Wang (continued)

**Objective:** To explore senior clients’ perceived barriers of utilizing an urban CFA program and to identify solutions to reduce access barriers for this population.

**Study Design, Settings, Participants:** The research team and a large urban CFA program, that serves >1000 households/week and utilizes a pre-packed food distribution model, developed a focus group questionnaire based on the Five A’s of Access framework. Staff recruited senior clients that seldom used their program (n=35) to participate in five focus group sessions in 2022.

**Measurable Outcome/Analysis:** Focus groups were audio-recorded and transcribed verbatim. Two coders used an inductive thematic analysis approach to identify common themes and subthemes.

**Results:** Participants described negative and positive attributes that fell under all Access domains. For perceived barriers, participants mentioned that they lacked personal transportation or relied on family/friends to pick up food, pre-packed food items misaligned with personal or health preferences, and were confused around food distribution procedures. For positives, participants expressed gratitude for the organization and appreciated the friendly staff and volunteers. Suggestions to improve the CFA program included implementing a client-choice model, reducing canned foods, and increasing distribution of fresh produce, meat, and seafood.

**Conclusion:** Although participants valued the atmosphere of mutual respect of this CFA program, they might show higher CFA utilization rates if transportation and food acceptability barriers are addressed. Recognizing that CFA programs are pressured to balance limited resources with client needs, future studies should focus on strategies that could address all dimensions of food access while considering resource constraints.

**Funding:** San Jose State University Circle of Friends Scholarship Awardees; Sunnyvale Community Services

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**SuperShelf Transformation: Centering Equity in a Predominantly African American Community**

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**Objective:** To move towards a food system where all people thrive, a multi-sector partnership of state agencies, University of Minnesota, hunger relief and health care entities joined forces to build an evidence informed model (SuperShelf) for transforming food shelves across Minnesota. This presentation highlights a SuperShelf transformation in one urban food shelf serving predominantly African Americans. The objectives were to 1) respect the dignity of food shelf clients, 2) create a welcoming environment for African American community members, 3) increase access to healthy, cultural foods, and 4) increase the cultural humility of food shelf managers and volunteers.

**Use of Theory or Research:** Behavioral Economics (setting up the environment to make healthier choices easiest, such as offering fresh, culturally desirable fruits and vegetables attractively up front), Social Determinants of Health/Systems Approaches (considering systemic factors limiting healthy choices in the neighborhood).

**Target Audience:** This curriculum focused on food shelf managers, volunteers and clients.

**Program Description:** SNAP-Ed Educators worked with food shelf managers to provide clients with healthy food choices, to identify and source more culturally desirable healthy foods, and to increase the variety of fresh produce offered. They connected the managers with funding for equipment to better display healthy foods, and with culturally, visually appealing signage and artwork for the space. Clients were surveyed regarding their food preferences, challenges, and experiences. Managers and volunteers were trained in cultural humility, client choice, and being welcoming and respectful.

**Evaluation Methods:** Biennial Statewide Food Shelf Survey (client surveys, food manager interviews), food shelf observations.

**Results:** This particular food shelf showed an increase in the African American community’s engagement in the food shelf, more culturally appropriate foods being offered, an increase in client choice, and a more welcoming environment.

**Conclusion:** The success of SuperShelf has generated interest of many partners, including forty local public health organizations (covering 46% of counties in MN) adding SuperShelf in their 2023 work plans. SuperShelf successes and challenges presented are relevant for food shelves beyond Minnesota.

**Funding:** Supplemental Nutrition Assistance Program – Education; Minnesota Department of Health

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**Wasted Food Listening Sessions: Understanding Citizens’ Attitudes And Behaviors**

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**Background:** It is estimated that about 25% of food brought into homes is not consumed and that approximately 40% of food is wasted. The issue of wasted food is getting renewed attention from a diverse group of researchers. The consequences of wasted food are complex and far reaching. More recently with the concern around climate change, wasted food contributes to greenhouse gas emissions in multiple ways.

**Objective:** Listening sessions were conducted to identify attitudes toward and awareness of wasted food and current household practices to reduce food waste. We sought to identify opportunities and motivators to modify behavior to reduce waste.

**Study Design, Settings, Participants:** We conducted 5 one-hour listening sessions, two sessions were in person

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