

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

SuperShelf Transformation: Centering Equity in a Predominantly African American Community

Tonia Brinston, brins002@umn.edu, CFEI Certified Financial Educator, University of Minnesota Extension; Sharmyn Phipps, BA, University of Minnesota Extension; Michael Stratton, University of Minnesota Extension; Joyce McGee-Brown, University of Minnesota Extension; Ashley Purry, BA, University of Minnesota Extension

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

Wasted Food Listening Sessions: Understanding Citizens' Attitudes And Behaviors

Anastasia Snelling, PhD, MS, RD, stacey@american.edu, American University; Robin McClave, MS, MCHES, American University; Ella Miller, American University; Raya Rukab, American University

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

Continued on page 7

Snelling (continued)

and three were over Zoom. Our participants included 27 older adults, 17 families with small children, and 5 individuals in their 20s and 30s.

Measurable Outcome/Analysis: Qualitative data was put in Dedoose, a codebook was developed, and themes were identified.

Results: Qualitative analysis of the listening sessions identified the following themes among the different households. Older adults recalled structured mealtimes with home-cooked meals as a noted difference, that food is wasted because it's a better deal to buy bigger quantities, and shopping more frequently used to be more convenient. Families with children emphasized the focus on easily prepped meals and food being everywhere as a difference in their environment, that the temptation to buy too much or appease requests of their children leads to wasted food, and that healthy food is likely to be wasted since it's perishable. Singletons in their 20s and 30s shared they eat more fresh foods compared to their childhood homes, that gatherings with friends result in excess food, and lack of time and poor planning causing food to go bad.

Conclusion: Across demographics, there are similar and unique drivers of wasted food. Recommendations to reduce food waste must be customized to achieve reductions in food waste that can support a circular food system.

Funding: National Science Foundation

Measurable Outcome/Analysis: Focus groups were recorded and transcribed. Thematic analysis was used to analyze focus group transcripts.

Results: Older adults in this study wanted information about preparing foods that address health conditions (eg, diabetes, hypertension). Older Adults were concerned about aging-related barriers, limitations, and changes they experienced in physiology, food security, environment, and lifestyle that affected food access and preparation. Key concerns were altered mobility and loss of strength affecting their ability to prepare food. Some expressed lack of motivation to cook, citing changes in the household or inexperience cooking for themselves. Many participants shared uncertainty about how to use some CSFP items, including dried beans and dry/evaporated milk. Upon reviewing nutrition education materials, older adults preferred positive, hopeful messaging that inspired them to maintain their health. They accessed nutrition information using a variety of modes. Many shared they prefer printed information to keep or share.

Conclusion: These findings underscore that nutrition education materials for older adults should address health concerns, changes in mobility, promote use of CSFP foods, and use positive messaging. Heterogeneity among older adults in the study suggests nutrition education for older adults should address diverse abilities, health conditions, nutrition status, and preparation styles, and be shared using multiple communication modes.

Funding: Supplemental Nutrition Assistance Program - Education

SNEB Nutrition Educator Competencies: Basic Food and Nutrition Knowledge

Adapting Nutrition Education Materials to Address Aging-related Concerns of Lower-Income Older Adults

J. Dusti Linnell, PhD, dusti.linnell@oregonstate.edu, Oregon State University Extension Service; Rose Jepson-Sullivan, MS, RDN, Oregon State University; Chris Mouzong, MS, Oregon State University Extension Service; Cheryl Kirk, RDN, Oregon State University Extension Service

Background: Physiological, environmental, and lifestyle changes in older adulthood increase risks for malnutrition. Nutrition education is needed to help older adults implement strategies that address these risk factors.

Objective: The objective of this study was to examine food preparation, preferences, and values among lower-income older adults in Oregon. The results were used to develop tailored nutrition education materials grounded in social marketing strategies and social cognitive theory.

Study Design, Setting, Participants: Semi-structured focus groups were held in two cities in Oregon. Eligible study participants were enrolled in the Commodity Supplemental Food Program (CSFP), and responsible for grocery shopping and preparing meals. Participants (n=20) were 55% female, 95% White, and 90% had an annual income of < \$25,000.

Addressing SNAP Education Training and Program Implementation Needs Within a Land Grant University System

Brenda Derrick, MS, RDN, derrickb@illinois.edu, University of Illinois Extension; Nicki Griffin, MPH, University of Illinois Extension; Julie Moreschi, MS, RDN, LDN, University of Illinois Extension; Vanessa Ramirez-Prado, MPH, University of Illinois Extension; Trinity Allison, RDN, MS, University of Illinois Extension; Jennifer McCaffrey, PhD, MPH, RD, University of Illinois Extension

Background: The development of staff core competencies and effective program implementation strategies forms the foundation of SNAP Education through provision of ongoing training. Previous training systems in the Illinois SNAP Education program were proving to be duplicative and inefficient. The need for a learning environment to provide consistent training and easy access to resources was identified.

Objective: Conduct a needs assessment to identify requirements for a centralized system for nutrition education staff to easily access programming and training resources at the land-grant university implementing SNAP-Ed in Illinois.

Study Design, Setting, Participants: One hundred and fifty-two SNAP-Ed program delivery staff who implement both direct education and PSE change participated in one of six, 90 minute, focus groups conducted across the state. Focus groups used an Appreciative Inquiry pro-

Continued on page 8