

bars.

Methods: Price of packaged foods was collected from shopping receipts provided by participants of an Australian food label trial (June 2014 to June 2016). Nutrient data were obtained from the Nutrient Information Panel, and HSR calculated according to government criteria. The associations between HSR and level of nutrients, as well HSR and food price (cents/100 kJ) were assessed by linear regression.

Results: HSR ranged between 2–5 for breakfast cereals ($n = 173$), 0.5–5 for juices ($n = 95$) and 1–4 for cereal bars ($n = 148$). For each product category, higher HSR was associated with healthier nutrient and energy profiles. For example, each unit increase in HSR was associated with less sodium (-81.5 mg/100 g), carbohydrate (-9.3 g/100 g), and energy (-54.4 kJ/100 g); and more protein (1.5 g/100 g) for breakfast cereals (all $p < 0.001$). HSR was not significantly associated with food price (regression coefficients per unit higher HSR) for breakfast cereals (1 cent/100 kJ; $p = 0.16$) and juices (11 cents/100 kJ; $p = 0.11$); and showed a small positive association with the price for cereal bars (1.9 cents/100 kJ; $p = 0.01$). Findings were consistent when food price was calculated as cents/100 g.

Conclusions: There is no appreciable association between healthier packaged food products as determined by the HSR and prices of breakfast cereals, juices, and cereal bars, highlighting the possibility that using HSR to choose healthier packaged products may not necessarily come at substantial additional cost for consumers.

Funding source(s): N/A

P68

KNOWLEDGE REGARDING PRESERVATIVES, ADDITIVES AND ARTIFICIAL SWEETENERS AS COMPONENTS OF FOOD LABELING

R. Date¹, N. Sanwalka². ¹ Dr Date Surgical and Maternity Hospital, Mumbai, India; ² NutriCanvas, Mumbai, India
E-mail address: rochitadate@gmail.com (R. Date).

Background/Aims: With the increase use of preservatives, additives and artificial sweeteners in packaged foods, the objective of the study was to analyse consumer's knowledge regarding preservatives, additives and artificial sweeteners.

Methods: A cross sectional study was conducted in 200 women aged 18–60 years from Mumbai, India visiting food mart. Structured questionnaire was used to collect data and were analysed using SPSS (version 16). Cross tabulations with chi-square test was used to difference in knowledge according to age.

Results: From the 200 women, 156 (78%) were aware about preservative used in packaged foods; 117 (58.5%) identified salt, 107 (53.5%) identified sugar, 85 (42.5%) identified citric acid, 28 (14%) identified benzoic acid, 84 (42%) identified monosodium glutamate as preservatives. Eighty-two (41%) were aware about additives. Significantly higher percentage of women <40 years reported that additives caused irritability as compared to women > 40 years, $p < 0.05$. Overall 85 (42.5%) women reported checking claim regarding artificial sweeteners. Significantly higher percentage of women <40 years checked the claim about artificial sweetener as claimed to women > 40 years of age ($\chi^2 = 4.341$, $p < 0.05$). 54 (27%) identified aspartame, 91 (45.5%) identified saccharine, 34 (17%) identified stevia and 68 (34%) identified sucralose as sweeteners. Significantly higher percentage of women <40 years identified sucralose as sweetener as compared to women > 40 years of age ($p < 0.05$).

Conclusions: Less than fifty percent women in Mumbai city are aware about preservatives, additives and sweeteners. Consumer education camps should be planned to increase awareness in Mumbai city.

Funding source(s): N/A

P69

EXPERIENCING FOOD INSECURITY – PERSPECTIVES FROM THOSE RELYING ON FOOD CHARITIES

T. Lawlis, M. Jamieson. University of Canberra, ACT, Australia
E-mail address: tanya.lawlis@canberra.edu.au (T. Lawlis).

Background/Aims: Previous stereotypes of people who are food insecure are no longer valid; food insecurity is experienced by diverse people in different ways. Food is multifaceted, while providing nutrients for the

body, it also engenders social connection. This study explores food security from the perspective of people who experience food insecurity.

Methods: A qualitative approach using in-depth interviews with a researcher previously known to some participants, who were accessing food charities as their main source of food. Fourteen men and one woman were interviewed. Data was analysed independently by the researchers and key themes derived.

Results: Emerging themes included: dependency on charity as essential provider of food; enabling stability in living arrangements. Charity attendance was an essential part of social connectedness. Interestingly, the woman reported a sense vulnerability seeking food from a charity. All had intermittent periods being homeless. Alcohol, drugs, smoking, poor dentition, and mental illness contributed to homelessness and food insecurity. Food provision was variable in quality, yet plentiful, with a tendency towards being high in carbohydrate and fat. Weight gain is an issue. Paradoxically, participant knowledge of food and diet was exceptional, as was self-awareness of their health and how they lived.

Conclusions: This vulnerable group, demonstrate a dependency on food charity to support them remaining in stable, secure, living arrangements, having regular food and social connections. Interestingly, variable food quality in itself impacts on their already labile health. The food relief sector is challenged whereby provision creates dependency, and this requires further exploration.

Funding source(s): N/A

P70

WE RESCUE FOOD IN ORDER TO RESCUE PEOPLE

S. Belton, M. Jamieson, T. Lawlis. University of Canberra, ACT, Australia
E-mail address: sarah.belton@live.com.au (S. Belton).

Background/Aims: An estimated 1.2 million (5–8%) Australians experience food insecurity. In Australia, around 3–4000 charitable food programs offer food aid and support to individuals in need. While research has focused on charity operations, effectiveness, and policy development, little is understood in terms of the relationship between charities, food and the client. The aim of this study was to explore food access and the role of charities in providing food to their clients.

Methods: A qualitative case study analysis of three food charities was undertaken. Nine semi-structured interviews were conducted with a manager, a staff member and a volunteer from each. Observational data was gathered over a one week period in each charity to observe food preparation, service and client/staff relationship around food provision. Data was analysed independently by the researchers and key themes derived.

Results: Four key themes were identified; donations and budget restrictions, food provision and access, food quality and food as a tool for social, mental, and dietary support. Food was essential in making contact and establishing relationships, building trust and demonstrating mutual respect. However, funding and resource limitations heavily influenced the quantity and quality of food at each charity.

Conclusions: Although the charities experience food insecurity, charity staff and volunteers viewed the quality of food as highly important, and the various supportive roles established through food are used as communicative tools for establishing relationships. Future research is needed in Australia to investigate the provision of food from the client's perspective thus further advancing client contact and support.

Funding source(s): N/A

P71

EQUIPPING OUR FUTURE NUTRITION WORKFORCE WITH THE TOOLS TO MEND A BROKEN FOOD SYSTEM

M.P. Bonham, L. Barbour, J. McCartan, E. Volders, C. Palermo. Department of Nutrition and Dietetics, Monash University, Melbourne, VIC, Australia
E-mail address: maxine.bonham@monash.edu (M.P. Bonham).

Background/Aims: Internationally the food system is broken, creating irreversible environmental damage and increasing diet-related disease due to an intermittent supply of nutritious food. The causes of this are complex and require multi-sectorial, innovative and evidence-based