Grady Fruit & Vegetable Prescription Program Endline Report 2019

Grady FVRx Endline Report 2019

This report was prepared by the Emory University Evaluation Team.

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Program Description

The 2019 Fruit and Vegetable Prescription Program (FVRx®) was conducted across 7 primary care clinic sites within the Grady Healthcare System in Atlanta, GA. Participants were eligible based on food insecurity and low-income level. This report summarizes the results from the endline data collected from program participants during the last meeting of the program. This multicomponent clinic-based program is intended to increase access to healthy foods among low-income Georgians. Over six months, patients receive fruit and vegetable vouchers worth $1 per family member per day, redeemable at a local food retail site, as well as nutrition education and cooking classes. Eligibility criteria for participating in the program included screening positive for food insecurity (USDA 2-item screener), being 18 years or older, and currently receiving healthcare through Grady healthcare system.

Data Collection

Participants completed surveys at baseline, after completing the 6 weeks Cooking Matters course and at the end of the 6-month program to assess changes in food security, self-efficacy and confidence around healthy eating, perceptions around access to fruits and vegetables, as well as fruit and vegetable consumption. This report presents baseline and endline data. Midline data were provided in a previous report and are available upon request. Sociodemographic characteristics were collected at baseline. Paper surveys were completed independently by participants; evaluation team members provided assistance to participants with survey completion as requested. Interviewer administered questionnaires and large print surveys were available for participants as needed. Surveys were checked for completion and errors and verified with participants as necessary. Dei-identified data were entered into REDCap software by Grady team members and stored in REDCap and Emory Box. Data were cleaned and analyzed by the Emory evaluation team.

Statistical Methods

Calculated Variables

Food insecurity was assessed using the USDA Economic Research Service 6-Item Screener Scoring Guide with both a dichotomous and more granular (3-level) variable calculated and presented for this report. Additionally, a diet score variable was calculated based on participant reports of how frequently they consumed various dietary components. The answer choices included *not at all*, *once a week or less*, *more than once a week*, *once a day*, and *more than once a day*. A score of 0 to 4 was given for each response with 0 indicating *not at all*, 1 indicating *once a week or less*, 2 indicating *more than once a week*, 3 *indicating once a day*, and 4 indicating *more than once a day*.

Descriptive statistics (e.g., means, frequencies, cross-tabulations) were used to assess demographic characteristics of Grady FVRx program participants and document key outcome measures for comparisons in the evaluation of program effectiveness. These key measures include emergency room visits, medication compliance, fruit and vegetable consumption, attitudes and perception of access to fresh fruits and vegetables, as well as shopping and cooking behaviors. Only those with both baseline and endline data available were included in these analyses. Of note, five participants eligible for program graduation had not completed surveys at the time of this report, leaving a final analysis sample of 151 participants. Statistical tests including paired t-tests, chi-square, and McNemar tests were used to determine statistical significance of changes observed from baseline to endline and between group comparisons. All data analysis was performed using STATA version 15.1.

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Demographics

The 2019 Grady FVRx cohort included 173 participants at baseline across 7 sites, 156 of which graduated (90% retention rate), and 151 of which completed both baseline and endline surveys (87%). Demographically, this cohort was predominantly African American (92%), female (71%), and over the age of 50 (84%). At baseline, the most commonly reported employment categories were disability and retirement. Over half of participants were enrolled in the supplemental nutrition assistance program (SNAP) and 68% reported participating in at least one food-related public assistance program. Over 45% of the cohort reported a monthly income of less than $1,001.

Figure 1. Overall health Insurance status

18.6% Uninsured

70.4% Medicaid or Medicare

2.3% Insured privately

1.7% Insured via employer
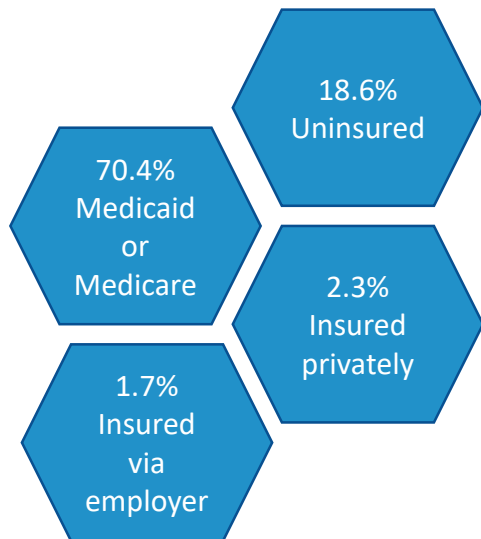
Figure 2. Overall employment status

Category	Value
Other	4
On disability	38.7
Unemployed/homemaker	10
Student	0.7
Retired	28.7
Employed part-time	12.7
Employed full-time	5.3
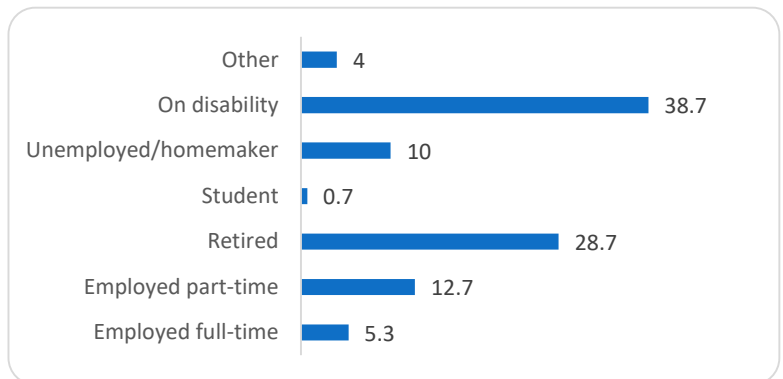
Figure 3. Participation in public assistance programs

