COVID-19 Impact on the Financial and Food Situations of South Carolinians Participating in a SNAP-Ed Produce Box Intervention

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Background: COVID-19 was declared a global pandemic in March 2020. Although national measures were enacted aimed at mitigating financial and food hardships during the pandemic, more investigation is needed to understand how much and in what ways households were impacted.

Objective: The study explored if and how the financial and food situations of produce box customers in South Carolina (SC) changed during COVID-19.

Study Design, Settings, Participants: A convenience sample of 187 customers from FoodShare SC, a SNAP-Ed intervention, participated in this mixed methods study.

Measurable Outcome/Analysis: Participants were asked separately to what degree COVID-19 changed their financial and food situations and the data were analyzed to determine proportions of the sample who affirmed each response option. An open-ended question asked respondents to explain their responses and the data were analyzed to apply sentiment coding and identify themes.

Results: Most commonly, respondents reported that COVID-19 did not change (25%) or greatly changed (30%) their financial situations. Responses for food situations were more equally distributed across response options ranging from somewhat (22%) as the most and a little (18%) as the least confirmed. Sentiment coding demonstrated negative financial and food situation impacts among more than half the sample (56% and 63%, respectively). A theme specific to financial impacts centered on employment and food impacts on availability, while health and safety and money were cross-cutting themes. For those that reported positive or unchanged financial (23%) or food (21%) situations, a cross-cutting theme was participation in assistance programs, including FoodShare SC, while a theme unique to financial was employment and to food were diet and food shopping.

Conclusion: Of respondents who reported unchanged or positive impacts to their food and financial situations during COVID-19, most attributed this to participating in assistance programs, including FoodShare SC. Ensuring all eligible people access support programs could serve as protective during future public health emergencies. Systems changes should be integrated within SNAP-Ed food access interventions to connect participants to other resources.

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Exploring the Intention to Adopt Plant-Based Diets Among Young Korean Adults in Their 20s: Focusing on Barriers and Benefits

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Background: Transitioning to plant-based diets has gained substantial attention.

Objective: We aimed to explore young Korean adults' intention to adopt plant-based diets, focusing on perceived barriers and benefits.

Study Design, Settings, Participants: An online survey was conducted during April 2022 among young Korean adults in their 20s and 1,478 responses were collected. A survey questionnaire was developed to include participants' intention to adopt plant-based diets, perceived barriers and benefits, and socio-demographics.

Measurable Outcome/Analysis: ANOVA and t-test were run to analyze differences in participants' intention to adopt plant-based diets across socio-demographics. A logistic regression was conducted to determine the factors affecting such intention, focusing on barriers and benefits. SPSS was used for the analyses at α ≤ 0.05.

Results: Participants' intention to adopt plant-based diets significantly differed across socio-demographics. Those who were female; employees; with education level above college/university graduation were more likely to have such intention, while those who had monthly income level below < USD 899 were less likely to do so. The averages of perceived barriers scored the highest in information barrier followed by well-being > convenience > personal belief > health barriers, while those of perceived benefits did the highest in health benefits followed by ethical > well-being > convenience and financial benefits. The result of logistic regression showed that the intention to adopt plant-based diets was significantly influenced by gender, BMI, perceived barrier (Well-Being barrier) and benefits (Health, Well-Being and Ethical benefits). Females were 2.02 times as likely as males, and those of overweight/obesity were 1.80 times as likely as those of underweight to have such intention. Those who highly perceived well-being barrier were less likely to have such intention (0.667 times), while those who highly perceived health, well-being and ethical benefits were more likely to do so (1.71, 1.42, and 1.31 times, respectively).

Conclusion: The results imply that health, well-being and ethical benefits and well-being barrier tend to signifi-

Continued on page 4
cantly affect the intention toward adopting plant-based diets.

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**Exploring the Willingness to Reduce Meat Consumption Among Young Korean Adults in Their 20s**

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**Background:** High meat consumption is associated with adverse impacts on sustainable food systems.

