**Impact of a Virtual Interactive Cooking Class Series on Nutrition Behaviors of Parents of Young Children**

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**Background:** The COVID-19 pandemic made efforts to provide nutrition education and increase utilization of healthy foods more difficult. Cooking Matters is a national program that provides cooking classes for low-income families to promote cooking skills and healthy eating.

**Objective:** To develop and implement a virtual nutrition education intervention to reach low-income parents of children aged 0-5 in Georgia during the COVID-19 pandemic.

**Study Design, Settings, Participants:** The programming consisted of a 3-week cooking class series grounded in the Social Cognitive Theory and based on the Cooking Matters program curriculum. Classes were delivered virtually via Zoom once per week and focused on topics such as nutrition, cooking skills, child-engagement, grocery shopping, and budgeting. We enrolled 39 parents for the study, and 17 parents completed all three cooking classes in the series over the course of three weeks. A pre and post-test design was used to measure parents’ cooking knowledge and self-efficacy.

**Measurable Outcomes/Analysis:** A pre and post-test design was used to measure parents’ cooking knowledge and self-efficacy. Parent and child fruit and vegetable consumption was measured. Parent knowledge of the benefits of fruit and vegetable consumption, as well as parent self-efficacy in purchasing and cooking healthy meals was measured using Wilcoxon and McNemar’s tests in SPSS Version 27.0.

**Results:** The Wilcoxon signed-rank test showed that the cooking intervention yielded a statistically significant decrease (p = 0.02) in the number of parents who reported consuming sugar sweetened beverages, significant increases in parent reported self-efficacy in purchasing food in season to save money (p = 0.003), and an overall increase in parent self-efficacy (p = 0.015).

**Conclusion:** This study demonstrates that adapting in-person cooking classes to a virtual format due to the COVID-19 pandemic is engaging for parents and children and is an effective way to promote nutrition education to low-income families.

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**Impact of FVRx Programs on Fruit and Vegetable Intake, Cardiovascular Risk Factors and Food Security: A Systematic Review**

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**Background:** Produce prescription (FVRx) programs have been established to support the consumption of fruits and vegetables (FVs), particularly among individuals at risk for diet-related chronic disease or food insecurity, through referral by a healthcare provider. To date, published literature on prescription programs solely focused on FVs has not been synthesized.

**Objective:** To examine the impact of FVRx programs on FV intake, cardiovascular risk factors and food security in children and adults.

**Study Design, Setting, Participants:** A systematic review with searches across five databases were completed. All records were uploaded into Covidence, a systematic review management software. Duplicates were removed and selection of studies was determined based on review of title/abstract and subsequent review of full-text articles by two independent reviewers. Disagreements were resolved by consensus with a third reviewer. Eligibility criteria included studies published in the US, in English between August 2012-2022. Eligible studies had to include exposure to a FVRx program (enrolled participants or at risk for a diet-related chronic disease or food insecurity, referral by a healthcare provider, and use of a monetary prescription redeemed at a farmers’ market or grocery store) and an outcome of FV intake, cardiovascular risk factors, and/or food security.

**Measurable Outcome/Analysis:** Reported outcome data was extracted from eligible articles and synthesized. Across studies, findings were summarized for each outcome.

**Results:** A total of 949 records were identified and 248 duplicates were removed. Of the 701 titles/abstracts reviewed, 47 were identified for full text review. Twenty studies were selected for inclusion. Fifteen studies reported FV intake, 12 analyzed changes and 7 studies found a significant increase in FV intake. Cardiovascular risk factors outcomes were reported for HbA1c (n=7), blood pressure (n=8) and cholesterol (n=2) with mixed findings. Of the 7 studies that reported food security outcomes, 4 ana-

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