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

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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?

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