**Objective:** We aimed to explore young Korean adults’ willingness to reduce meat consumption.

**Study Design, Settings, Participants:** An online survey was conducted during April 2022 among young Korean adults in their 20s and 1,478 responses were collected. A survey questionnaire was developed to include participants’ willingness to reduce meat consumption, meat attachment (Hedonism, Affinity, Entitlement, Dependence), and socio-demographics.

**Measurable Outcome/Analysis:** Respondents were divided into two groups according to their willingness to reduce meat consumption (Yes- or No-willingness group). The distributive differences among these two groups were analyzed using a chi-squared test across participants’ socio-demographics. Independent samples t-test was used to analyze the differences in meat attachment among these two groups. Hierarchical logistic regressions were conducted to predict the associations between the willingness to reduce meat consumption and meat attachment, controlling for participants’ socio-demographics. SPSS was used for the analyses at α ≤ 0.05.

**Results:** The results showed that those who were females, college/university graduated or employed were more likely to have the willingness to reduce meat consumption. The averages of meat attachment scored the highest in Hedonism followed by Entitlement > Dependence > Affinity. Among the “Yes-willingness” group, Hedonism, Entitlement, and Dependence were significantly lower, whilst Affinity was higher. The results of hierarchical logistic regressions revealed that the willingness to reduce meat consumption was significantly influenced by participants’ gender, and meat attachment. Females were generally more than two times as likely as males to have the willingness to reduce meat consumption. Those who highly perceived Hedonism, Entitlement, and Dependence were less likely to have such willingness (0.496, 0.550, and 0.486 times, respectively), while those who highly perceived Affinity were more likely to do so (2.235 times).

**Conclusion:** The results imply that gender and meat attachment tend to significantly affect the willingness to reduce meat consumption among young Korean adults.

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**Farm Clinic (F2C): A Food Recovery Produce Rx Model to Reduce Food Loss Connecting Under-Resourced Patients With Local Produce**

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**Objective:** Improve access to diverse local produce for under-served communities through the Farm2Clinic (F2C) food recovery produce prescription model.

**Use of Theory or Research:** Previous studies have estimated more than 50% of commercial farm crops are of edible and nutritious quality but unmarketable and may be left unharvested in the field. Tax deductions are available to incentivize farmers to work with food recovery groups and donate produce. However, organizations overseeing the logistics of connecting donated food to under-resourced communities are limited.

**Target Audience:** Uninsured patients at risk for poor nutrition, food insecurity, or a chronic disease who receive care at safety-net clinics in rural Eastern North Carolina.

**Program Description:** The F2C model founded in 2019, seeks to recover and connect unharvested, fresh, local produce with under-resourced communities at risk for poor nutrition and related health disparities. Produce is recovered through collaboration with the Society of St. Andrew, a gleaning and food recovery group. Recovered produce is connected to patient participants via a range of F2C implemented programs including home delivery, pick-up on-site at clinics, and community-based nutrition education classes.

**Evaluation Methods:** F2C record logs were reviewed regarding the type and quantity of produce connected to patients, number of patients, clinics, and counties served and annual program survey results regarding use of food.

**Results:** Since the founding of F2C, over 100,000 pounds of produce including: sweet potatoes, strawberries, bell peppers, tomatoes, zucchini, squash, collards, kale, turnips, green beans, and cabbage were recovered and connected with over 1000 patients across 6 clinics serving 13 counties. F2C participants consistently report consuming the majority of produce (All or > 75%).

**Conclusion:** The F2C model has recovered a substantial diversity and quantity of produce and connected it directly to individuals with lower resources while mitigating food loss from the field. The F2C model aligns with the U.S. Department of Agriculture and Environmental Protection Agency 2030 Food Loss and Waste Reduction Goal and the United Nations Sustainable Development Goal 12.

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**Imperial County Farm-to-School Community Engagement Initiative**

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**Objective:** To bring together stakeholders from the distinct parts of the food system to increase the capacity for...