NP19 (continued)

of building a more efficient and effective childhood obesity prevention program.

**Evaluation:** Using a factorial study design, we will examine the efficacy of 4 components: classroom curriculum designed to increase children’s nutrition knowledge, increase children’s active play and to improve children’s emotional, behavioral and energy intake regulation, in addition to a parenting component that reinforces the messages outlined in the classroom curricula by providing guidance on ways to increase/improve child outcomes. Evaluation plans will be outlined.

**Conclusions and Implications:** Testing the efficacy of each intervention component separately and together will allow us to design the most efficient, efficacious and cost-effective intervention.

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NP20 Process Evaluation of the Smarter Lunchrooms Randomized Controlled Trial: Years 1-3

Alisha Gaines, PhD, CHES, againes@cornell.edu, Cornell University, Division of Nutritional Sciences, 342A Martha Van Rensselaer Hall, Ithaca, NY 14853; A. Gaines, PhD; T. F. Hill, MPH; L. N. Thomas, PhD; D. R. Just, PhD; B. Wansink, PhD; J. S. Dollahite, PhD

**Objective:** To conduct a process evaluation of the Smarter Lunchrooms randomized controlled trial based in middle school cafeterias and designed to improve students’ fruit, vegetable, and unflavored milk selection and consumption through small, low cost environmental changes.

**Description:** Throughout the 2013-2015 school years, fruit, vegetable, and milk protocols were tested separately and then in combination in a total of 24 public middle schools in New York State. Campus and school staff worked with local Cooperative Extension agents to implement changes. An adapted RE-AIM framework was used to monitor protocol fidelity, determine protocol maintenance post-intervention, and identify facilitators and barriers to implementation.

**Evaluation:** Pre-, mid-, and post-intervention cafeteria audits were used to generate semi-quantitative measures of protocol implementation and maintenance. Training materials and associated evaluations, environmental assessments, and semi-structured interviews with Cooperative Extension agents, food service directors, and cafeteria managers were analyzed using qualitative techniques to identify themes related to facilitators, barriers, and opportunities for improving intervention delivery.

**Conclusions and Implications:** Analyses revealed varied fidelity to and limited maintenance of intervention protocols. Progression records and evaluations indicated consistent satisfaction with trainings provided to Cooperative Extension and school staff. Implementation challenges were typically related to limitations of cafeteria structures or school staff motivation. These data highlighted targets for intervention redesign, for example, enhanced communication among all participating staff and increased efforts to fostering school staff buy-in. Findings will also strengthen interpretation of outcome data. Results will be useful for supporting nationwide Smarter Lunchroom efforts and should offer insight for other school-based environmental interventions.

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NP21 Development of a Mindful Eating Intervention Among Elementary School Children and Their Parents

Keiko Goto, PhD, kgoto@csuchico.edu, California State University, Chico, 400 West 1st Street, Chico, CA 95929; C. Wolff, PhD, RD, MPA; J. Giampaoli, PhD, RD; B. Seipel, PhD; A. Wylie, BA; S. Pierson, BA

**Objective:** The current study examined the feasibility and appropriateness of proposed activities for a mindful eating intervention among third through fifth grade children and their parents in northern California.

**Description:** Four focus groups and a parent workshop were conducted with parents of children from a low-income elementary school.

**Evaluation:** Study results revealed that parents valued mindful eating practices and demonstrated openness to learning mindful food parenting skills. Parents also showed a desire to obtain simple and healthy recipes and involve their children in mindful cooking at home.

**Conclusions and Implications:** Six monthly mindful eating lessons and activities for classroom implementation, as well as mindful eating activities for use by parents and children at home, were developed and evaluated by a professional panel. Mindful eating practice topics include: enjoying sensory aspects of food, hunger and fullness awareness, emotional awareness, limiting environmental distractions that promote mindless eating, identifying resources and individuals involved in producing food, and preparing and eating cultural dishes together as a family.

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NP22 Smarter Lunchrooms Randomized Control Trial: Results From Year 3

Katherine Greene, MPH, kng29@cornell.edu, Cornell University, 475 Warren Hall, Ithaca, NY 14853; G. Gabrielyan, PhD; A. Brumberg, J. Dollahite, PhD; D. R. Just, PhD; B. Wansink, PhD

**Objective:** In Year 3, the objective was to determine the impact of combining multiple Smarter Lunchroom interventions on the selection and consumption of healthy food items in the school lunchroom. This design was informed by the positive results of single Smarter Lunchroom protocols in Year 2.

**Description:** In partnership with Cornell Cooperative Extension, 11 middle schools from urban and rural...
districts in Western New York participated in the project during the 2014-2015 school year. Using a cross-over design, 5 schools received the intervention in the fall, and 6 schools received the intervention in the spring. The intervention combined Smarter Lunchroom protocols targeted at increasing the convenience, visibility, and attractiveness of fruits, vegetables, and white milk.

**Evaluation:** Selection, waste, and consumption of food items were measured by trained researchers using the quarter-waste method of visual estimation to determine tray waste. Results were compared between treatment and control schools.

**Conclusions and Implications:** Early results show that the interventions had a positive effect on fruit selection and waste. These results indicate that students both selected and ate more fruits. Some of the schools also saw positive effects on the waste of vegetables and white milk, indicating that students at these schools also ate more of these items.

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**NP24 Purchases Made With a Fruit and Vegetable Voucher Among Mexican-Heritage Households**

Megan Hanbury, PhD, meagan.hanbury@gmail.com, University of California Davis, 328 D Street, Davis, CA 95616; R. Gomez-Camacho, PhD; E. Tseregounis, PhD

**Objective:** This poster analyzes purchases made with a fruit and vegetable voucher by participants in the Ninos Sanos, Familia Sana study. This analysis emphasizes household consumption strategies and practices and associates purchasing patterns with household characteristics.

**Description:** Researchers used grocery store scanning systems, receipts, and surveys to collect data over 3 years. Food purchase data is used to analyze timing of benefit use, household budgeting, and purchasing trends.

**Evaluation:** Descriptive and regression analyses were used to evaluate the purchasing behavior of participants receiving a $25 monthly voucher.

**Conclusions and Implications:** Families with limited income and barriers to food access use multiple strategies to smooth consumption throughout the month. Data from surveys indicate families complete different visits to multiple vendors to acquire different types of food. Price, budget, and perception of perishability influence frequency of grocery shopping trips. Among foods purchased with the voucher, fresh fruits were the most commonly purchased subgroup. Culturally relevant foods were also frequently purchased. Dark green and red/orange vegetables accounted for a low percentage of purchases.

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