

## O16 (continued)

10 Experimental Drivers of Behavior Change, identifiers of behavioral and attitudinal changes. Participant post-survey and instructor interviews assessed capabilities and barriers to participation.

**Measurable Outcome/Analysis:** Session observation measured attendance, cooking with instructor, instructor's use of visual aids. Post served measured youth attitudes and behaviors.

**Results:** Instructors (91.6%) used new visual aids to facilitate virtual learning (PowerPoints/videos). Adolescents attended a mean of 8.2 of 12 sessions. The percentage of adolescents cooking with the instructor was 37.3%. The post-survey (n = 28) revealed 92.9% of adolescents felt empowered to prepare meals on their own; 57.1% reported regularly trying to get more 'colors' of fruits/vegetables in their meals. Difficulty obtaining ingredients was the largest participation barrier (42.9%). An average of 8.4 of the 10 Experiential Drivers of Behavior change were used in these virtual sessions. Instructor interviews revealed 100% felt they were effective in supporting students to cook at home and 90% reported advantages of students using home kitchens.

**Conclusions:** Virtual live culinary education elicited student participation and skills development, despite barriers of online education. Educators found students being in their own home kitchens facilitated their ability to develop the targeted culinary/life skills and adopt them in their lifestyle more quickly than in classroom instruction. These positive findings suggest future evaluation of virtual culinary nutrition education is warranted.

**Funding:** None.

## Tech Equity Applied to Food Systems

### O17 Current Use and Demand for Digital Tools to Enhance Food Pantry Management: Findings from a Nationwide Survey

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**Background:** Food insecurity has skyrocketed during the COVID-19 pandemic, compounded by critical limitations and unparalleled needs at food pantries. Interconnectivity between food pantry staff and clients is vital to food security. Digital tools are widely used in public health;

however, little is known about current use or desire for digital tools in food pantry settings.

**Objective:** To define types of digital tools currently used for pantry management and identify gaps and interest in specific digital tool features to enhance pantry management.

**Study Design, Setting, Participants:** A cross-sectional online survey of U.S. food pantries was disseminated from January-May 2022. Using the foodpantries.org database, every tenth food pantry in each state was recruited via email and asked to complete the survey via Google Forms. The response rate was 27.4% (n=283/1,032). Most respondents (64.5%) identified as food pantry directors.

**Measurable Outcome/Analysis:** Descriptive statistics were used to characterize pantry location, size (pounds of food distributed), number of staff and volunteers (SV), use of a client choice model, and to describe the current tools used by pantries for multiple aspects of management.

**Results:** A majority (54.8%) of respondents represented large food pantries. Pantry-specific digital applications were rarely used. Instead, respondents reported using word-of-mouth and email to recruit SV, phone calls and emails for SV scheduling, and in-person classes for SV trainings. Clients were most often contacted via phone or email. There was high demand for an app for SV scheduling (50.2%), providing a safe, remote version of client choice (42.4%), client registration (35.7%), client and SV communications (35.0%), and connecting with nearby emergency services (22.3%).

**Conclusions:** Food pantry directors desired an app to support SV management, SV and client communication, safe client choice, and connection to emergency services. Future app development to enhance food pantry management and optimize food distribution is greatly needed.

**Funding:** None.

### O18 Restaurant-Based Programming to Improve Healthy Food Access: Eat Fit Program Impact and Factors that Influence Adoption

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**Objective:** We examined the impact of the Eat Fit program (EF) on healthy food access for customers and restaurant manager/owner factors that contribute to program adoption.

**Use of Theory or Research:** Social cognitive theory informed constructs measured regarding restaurant manager/owner factors that contributed to program adoption.

**Target Audience:** Restaurant owner/managers and customers in New Orleans, Louisiana

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