Program	Value
Food Pantry	23.7
HeadStart	2.9
Summer Meals	1.2
Reduce price, free lunches	8.7
WIC	5.8
SNAP	55.5
Any	68.2
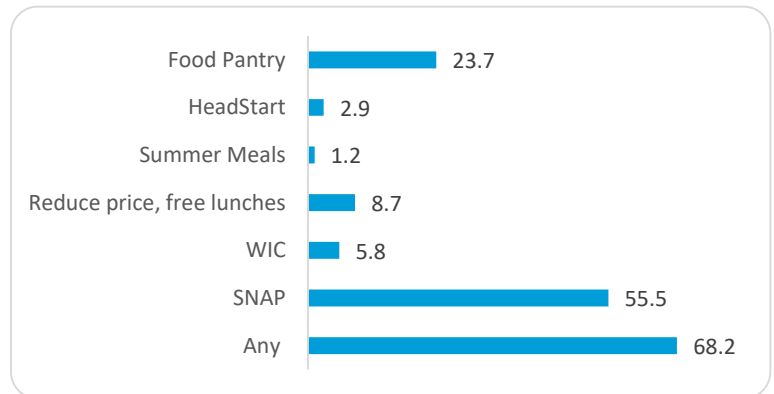
Figure 4. Overall education status
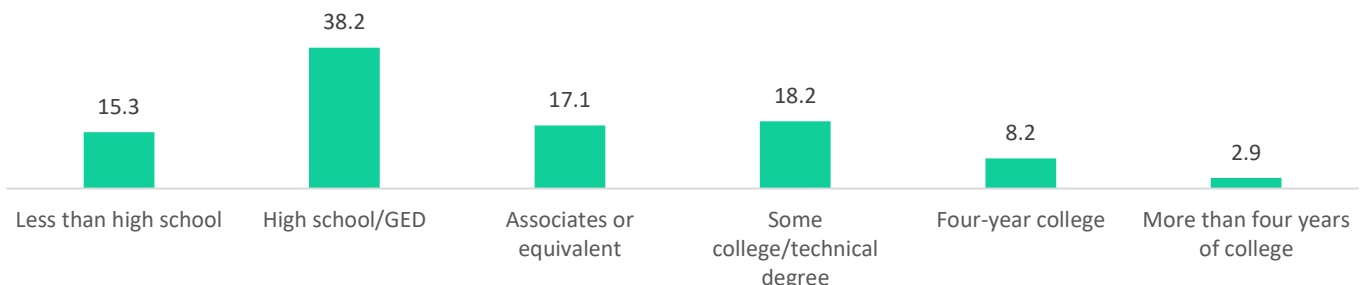
Education	Value
Less than high school	15.3
High school/GED	38.2
Associates or equivalent	17.1
Some college/technical degree	18.2
Four-year college	8.2
More than four years of college	2.9

Food Security Change

Participants were screened for food insecurity in the last 30-days at baseline and at endline. Evaluators used questions from the the USDA 6-item Food Security Screener and calculated food security status scores based on responses according to the scoring guide for the screener. Overall, 36% of participants classified as food insecure at endline, representing a statistically significant reduction of 39% from baseline. Food security both overall and by site is presented in Figure 5 and more granular classifications are presented in Table 1. Of note, a statistically significant reduction of participants classified as having very low food security and a significant increase in participants classified as high or marginally food insecure were observed from baseline to endline, mirroring trends seen in the 6-week follow-up report.

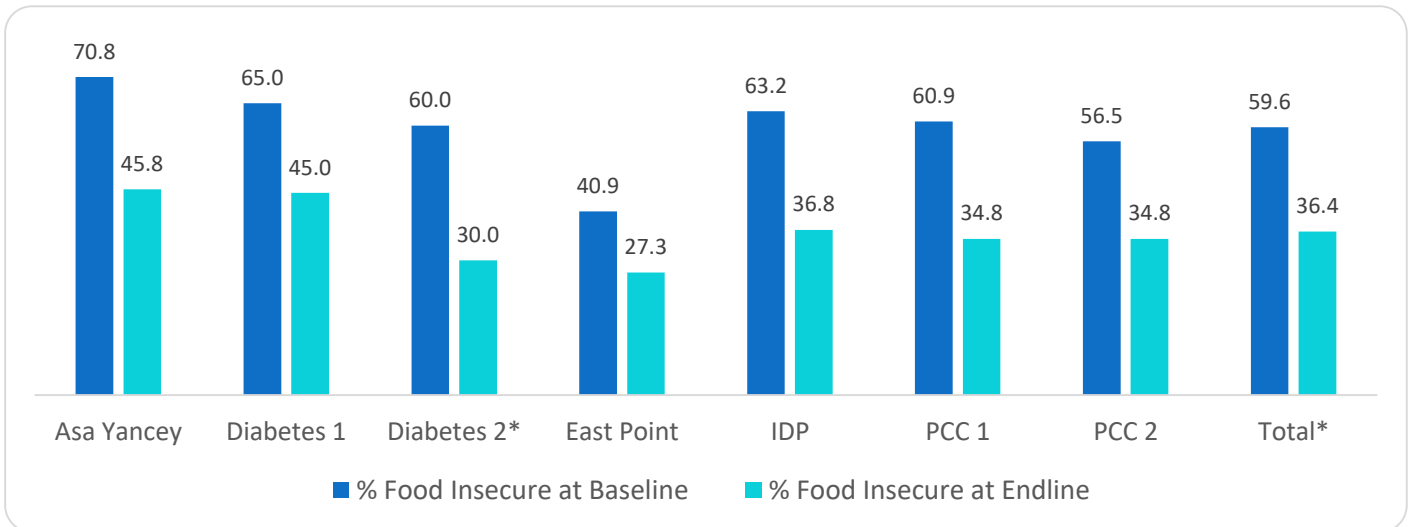**Figure 5.** Proportion of participants experiencing food insecurity at baseline and endline based on the USDA 6-Item screener, overall and by site

Site	High Or Marginal Food Insecurity at Baseline		High Or Marginal Food Insecurity at Endline		McNemar Test P-Value	Low Food Security at Baseline		Low Food Security at Endline		McNemar Test P-Value	Very Low Food Security at Baseline		Very Low Food Security at Endline		McNemar Test P-Value
	N	%	N	%		N	%	N	%		N	%	N	%	
Asa Yancey	7	29.2	13	54.2	0.11	14	58.3	10	41.7	0.34	3	12.5	1	4.2	0.50
Diabetes 1	7	35.0	11	55.0	0.22	9	45.0	6	30.0	0.45	4	20.0	3	15.0	1.00
Diabetes 2	8	40.0	14	70.0	0.03	8	40.0	6	30.0	0.73	4	20.0	0	0.0	0.13
East Point	13	59.1	16	72.7	0.51	5	22.7	5	22.7	1.00	4	18.2	1	4.5	0.25
IDP	7	36.8	12	63.2	0.06	8	42.1	4	21.1	0.22	4	21.1	3	15.8	1.00
PCC 1	9	39.1	15	65.2	0.11	9	39.1	6	26.1	0.51	5	21.7	2	8.7	0.25
PCC 2	10	43.5	15	65.2	0.13	10	43.5	8	34.8	0.75	3	13.0	0	0.0	0.25
Total	61	40.4	96	63.6	<0.01	63	41.7	45	29.8	0.02	27	17.9	10	6.6	<0.01

Table 1. Three-level food insecurity overall and by site at baseline and endline

*Statistically significant at p<0.05

Diet Change

Participants were asked questions about their fruit and vegetable consumption patterns. One method included listing all of the fruits and vegetables consumed in the previous 24 hours. The number of unique fruits and vegetables reported were tallied for each participant. Both the median and mean number of unique fruits and vegetables reported by the overall cohort are presented in Table 3. Participants were also asked to report how frequently they consumed various dietary component. The answer choices included *not at all*, *once a week or less*, *more than once a week*, *once a day*, and *more than once a day*. A score of 0 to 4 was given for each response with 0 indicating *not at all*, 1 indicating *once a week or less*, 2 indicating *more than once a week*, 3 *indicating once a day*, and 4 indicating *more than once a day*. Diet scores for the overall cohort are presented in Table 4 and site-specific tables are presented in the appendix of this report. Statistically significant findings at $p < 0.05$ are denoted with an asterisk.

