers, recipe cards, display cases) will increase consumer awareness and demand. Adobe Photoshop, Illustrator, and XD will aid in the design of the app user interface. Google Firebase will ensure security of in-app purchasing and data tracking.

Measurable Outcome/Analysis: This first-round pilot test will be evaluated pre- and post-intervention at the supplier- and retailer-levels using structured impact questionnaires, and open-ended questions. Quantitative analyses will assess number of promoted items ordered, stocked, and sold biweekly, and daily app usage, captured in-app.

Results: Stakeholders (n = 27) at multiple levels of the food system found a prototype of the app to have high feasibility for use, demonstrating particular support for collective purchasing and delivery. This pilot test will further identify psychosocial changes, biweekly stocking and sales data, daily app usage, and key challenges and strengths of the app.

Conclusion: BUD uniquely intervenes at multiple levels of the local food system. This first-round pilot test will inform a randomized controlled trial set to begin in Fall 2021 among a sample of 38 corner stores.

Funding: NIH.

P6 The Seed to Supper Online Program and Its Effect on Motivation to Consume Fruit and Vegetables Among Beginning Gardeners in New Mexico

Sally Cassady, MA, MPH, scassady@nmsu.edu, New Mexico State University, 1780 E University Ave, Las Cruces, NM, 88003

Objective: To assess whether Seed to Supper Online, an online, self-paced, beginning vegetable gardening program designed for adults gardening on a budget, impacts participants' motivation to consume more fruits and vegetables.

Use of Theory or Research: The Social Cognitive Theory guides the Seed to Supper Online program. Additionally, Seed to Supper Online was developed following the Quality Matters Standards.

Target Audience: Thirty-three adults who participated in Seed to Supper Online, a self-paced online course offered statewide in New Mexico.

Program Description: Using the Canvas course management system, Seed to Supper, traditionally a face-to-face program, was adapted and converted to an online self-paced program. The course consists of 7 modules that include lecture videos, hands on activities, quizzes, and self-reflection. Participants can optionally join a private Facebook group and bi-monthly live virtual Q&A sessions. Topics covered include planning, soil, planting, garden care, and harvesting.

Evaluation Methods: Participants completed an electronic pre and post intervention survey. The surveys collected information on participants' gardening experience, learning goals, and motivations regarding fruit and vegetable consumption.

Results: The survey showed positive results, with 90% of participants reporting they had more motivation to eat more fruits and vegetables after completing the Seed to Supper Online course.

Conclusion: The findings from this test suggest participating in the Seed to Supper Online course increases participants' motivation to eat fruits and vegetables, which may lead to increased fruit and vegetable consumption among adults.

Funding: Supplemental Nutrition Assistance Program - Education Expanded Food and Nutrition Program.

P7 You SNAP, We Match: Improving Food Access and Stimulating a Rural, Local Food System During a Public Health Crisis

Katherine Seals, MPH, kseals@agcenter.lsu.edu, LSU AgCenter, 202B Knapp Hall, Baton Rouge, LA, 70808; Jamila Freightman, BA, LSU AgCenter; Makenzie Miller, MS, LSU AgCenter; Denise Holston, PhD, LDN, RDN, LSU AgCenter

P7 (continued)

Objective: The objective of this study is to evaluate the implementation of a rural farmer's market You SNAP, We Match (YSWM) program during the COVID-19 pandemic.

Theory of Research: In 2018, the St. Helena Healthy Communities Coalition held a forum to develop strategies to improve community health.

Participants identified that a local farmer's market accepting Supplemental Nutrition Assistance Program (SNAP) benefits was no longer operational and reopening the market with SNAP would increase food access and improve community health.

Target Audience: SNAP recipients in a rural, majority Black parish in Louisiana.

Program Description: The St. Helena Farmer's Market YSWM program launched during the COVID-19 pandemic (July 2020), offering a \$3 match for fresh fruit and vegetables for every \$1 in SNAP benefits spent at the market.

