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 ($<45\text{g/d}$, 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 ($>87.5\text{g/d}$, 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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P9 (continued)

Background: The only known treatment for celiac disease (CeD), a common autoimmune disease, is a gluten-free (GF) diet – where strict adherence has been associated with improved quality of life (QOL).

Objective: To determine whether diet quality or ultra-processed food (UPF) consumption was associated with QOL in National Health and Nutrition Examination Survey (NHANES) and in a sample with CeD.

Study Design, Settings, Participants: A cross-sectional analysis of a sample of 50 adults (84% F) and 30 teens (80 % F) with CeD from a regional CeD-Center in a Northeastern American city was compared with three 2-year cycles (2009-14) of NHANES, 15,853 adults (51% F) and 2,304 teens (52% F), including individuals with CeD.

Measurable Outcome/Analysis: Diet quality using Alternate Mediterranean Diet (AMED) and level of UPF (% energy) using the NOVA classification system, were assessed using multiple 24-h diet recalls. All foods, even GF, were categorized. QOL was measured using 5 components of the CeD-specific QOL survey (CDQOL) – adult sample with CeD, the CeD-specific Pediatric – QOL (CDPQOL) – teen sample with CeD, and a general health-related QOL (HRQOL) survey - NHANES. Associations between diet quality and QOL were examined using ordinal logistic regression for the NHANES data, and ANCOVA for the smaller sample ($P < 0.05$).

Results: In NHANES, being in the highest versus lowest of 3 AMED categories, or lowest versus highest quintiles of UPF consumption, were ~2x more likely to have higher QOL, explaining ~8-10% of variance. Among the smaller teens sample with CeD, those in the highest versus lowest AMED tertile were more likely to have higher QOL, but no association was found in adults. Additionally, for all in the smaller sample with CeD, those in the lowest versus highest tertile of UPF were more likely to have higher QOL (some components). All $P < 0.05$.

Conclusion: Higher adherence to AMED and lower UPF consumption were associated with higher QOL in NHANES and less robustly in a smaller sample with CeD.

Funding: NIH Provost Investment Fund, Teachers College, Columbia University.

P10 Child Well-Being in the Context of Food Insecurity: A Nutritional Assessment of the Secret Meals for Hungry Children Program

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Background: In Tuscaloosa, Alabama, 19.8% of children currently experience food insecurity. To reduce the negative health outcomes associated with childhood food insecurity, West Alabama Food Bank (WAFB) distributes food to vulnerable children in elementary schools through their Secret Meals for Hungry Children program (SMP). This program ensures nutritional continuity over the weekend. There are no nutritional guidelines for the SMP

meals; however, WAFB aims to provide food items based on the Dietary Guidelines for Americans (DGA).

Objective: The objective of this pilot study was to determine the degree to which the nutritional content of the food distributed in the SMP by WAFB meets the nutritional guidelines as outlined by the 2020-2025 DGA.

Study Design, Setting, Participants: This study implemented an exploratory research design via qualitative and quantitative methods, including photos and nutrition label content analysis. Two qualitative interviews were conducted with WAFB leadership to contextualize the SMP.

Measurable Outcome/Analysis: Carbohydrates, protein and sodium content for the items in the SMP bag were compared to the DGA for children 4-8 years of age to determine if the contents sufficiently supplemented daily recommendations. Semi-structured interviews were analyzed in NVivo 12® and themes were identified.

Results: All 3 measures of nutrition (carbohydrates, protein, and sodium) comprised 89%, 78% and 68% of the recommended guidelines for a child 4-8 years of age, respectively. Two key themes arose from the interviews: SMP organization and SMP impact on children's level of food security and overall wellbeing.

Conclusion: The results indicate that the SMP, according to the DGA, fills the hunger gap for children experiencing food insecurity. SMP provisions were reported to improve overall behavior and functioning at school. These demonstrate the significance of supplemental meals with respect to enhancing behavioral and academic performance for children from vulnerable communities. The implementation of such programs may decrease inequities in learning and overall well-being.

Funding: None.

P11 Consumer Attention to Facts Up Front Labels on Similar Products with Different Serving Sizes

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Background: Facts Up Front (FUF) nutrition labels are used by food manufacturers to highlight selected nutrition information on the front of the package. Differences in serving sizes between similar products may go unnoticed by consumers, leading to misinterpretations of the nutritional information displayed in the FUF.

Objective: To examine consumer attention to FUF labels on 2 similar cereal products with differing serving sizes.

Study Design, Setting, Participants: Utilizing a nationally representative sample, 1,022 adults participated in an online survey.

Measurable Outcome/Analysis: Participants were shown images of 2 cereals with FUF labels that differed in serving size and nutrient amounts. Attention to the FUF

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