Table 2. Number of unique fruits and vegetables consumed in the past 24 hours at baseline and endline

Characteristic	Baseline Median (IQR) and mean ± SD	Endline Median (IQR) and mean ± SD	Mean Difference (SD)	Paired T-test p-value
Number of unique vegetables (n=150)	2.0 (1.0, 3.0) 2.1 ± 1.8	3.0 (2.0, 4.0) 2.8 ± 1.8	0.7 (2.2)	<0.01*
Number of unique fruits (n=147)	1.0 (0.0, 2.0) 1.3 ± 1.3	2.0 (1.0, 3.0) 2.4 ± 1.5	1.1 (1.5)	<0.01*

Table 3. Overall consumption scores at baseline and endline (n=151)

Characteristic	Baseline Median (IQR) and mean (SD)	Endline Median (IQR) and mean (SD)	Mean Difference (SD)	Paired T-test p-value
Fruit	2.0 (1.0, 3.0) 2.1 (1.1)	2.0 (2.0, 4.0) 2.7 (1.1)	0.6 (1.2)	<0.01*
Salad	2.0 (1.0, 2.0) 1.8 (1.0)	2.0 (1.0, 3.0) 2.0 (1.0)	0.2 (1.2)	0.06
Dark green vegetables	2.0 (1.0, 3.0) 2.0 (1.0)	2.0 (2.0, 3.0) 2.1 (1.0)	0.1 (1.1)	0.22
Other vegetables	2.0 (1.0, 3.0) 2.0 (1.0)	2.0 (2.0, 3.0) 2.1 (0.9)	0.0 (1.1)	0.62
Fried potatoes	1.0 (1.0, 1.0) 1.0 (0.8)	1.0 (1.0, 1.0) 1.0 (0.8)	0.0 (0.9)	1.00
Non-fried white potatoes	1.0 (0.0, 1.0) 0.9 (0.8)	1.0 (0.0, 1.0) 1.0 (0.9)	0.0 (1.1)	0.64
Beans	1.0 (1.0, 2.0) 1.3 (0.9)	1.0 (1.0, 2.0) 1.4 (0.9)	0.1 (1.1)	0.47
Meals away from home	1.0 (1.0, 2.0) 1.2 (0.9)	1.0 (1.0, 1.0) 1.1 (0.8)	-0.2 (0.9)	<0.05*
Fruit juices	1.0 (0.0 2.0) 1.3 (1.2)	1.0 (0.0, 2.0) 1.4 (1.2)	0.1 (1.2)	0.46
Sugar-sweetened beverages	1.0 (0.0, 2.0) 1.3 (1.2)	1.0 (0.0, 2.0) 1.1 (1.0)	-0.2 (1.1)	<0.05*
Water	4.0 (3.0, 4.0) 3.5 (0.9)	4.0 (4.0, 4.0) 3.6 (0.8)	0.1 (1.0)	0.41

Diet

To give an idea of the fruits and vegetables commonly reported consumed by participants in the past 24 hours at baseline and endline, word clouds were generated (Figures 6-9). At baseline, 17.9% of participants reported that they consumed no vegetables and 33.8% reported they had consumed no fruits. At endline, 8.6% of participants reported to have consumed no vegetables and 13.3% reported to have consumed no fruits, representing a 52.0% and 60.7% reduction, respectively. The most popular fruits and vegetables by endline included green beans, tomatoes, bananas, and apples.

Figure 6. Word cloud representing the frequency of types of vegetables reported during baseline 24-hour recall (n=172)
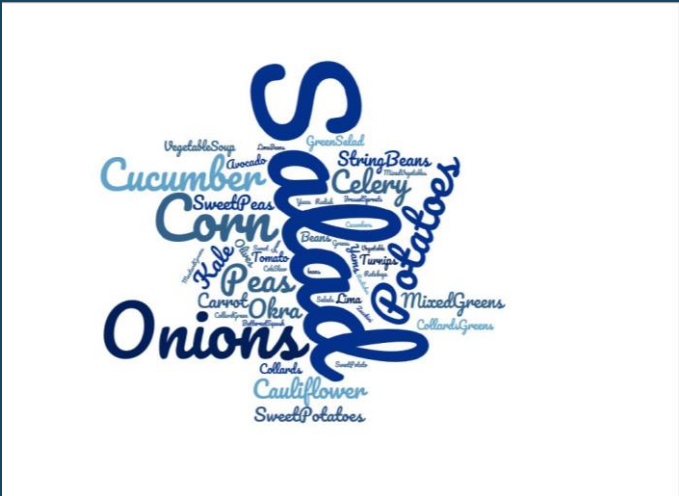
Figure 7. Word cloud representing the frequency of types of fruits reported during baseline 24-hour recall. (n=169)

Figure 8. Word cloud representing the frequency of types of vegetables reported during endline 24-hour recall. (n=150)

Figure 9. Word cloud representing the frequency of types of fruits reported during endline 24-hour recall. (n=147)
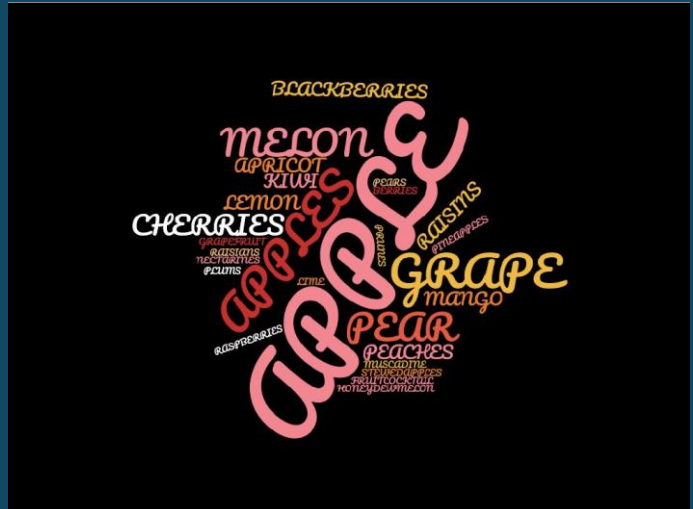
Cooking Dinner At Home

Participants were asked how many times they had cooked dinner / supper at home in the past week at both baseline and endline. At baseline, the overall median reported frequency was 5 times. By endline this had increased to 6 times. The mean increase across all sites from baseline to endline was 0.3 times per week and this was statistically significant. Figure 10 shows both overall and site-specific means.