Evaluation Methods: Observational data (customer counts, zip codes, and vendor sales) were collected at the market before and after the implementation of the YSWM program.

Results: Prior to implementation, the market averaged 33 customers per day. Five months following implementation, the market averaged 76 customers per day (+131.42%), and a total of \$6,6213 SNAP and "match" dollars were reinvested into the local food system. Market reach also expanded. Prior to YSWM implementation, a majority of customers (95%) resided in the same town as the market. Following implementation, 66% of market customers resided in the market town (with 5% coming from over 30 miles away). More than half of SNAP customers reported being first time customers, with 92% reported visiting the market specifically for SNAP.

Conclusion: Since implementation, the YSWM program has remained successful while confronting unique challenges. YSWM Program implementation generated an increase in market customers, a wider geographical reach, and increased access to fresh produce for surrounding communities during a public health crisis.

Funding: Center for Disease Control and Prevention.

Basic Food and Nutrition Knowledge

P8 Acceptance of Legumes as a Food Group Among Sri Lankan Young Adults

Hareeza Hoorul, BS, Wayamba University of Sri Lanka; Thushanthi Perera, PhD, MS, thushiperera@wyb.ac.lk, Wayamba University of Sri Lanka, Department of Applied Nutrition Faculty of Livestock, Fisheries and Nutrition Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, 60170

Background: Although legumes are a staple food worldwide, its consumption has seen a decline in recent times.

Objective: To evaluate the acceptance of legumes as a food group and to identify the levels of legume consumption among Sri Lankan young adults.

Study Design, Settings, Participants: A cross-sectional online survey focusing on the legume consumption patterns, perceived importance, benefits and barriers for consumption and remedies to promote legumes as a food group was evaluated from a conveniently selected group of undergraduate students (n = 180) of ages 19-24 in July 2020.

Measurable Outcome/Analysis: Legume consumers were subdivided based on their recent legume consumption pattern: those who consume below current dietary recommendation (<45g/d, low), those consume above current dietary recommendations; but below levels demonstrating nutritional and disease prevention benefits (45g and 87.5g/d, marginal), and at levels demonstrating nutritional and disease prevention benefits (>87.5g/d, disease prevention). The legume consumption groups were identified to evaluate their differences in consumption, perceived importance, benefits and barriers. The data from the online survey were analyzed using descriptive statistics rather than using significance testing.

Results: The majority were legume consumers (75%) and the mean intake of legume consumption was 114.64g/d, while consumption of lentils (48%) accounts for nearly half of the legume consumption compared to other legume varieties (52%). Most consumers belonged to the disease prevention consumer group (59%). Lentils were the most often consumed, followed by green legumes, chickpeas and green grams, which were most commonly consumed as a curry or either as a breakfast item. Consumers were well-aware of legumes' benefits as a good protein source and as a meat alternative and had fewer barriers for their consumption. The main barriers perceived by non-consumers and low consumers were the cost of legumes and preparation challenges.

Conclusion: The acceptance of legumes as a food group among the young adults was fair and the differences between consumption were due to poor knowledge about legumes' disease prevention benefits, legume and recipe variety, and legume preparation techniques.

Funding: None.

P9 Are Ultra-Processed Foods or Diet Quality Associated with Quality of Life Among Those with Celiac Disease or Other Americans?

Jennifer Cadenhead, PhD, RDN, jwc2151@tc.columbia.edu, Teacher College, Columbia University, 525 West 120th St, Box 137, New York, NY, 10027; Eurídice Martínez Steele, PhD, Universidade de São Paulo; Isobel Contento, PhD, Teachers College, Columbia University; Benjamin Lebowhl, MS, MD, Celiac Disease Center at Columbia University Medical Center; Peter Green, MD, Celiac Disease Center at Columbia University Medical Center; Randi Wolf, PhD, MPH, Teachers College, Columbia University