P43 (continued)

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Background: Unprecedented school closures during the COVID-19 pandemic brought into question the resilience capacity of school meal programs. Resilience capacity is defined as the capacity to endure shocks and stressors including absorptive capacity (persistence), adaptive capacity (incremental adjustment), and transformative capacity (change). Resilience Capacity Model assesses the resilience capacity of a system based on the actors and corresponding components of that system. Resilience capacity has been explored in school nutrition setting but a Resiliency Capacity Model addressing school meal provision is lacking.

Objective: Qualitative exploration of a Resilience Capacity Model to assess the resilience capacity of school meal programs.

Study Design, Settings, Participants: Assisted by PRISMA, a systematic evaluation of peer-reviewed full-text articles published between 2005-2020 was performed.

Measurable Outcome/Analysis: Qualitative and quantitative studies explored the effect of school meal programs or in-school interventions on child food security that accounts for resilience capacity of school meal programs. Thematic analysis was used to identify factors associated with strategies for building resilience capacity.

Results: Of 406 articles identified via online search, 32 full-text articles met inclusion criteria. Based on the systematic review and thematic analysis, it was found that strategies to build resilience include food availability, food accessibility, food quality, education, training, parent/teacher support, and administrative response. The Resilience Capacity Model to assess resilience capacity of school meal programs fits well in the context of school nutrition. This model can be used to assess whether the strategies adopted during unprecedented circumstances lead to a resilience or a vulnerability pathway.

Conclusion: The findings of the systematic review of literature support that Resilience Capacity Model that accounts for identified factors can be used to assess the resilience capacity of school meal programs. A systematic assessment of resilience capacity can help to improve school meal program operations in times of crisis or during/after disasters.

Funding: None.

P44 Costing a Sustainable, Basic 7-Day Menu: A Tool for Policymakers and Educators to Help Ensure Adequacy in Dietary Intake

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Background: Caritas Malta is a not-for-profit organisation which strives to eradicate poverty and promote a decent quality of life for the most vulnerable. Ensuring an accessible, appropriate, nutritious diet is 1 of its activities.

Objective: : A study was conducted by Caritas Malta in 2019-20 to establish A Minimum Essential Budget for a Decent Living (MEBDL), covering basic necessities for low-income households. This included the amount required for food. The goals were to offer evidence for food security policy development, and to produce a tool for counselling on food budgeting and meal planning.

Study Design, Settings, Participants: Three 7-day menus were created based on the Maltese national dietary guidelines, incorporating traditional dishes, whilst taking into account contemporary lifestyles. The menus included 3 meals and 2 snacks daily and met the nutritional needs of 3 configurations of low-income households (2 adults and 2 children, 1 adult and 2 children, 2 elderly persons). Feedback on the menus was obtained from representatives of these target households during 1-to-1 or focus group interviews.

Measurable Outcome/Analysis: The 3 7-day menus were costed in a supermarket having moderate prices. Local, fresh, healthy ingredients were opted for as far as possible. The cost of food aid packages distributed to low-income households as part of national food security programmes was deducted from each of the 3 menu totals.

Results: The monthly cost of the 3 menus were €593.45, €430.65 and €281.24 for the households comprising 2 adults and 2 children, 1 adult and 2 children, and 2 elderly persons, respectively. This food cost corresponded to 41% to 51% of the total MEBDL. When the cost of eating out once a month was added (simple meal or snacks) this increased the cost by €10 per person.

Conclusion: In low-income households, food accounts for a high share of total expenses. Nutrition educators have a key role in providing guidance to policymakers, and advice to households, on maximising nutrient density in dietary intake based on income.

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P45 Do “Natural” and Other Clean Labels Detract from more Regulated Food Labels?

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Background: “Clean labeling” is a food industry trend characterized by simpler ingredients and front of package marketing statements that attract health-oriented consumers looking for more natural foods. Many clean labels, including “all natural” are not clearly defined, nor regulated, and have the potential to detract from food labels that are regulated by the FDA and/or USDA.

Objective: To compare consumer use of federally regulated (organic) and unregulated (natural) food labels, and to determine whether use of these labels is associated with demographic characteristics.

Continued on page S45