Table 4. Number of times participants cooked dinner or supper at home in the past week at baseline and at endline

Baseline Median (IQR) and mean ± SD	6-week Follow-Up Median (IQR) and mean ± SD	Mean Difference (SD)	Paired T-test p-value
5.0 (4.0, 7.0)	6.0 (4.0, 7.0)	0.3 (1.9)	<0.05*
5.1 ± 2.1	5.4 ± 1.9		

Figure 10. Mean number of times participants cooked dinner at home in the past week at baseline and endline

*Statistically significant at p<0.05
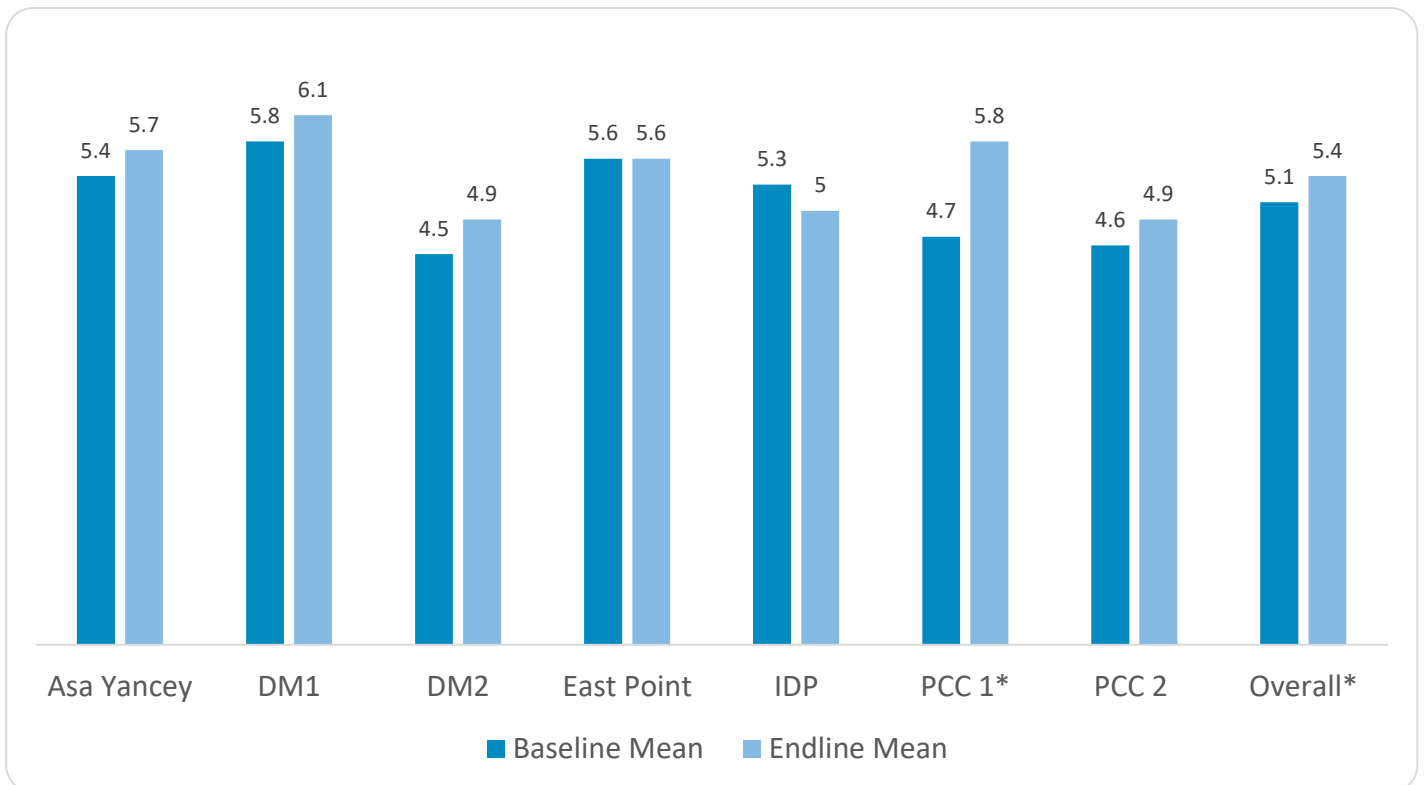
Attitude Change

Participants were asked to report the extent to which they believed that fresh fruits and vegetables were available in their neighborhood and to what extent they were affordable. The proportion of respondents reporting they can always afford fresh fruits and vegetables increased significantly by 60% from baseline to endline across all sites. Additionally, the proportion that reported cooking is always fun increased significantly by 23% from baseline to endline (Figure 3). Perceptions of availability of fresh fruits and vegetables varied by site, with the Asa Yancey site observing the greatest increases in perceptions of availability (Figure 4).

Figure 11. Percent of "always" responses regarding perceptions of availability and attitudes towards eating and cooking fruit and vegetables in overall sample population at baseline and endline
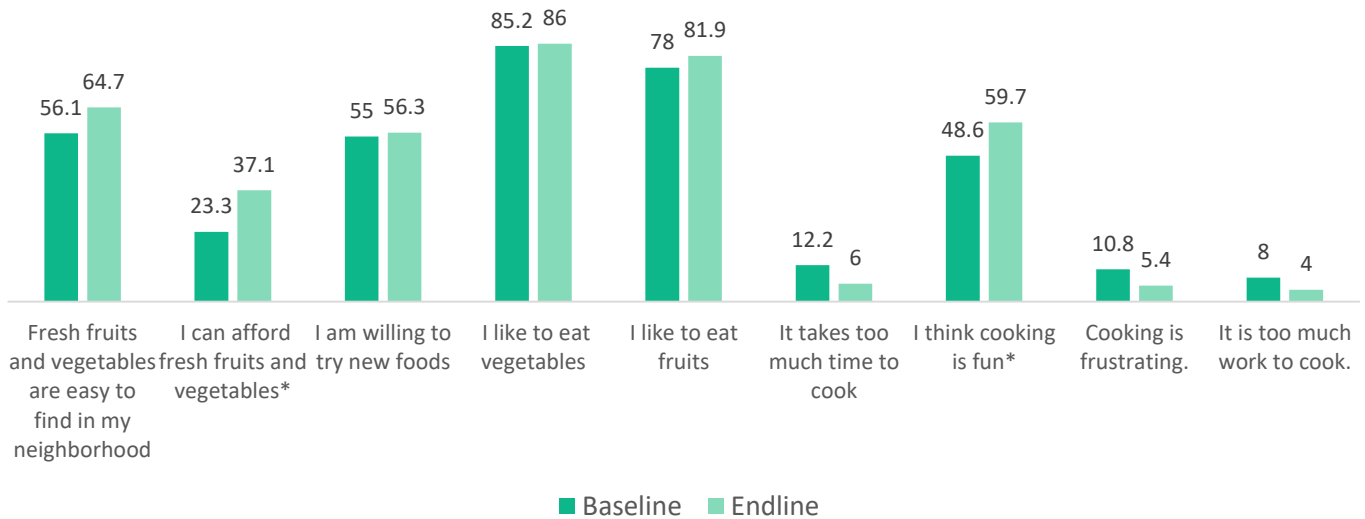
Figure 12. Percent of participants who responded "always" to the statement: "Fresh fruits and vegetables are easy to find in my neighborhood" by site

