bears. Access to safe and clean water is a major concern for several participants, with some noting the need to purchase bottled water in large quantities or utilize filtered water. The majority of participants are interested in receiving more information about ingredients and nutrients in specific beverages, long-term impacts of consuming sugary drinks, and benefits of consuming healthier beverages such as water.

**Conclusion:** Beverage consumption patterns are a topic of high interest among SNAP-eligible Alabamians. Feedback from focus group participants was enlightening and will help to advise future iterations of ACES’ social marketing campaign around beverage consumption.

**Funding:** Supplemental Nutrition Assistance Program - Education

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**Fostering Nourished Families: Outcomes Research on Nutrition Training for Foster Parents**

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**Objective:** To evaluate the implementation of Fostering Nourished Families, a nutrition training for resource (foster) parents.

**Use of Theory or Research:** Resource (foster) parents lack clear and stress-relieving guidance on healthfully feeding children. The curriculum centered research on nutrition for socio-emotional and physical wellbeing, resource management, child feeding best practices, and understanding feeding challenges through a trauma lens.

**Target Audience:** Designed to support caregivers in providing a nourishing environment for foster children.

**Program Description:** A three-session, 3-hour Zoom training with optional resource guides (printed and digital) which includes instruction in self-care practices, such as movement and emotional regulation and guidelines for modeling nourishment and self-care practices for the children in the home.

**Evaluation Methods:** A non-experimental, mixed-methods evaluation design using pre- and post-digitally administered surveys and Zoom interviews. Pilot and data collection took place August-December 2023.

**Results:** Data showed a statistically significant increase in caregivers’ healthy values (modeling healthy eating, p=0.009), healthy habits (eating fruit, p=0.029), involvement of children in food resource management (grocery shopping, p=0.048), in the adoption of emotionally positive/non-controlling feeding practices (child portion choices, p=0.046), and a significant decrease in emotionally controlling feeding (food in exchange for behavior, p=0.029). Findings suggest that caregivers exhibited high levels of prior knowledge and confidence in caring for the health and nourishment of their children. Notwithstanding, the curriculum 1) afforded a form of validation and reinforcement to caregivers, 2) created new knowledge and new lived experiences supportive of caregivers’ inner wisdom and confidence, and 3) created a novel platform for learning using the acceptance of and generosity with oneself as a starting point.

**Conclusion:** The statistically significant and encouraging findings indicate that the Fostering Nourished Families curriculum has the potential to help resource caregivers provide healthier, more nutritious, and more emotionally regulated environments for their children. It offers a much-needed tool to provide meaningful nutrition education and to incorporate trauma-informed nutrition practices into the resource family system.

**Funding:** Supplemental Nutrition Assistance Program - Education

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**Gardening Is a SNAP!: A SNAP-Ed Garden-Based Nutrition Education Program for Arkansas Seniors**

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**Objective:** Implement a garden-based nutrition education program in a SNAP-Ed eligible senior center promoting gardening, healthy eating, physical activity, and policy, systems, and environmental (PSE) change interventions.

**Use of Theory or Research:** Studies show garden-based nutrition education has potential to improve health and well-being of aging adults.

**Target Audience:** SNAP-Ed eligible seniors attending a senior center in South Central Arkansas.

**Program Description:** The University of Arkansas Division of Agriculture Cooperative Extension Service (UADA CES) SNAP-Ed Program partnered with a Senior Center in South Central Arkansas to implement a nutrition and gardening project. Monthly nutrition lessons using Fresh Conversations curriculum were conducted by the county CES Family and Consumer Sciences Agent, reaching 17 participants. Community volunteers built the raised-bed gardens, while Senior Center participants planted vegetables and herbs starting in Spring and extending through the fall, 2022. Seniors learned to grow, harvest, and use vegetables grown in the gardens to prepare healthy recipes. They were in charge of maintaining the garden, which allowed them to incorporate physical activity into their normal routines. Food demonstrations were conducted using vegetables and herbs from the garden.

**Evaluation Methods:** Post surveys were used to assess benefits of the nutrition and gardening program for seniors. PSE change efforts were reported in accordance with the Program Evaluation And Reporting System (PEARS).

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