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forward to the sessions, and seemed more relaxed during these mealtimes.

Conclusion: The CSS Lunch Clinic shows potential as a way to create a more enjoyable environment for the clients during mealtimes. Limitations included difficulty creating quantitative measurements to assess the eating pace and obtaining feedback from nonverbal clients. Future iterations of this program will continue to use staff observations as a primary research tool, a qualitative alternative to assess eating behavior.

Funding: None.

P104 Using a Common Evaluation and Data Management System to Explore Impact Across Youth Nutrition Education Programs

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Objective: Demonstrate aggregate and funding specific program impact.

Use of Theory or Research: Using common instruments across programs helps show impact on outcomes related to participants' knowledge, skills, attitudes, and behaviors (Payne & McDonald, 2015). A subset of programming used teen teachers and studies indicate teens are better able to connect with younger youth (Ripberger & Blalock, 2011; Smith, 2014).

Target Audience: Youth (3rd grade+) participating in 6 hours or more of nutrition and physical activity programming.

Program Description: Extension professionals educated youth (83% elementary audiences) across 23 counties. Settings included out-of-school time programs, community sites, schools, and youth organizations.

Evaluation Methods: Program evaluations were included if there was a pre/post matched program activity ID and the National 4-H Common Measures Healthy Living survey tool was used (14 pre-post items). Four groups were compared: non-grant funded (NGF), teens as teachers (TT), Supplemental Nutrition Assistance Program-Education (SNAP-Ed), and SNAP-Ed and TT (SNAP-Ed/TT). Significant, positive differences are reported ($P < 0.05$) based on 2 related samples, Wilcoxon signed ranks test using SPSS.

Results: Overall, youth ($n = 1544$) reported significant differences in 50% of items: planning/awareness around healthy eating and activity habits and confidence in food safety and preparation skills. NGF youth ($n = 101$) reported significant differences in 28% of items: planning around healthy eating and activity habits and recipe preparation

confidence. TT youth ($n = 871$) reported significant differences in 43% of items: planning to drink the recommended amount of water, eating breakfast more, awareness of activity and screen time, and food safety practices. SNAP-Ed youth ($n = 325$) reported significant differences in 14% of items: awareness of screen time and recipe preparation confidence. SNAP-Ed/TT youth ($n = 247$) reported significant differences across 100% of items.

Conclusion: Using a common evaluation and centralized reporting system helped better document youth impact across funding sources. Further investigation is needed regarding feasibility of incorporating teens as teachers into more programming and how funding influences curriculum fidelity and quality of instruction.

Funding: Supplemental Nutrition Assistance Program – Education, National 4-H Council and Walmart Foundation.

Nutrition Education Research Methods

P105 Assessment of Consumption and Nutritional Intake of Food Box Program During COVID-19

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Background: The COVID-19 pandemic has dramatically increased food insecurity in the United States. In response to the growing need, food banks and soup kitchens across New York City have adapted by distributing free food boxes in high-need communities. While program evaluations have largely focused on distribution, no study has assessed the consumption of the contents of these boxes and their impact on increasing nutrition.

Objective: This study aimed to evaluate the consumption and nutritional impact of food boxes provided by World Central Kitchen on recipients in New York City.

Study Design, Setting, Participants: A study of 391 food box recipients was conducted across 4 New York City boroughs from July 13-September 18, 2020. Key informants identified communities with high food insecurity. A phone survey was conducted by WCK staff to participants waiting in line to receive a food box. Boxes contained either fresh fruits and vegetables only or fresh produce and dairy. Contents were included because of their nutritional values.

Measurable Outcome/Analysis: Survey responses were imported into a data frame and analyzed to understand consumption and nutritional impact of food boxes. Variables of interest included: demographics, household size, if they were the primary cook in their home, most and least preferred item(s) in the box, items they wished were included, quantity of the box consumed, and reason for unused items.

Results: Of the 391 survey participants, the contents of the food boxes reached 1,398 individuals. Moreover, 90%

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of participants consumed all of the box's contents, increasing their nutrition.