*Statistically significant at p<0.05
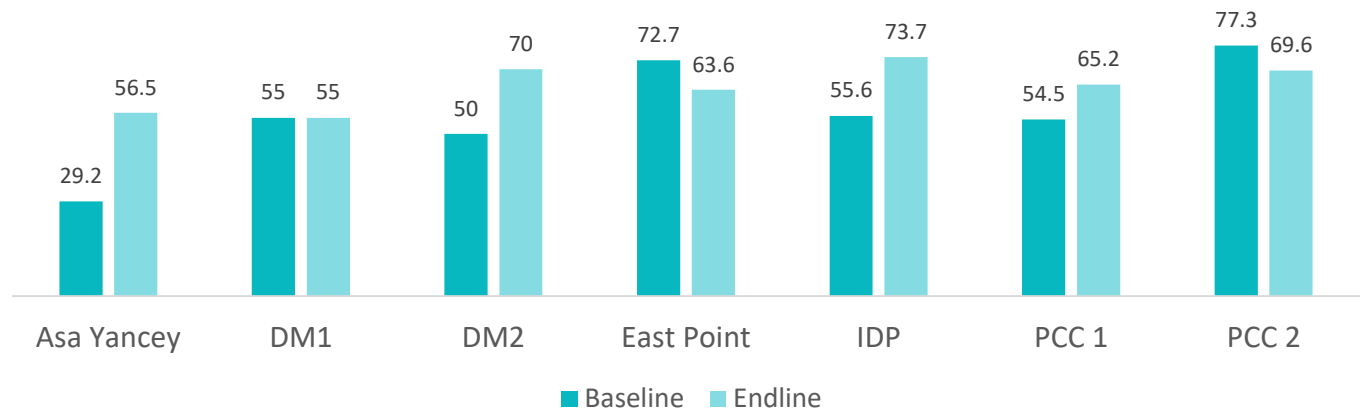
Confidence Change

Participants were asked to report the level of confidence they have in various cooking and shopping activities. Across all sites, the proportion of respondents feeling somewhat confident or very confident about their cooking and shopping skills increased significantly from baseline to endline (Figure 13). The proportion reporting confidence in using basic cooking skills increased by 22% from baseline to endline across all sites. Participant confidence in choosing the best priced form of fruits and vegetables increased by 11% overall. Responses to this question varied by site, with the majority of sites observing increases from baseline to endline (Figure 14).

Figure 13. Percent of participants who feel "somewhat confident" or "very confident" about various shopping and cooking behaviors across all sites at baseline and endline
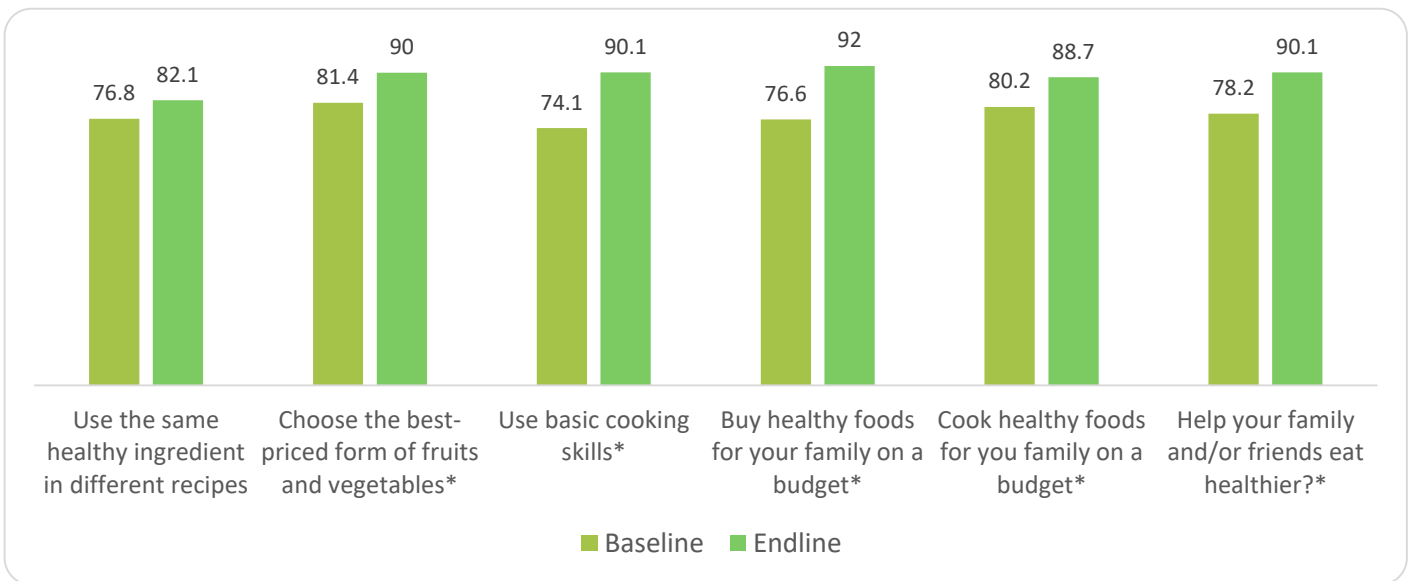
Figure 14. Percent of participants who feel "somewhat confident" or "very confident" about choosing the best priced form of fruits and vegetables
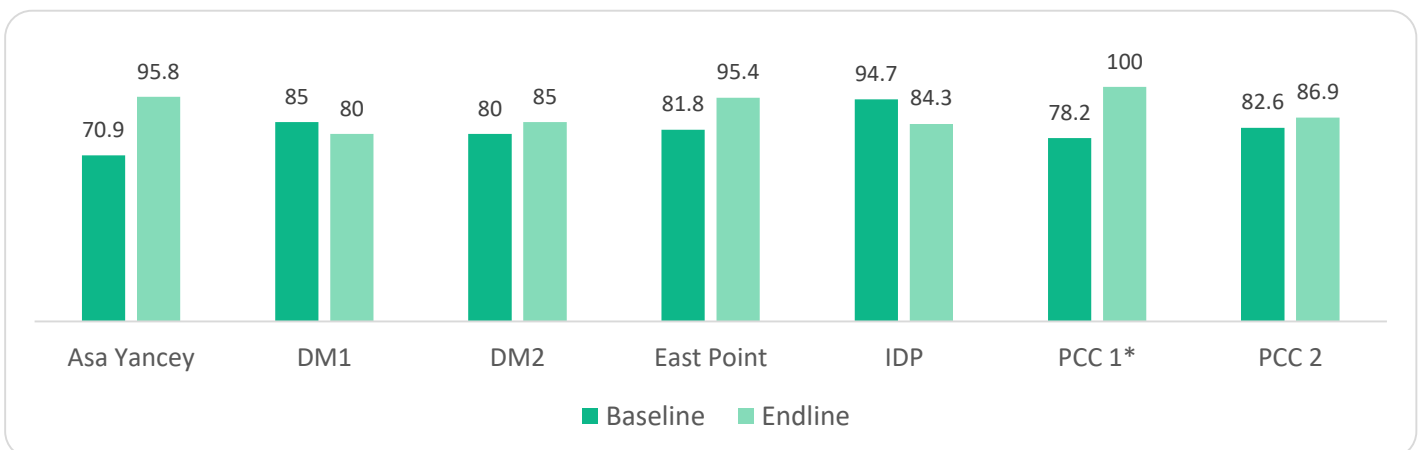
*Statistically significant at p<0.05

Shopping Changes

Participants were asked questions related to purchasing behaviors and decision-making. Across all sites, increases were observed in the proportion of participants reporting to often or always participate in healthy purchasing behaviors (Figure 15). Statistically significant increases at p <0.05 are denoted with an asterisk. Site-specific tables are included in the appendix of this report.

Figure 15. Percent of participants who often or always participate in healthy purchasing behaviors at baseline and endline across all sites

Question	Baseline	Endline
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?*	39.3	42.4
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?	53.7	64.3
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?*	35.3	49.7
When you eat grain products, how often do you choose whole grain products?*	51	64.9
When you eat dairy products, how often do you choose lower fat options?*	29.1	43.7
When you have milk, how often do you choose low-fat milk (skim or 1%)?	34.5	44.4

■ Baseline ■ Endline

Other Shopping and Eating Behaviors Change

Overall figures are presented below in Table 5 and site-specific tables are presented in the appendix of this report. The proportion of participants reporting that they always use the nutrition facts on labels increased significantly from baseline to endline.

Figure 16. Percent of participants who often or always participate in healthy purchasing behaviors at baseline and endline across all sites

Eat food from each food group every day?
Baseline: 35.1
Endline: 54.3

Use healthy cooking practices?
Baseline: 53.7
Endline: 71.6

Use the "nutrition facts" on food labels?
Baseline: 43.7
Endline: 53.6

Use a grocery list when you go grocery shopping?
Baseline: 43.7
Endline: 43.7

Plan meals ahead of time?
Baseline: 39.1
Endline: 49.4

Adjust meals to include specific ingredients that are more budget-friendly?
Baseline: 48.7
Endline: 56.7

■ Baseline ■ Endline

*Statistically significant at $p < 0.05$
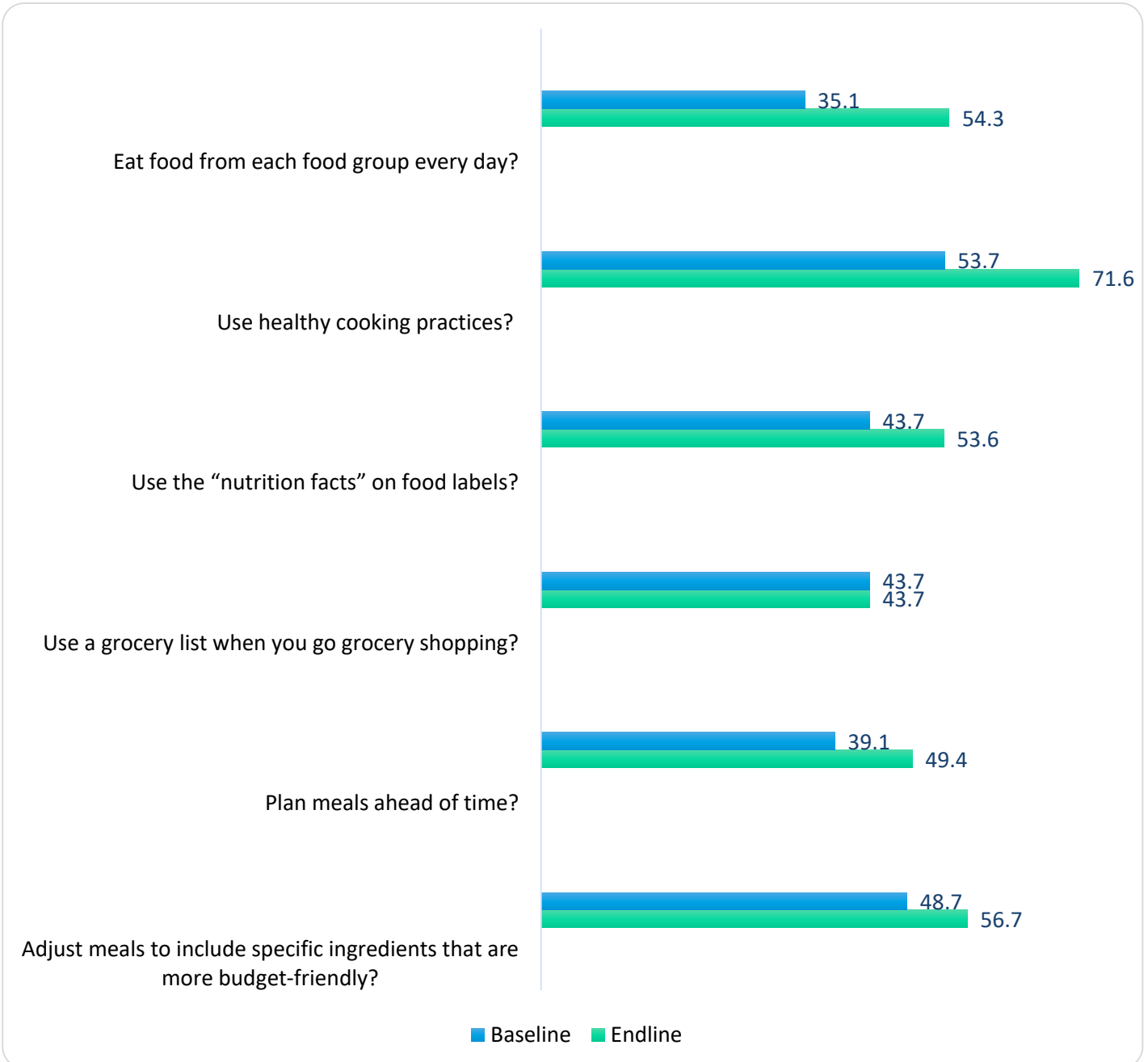
Local Foods

Participants were asked questions at baseline and endline about knowledge and behaviors related to local foods, seasonality of fruits and vegetables, and shopping at local farmers markets. The proportion of respondents reporting that they know where to find locally grown fruits and vegetables increased significantly from baseline to endline (Figure 17). The proportion of respondent reporting they did not know which fruits and vegetables are grown during different times of the year decreased significantly from baseline to endline (Figure 18). The proportion of respondents reporting to shop at local farmers markets at least 2-3 times a month increased significantly by 271% from baseline to endline (Table 5).