Conclusion: The high percentage of WCK food boxes completely consumed suggests that boxes offering fruits and vegetables are an effective intervention in improving nutrition for recipients. These findings have important implications for shaping nutritional guidance of future food box programs.

Funding: None.

P106 Evidence-Based Extension Education: Self-Reported Knowledge, Practice, and Attitudes of Nutrition Educators

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Background: Excellence in nutrition education requires a strong base in research evidence. While evidence-based practice is recognized as essential for nutrition education programming, little research in this area has targeted nutrition educators.

Objective: The aim of the study was to evaluate the perceived knowledge, skills, abilities, attitudes, and activities of nutrition extension educators related to evidence-based practice.

Study Design, Settings, Participant: Family and consumer sciences (FCS) extension agents in Florida were surveyed using an online, modified version of the Evidence-based Practice Questionnaire (EBPQ) through Qualtrics.

Measurable Outcomes/Analysis: Evidence-based practice activities over the past year (1 = never to 7 = frequently), attitudes towards evidence-based practice (1 = very negative to 7 = very positive agreement), and knowledge, skills and abilities related to evidence-based practice (1 = poor to 5 = excellent) were rated. Preferred sources of evidence-based nutrition information also were queried.

Results: Of the 85 nutrition educators surveyed, 20 FCS agents completed the survey. Regarding undertaking evidence-based practice activities to address gaps in knowledge, participants reported a rating of 5.2 ± 1.5 (mean $\pm$ SD). Attitudes were rated at 5.7 ± 1.5 and perceived knowledge, skills and abilities averaged 3.6 ± 0.8 . Sources of evidence-based information included professional organizations (American Diabetes Association, American Heart Association, Academy of Nutrition and Dietetics, and the Society of Nutrition Education and Behavior), government departments (U.S. Department of Agriculture), university-approved curriculum and online resources, reputable domain names (.edu, .org, and .gov), nutrition journals, and state extension specialists.

Conclusion: FCS extension agents reported applying evidence-based practice activities to support their nutrition extension programming and very positive attitudes towards evidence-based nutrition education. However, lower ratings of perceived knowledge, skills and abilities

suggest a need for professional development opportunities related to evidence-based practice.

Funding: None.

P107 Predictors of Food and Water Stockpiling During the COVID-19 Pandemic

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Background: The early months of the COVID-19 pandemic brought about significant disruptions in food supply chains, which increased consumers' concern about possible food shortages and price gouging. To ensure personal food security, many consumers began stockpiling food and water in unusually large amounts.

Objective: The goal of this study was to investigate individual- and household-level predictors of food and water stockpiling (FWS) in the early months of the COVID-19 pandemic among Non-Latino Black and Latino adults.

Study Design, Settings, and Participants: This study was a secondary analysis of cross-sectional survey data. Participants were 2,174 Non-Latino Black (66.4%) and Latino (33.6%) adults residing in a Midwestern state, who completed the survey in either May or June/July 2020.

Measurable Outcome/Analysis: Participants were asked to self-report (yes or no) if they stockpiled food and/or water in the prior 7 days in response to the pandemic. A variety of variables was examined, including education level, annual income, employment status, concerns about COVID-19, and self-quarantine status. Crude and adjusted logistic regressions were used to identify variables associated with FWS.

Results: Non-Latino Black participants had lower odds of reporting FWS compared to Latinos (OR 0.64; 95% CI, 0.51-0.79). Similarly, participants who were not concerned about COVID-19 had lower odds of FWS compared with those extremely concerned (OR 0.37; 95% CI, 0.20 – 0.71). In contrast, odds of FWS were higher among participants who were self-quarantining all the time compared to those who were not (OR 2.16; 95% CI, 1.31 – 3.59).

Conclusion: Results showed that Latinos, adults concerned about COVID-19, and self-quarantine status had significantly higher odds of FWS during the pandemic.

Funding: None.

P108 Representation of Older Adults in Nutrition Education and Behavior Published Literature

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