Figure 17. Proportion agreeing with the statement "I know where to find locally grown fruits and vegetables" at baseline and endline for all sites overall
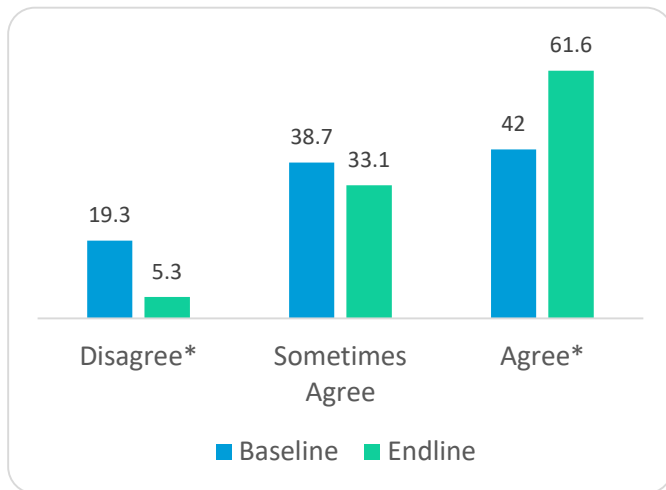
Figure 18. Proportion agreeing with the statement "I know which fruits and vegetables are grown during different times of the year" at baseline and endline for all sites overall
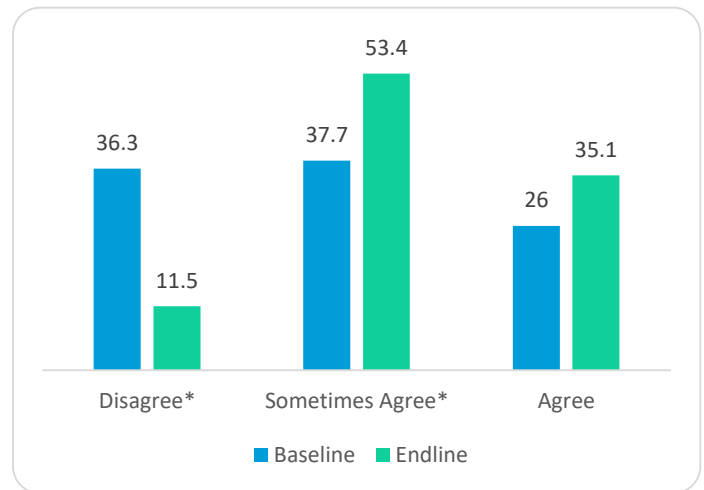
Table 5. Reported frequency of shopping at local farmers markets at baseline and endline for all sites overall

	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
How often do you shop at local farmers markets?					
Never	52	34.4	18	11.9	<0.01*
A few times a year	54	35.8	31	20.5	<0.01*
Once a month	26	17.2	37	24.5	0.13
2-3 times a month	9	6	34	22.5	<0.01*
Once a week	6	4	22	14.6	<0.01*
More than once a week	4	2.6	9	6	0.23

*Statistically significant at p<0.05

Program Feedback

A portion of the endline surveys asked for free-form feedback on the program overall. Participants comments were generally very positive. Many participants expressed how much they enjoyed the program and how helpful and knowledgeable the program staff had been. While only a small proportion of the comments focused on suggestions for program improvement, most of these recommended incorporating more exercise classes and extending the duration of the cooking portion of the program. Select quotes highlighting the more common feedback received are presented in Table 6.

Table 6. Feedback themes and illustrative quotes received in freeform participant feedback

Feedback	Illustrative Quote
Gratitude	*I would like to thank everyone responsible for this program. It has helped me to see that I can do better and all it takes is knowledge and a willing attitude. I will never forget the help I received from this program. I'm going to apply what I've learned for the rest of my life – I'm forever grateful.*
Classes were informative	*Because of taking this class, I am eating better and trying to stay healthy.*
Increases in confidence	*I have learned so much from this program and feel more confident to be able to manage diabetes. I feel more able to change old habits and acquire new ones.*
Health benefits	*My health is getting better by the day and a lot that I couldn't do before I got here is better such as my diabetes and my blood pressure…*
Suggestions for more exercise classes	*It would be more beneficial if there was a small exercise segment presentation at every meeting.*
Suggestions for more cooking classes	*More cooking classes would be nice. I really enjoyed and looked forward to the cooking classes.*

Retention and Loss-to-Follow-Up Comparisons

At baseline, 173 people were enrolled in the 2019 FVRx program and completed baseline surveys. At endline, 156 people graduated and 151 surveys were collected at the time of the creation of this report, representing a retention rate of 90% and a survey completion rate of 87.3%. Analyses comparing demographic characteristics of those graduating the program and those who were lost to follow-up found no significant differences between the two groups (Appendix Table 1). Additional analyses revealed that those lost to follow-up were significantly more likely to classify as food insecure compared to those who graduated the program (Table 7). The three-level food security trends indicate that those lost to follow-up may have also experienced more severe food security than those graduating the program, however this comparison was not statistically significant (Table 8). Analyses of baseline purchasing behaviors and attitudes revealed few significant differences. One of note is highlighted in Figure 19. Participants who were lost to follow-up were significantly more likely to report at baseline they never choose the healthy option when eating outside the home compared to those who graduated the program.

Table 7. Dichotomous food security comparison between graduates of the 2019 FVRx program and those lost to follow-up

Characteristic	Lost to Follow-Up N (Col %)	Graduates N (Col %)	Total N (Col %)	Chi-sq p-value
Food insecure	18 (81.8)	90 (59.6)	108 (62.4)	0.04*

Table 8. Three-level food security comparison between graduates of the 2019 FVRx program and those lost to follow-up

Characteristic	Lost to Follow-Up N (Col %)	Graduates N (Col %)	Total N (Col %)	Chi-sq p-value
High or marginal food security	4 (18.2)	61 (40.4)	65 (37.6)	0.13
Low food security	12 (54.6)	63 (41.7)	75 (43.4)	
Very low food security	6 (27.3)	27 (17.9)	33 (19.1)	

Figure 19. Comparison of program graduates and those lost to follow-up reporting on frequency of choosing healthy foods when eating at fast food or sit-down restaurants at baseline*
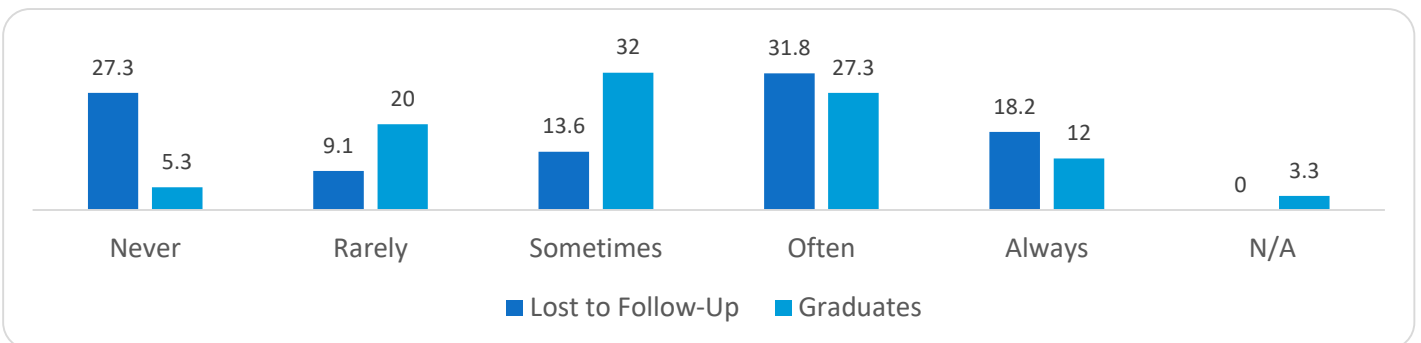
*Statistically significant at p<0.05

Appendix Table 1. Demographic characteristic comparison between graduates of the 2019 FVRx program and those loss to follow-up

Characteristic	Lost to Follow-Up N (Col %)	Graduates N (Col %)	Total N (Col %)	Chi-sq p-value
Race/ethnicity				0.21
African American	19 (86.4)	139 (93.3)	158 (92.4)	
White	2 (9.1)	3 (2.0)	5 (2.9)	
Hispanic/Latino	0 (0.0)	4 (2.7)	4 (2.3)	
Other	1 (4.6)	3 (2.0)	4 (2.3)	
Sex				0.21
Female	18 (81.8)	104 (68.9)	122 (70.5)	
Male	4 (18.2)	47 (31.1)	51 (29.5)	
Age				0.26
18-29	1 (4.6)	3 (2.0)	4 92.3)	
30-39	2 (9.1)	7 (4.6)	9 (5.2)	
40-49	4 (18.2)	10 (6.6)	14 (8.1)	
50-59	7 (31.8)	61 (40.4)	68 (39.3)	
60 and over	8 (36.4)	70 (46.4)	78 (45.1)	
Education				0.16
Less than high school	5 (23.8)	21 (14.1)	26 (15.3)	
High school/GED	3 (14.3)	62 (41.6)	65 (38.2)	
Associates or equivalent	4 (19.1)	25 (16.8)	29 (17.1)	
Some college/technical degree	6 (28.6)	25 (16.8)	31 (18.2)	
Four-year college	3 (14.3)	11 (7.4)	14 (8.2)	
More than four years of college	0 (0.0)	5 (3.4)	5 (2.9)	
Employment				0.76
Employed full-time	3 (13.6)	8 (5.3)	11 (6.4)	
Employed part-time	1 (4.6)	19 (12.7)	20 (11.6)	
Retired	6 (27.3)	43 (28.7)	49 (28.5)	
Student	0 (0.0)	1 (0.7)	1 (0.6)	
Unemployed/homemaker	2 (9.1)	15 (10.0)	17 (9.9)	
On disability	9 (40.9)	58 (38.7)	67 (39.0)	
Other	1 (4.6)	6 (4.0)	7 (4.1)	
Health Insurance				0.46
Uninsured	4 (18.2)	28 (18.7)	32 (18.6)	
Insured - Medicaid, Medicare	17 (77.3)	104 (69.3)	121 (70.4)	
Insured through employed	1 (4.6)	2 (1.3)	3 (1.7)	
Insured - private insurance	0 (0.0)	4 (2.7)	4 (2.3)	
Other insurance	0 (0.0)	12 (8.0)	12 (7.0)	
Income				0.76
< $1,001	10 (45.5)	68 (45.3)	78 (45.4)	
$1,001-$1,300	6 (27.3)	24 (16.0)	30 (17.4)	
$1,301-$1,700	2 (9.1)	26 (17.3)	28 (16.3)	
$1,701-$2,000	0 (0.0)	6 (4.0)	6 (3.5)	
$2,001-$2,400	2 (9.1)	8 (5.3)	10 (5.8)	
$2,401-$2,700	0 (0.0)	1 (0.7)	1 (0.6)	
$2,701-$3,000	0 (0.0)	3 (2.0)	3 (1.7)	
$3,001-$3,400	0 (0.0)	3 (2.0)	3 (1.7)	
> $3,401	1 (4.6)	2 (1.3)	3 (1.7)	
Don't know	1 (4.6)	9 (6.0)	10 (5.8)	
Public assistance				
Any	16 (72.7)	102 (67.6)	118 (68.2)	0.63
SNAP	12 (54.6)	84 (55.6)	96 (55.5)	0.92
WIC	1 (4.6)	9 (6.0)	10 (5.8)	0.79
Reduce price, free lunches	2 (9.1)	13 (8.6)	15 (8.7)	0.94
Summer Meals	1 (4.6)	1 (0.7)	2 (1.2)	0.11
HeadStart	1 (4.6)	2 (2.7)	5 (2.9)	0.62
Food Pantry	5 (22.7)	36 (23.8)	41 (23.7)	0.91

Appendix Table 2. Retention and survey completion rates overall and by site

Site	Enrolled	Graduated	Endline Surveys Collected	Retention rate	Survey completion rate
Asa Yancey	27	26	24	96.0	88.9
Diabetes 1	24	20	20	83.0	83.3
Diabetes 2	24	22	20	92.0	83.3
East Point	24	22	22	92.0	91.2
IDP	22	19	19	86.0	86.4
PCC 1	26	24	23	92.0	88.5
PCC 2	26	23	23	88.0	88.5
Total	173	156	151	90.0	87.3

Appendix Table 3. Comparison between program graduates and those lost to follow-up on baseline purchasing behaviors

	Lost to Follow-Up N (Col %)	Graduates N (Col %)	Total N (Col %)	Chi-sq p-value
When you have milk, how often do you choose low-fat milk (skim or 1%)?				
Never	6 (27.3)	37 (24.5)	43 (24.9)	0.98
Rarely	4 (18.2)	24 (15.9)	28 (16.2)	
Sometimes	3 (13.6)	30 (19.9)	33 (19.1)	
Often	2 (9.1)	17 (11.3)	19 (11.0)	
Always	6 (27.3)	35 (23.2)	41 (23.7)	
N/A	1 (4.6)	8 (5.3)	9 (5.2)	
When you eat dairy products, how often do you choose lower fat options?				
Never	7 (31.8)	25 (16.6)	32 (18.5)	0.25
Rarely	2 (9.1)	37 (24.5)	39 (22.5)	
Sometimes	4 (18.2)	40 (26.5)	44 (25.4)	
Often	4 (18.2)	23 (15.2)	27 (15.6)	
Always	3 (13.6)	21 (13.9)	24 (13.9)	
N/A	2 (9.1)	5 (3.3)	7 (4.1)	
When you eat grain products, how often do you choose whole grain products?				
Never	2 (9.1)	7 (4.6)	9 (5.2)	0.06
Rarely	2 (9.1)	20 (13.3)	22 (12.7)	
Sometimes	5 (22.7)	47 (31.1)	52 (30.1)	
Often	8 (36.4)	34 (22.5)	42 (24.3)	
Always	4 (18.2)	43 (28.5)	47 (27.2)	
N/A	1 (4.6)	0 (0.0)	1 (0.6)	
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?				
Never	6 (27.3)	17 (11.3)	23 (13.4)	0.06
Rarely	2 (9.1)	41 (27.3)	43 (25.0)	
Sometimes	3 (13.6)	38 (25.3)	41 (23.8)	
Often	4 (18.2)	26 (17.3)	30 (17.4)	
Always	6 (27.3)	27 (18.0)	33 (19.2)	
N/A	1 (4.6)	1 (0.7)	2 (1.2)	

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Appendix Table 3. Comparison between program graduates and those lost to follow-up on baseline purchasing behaviors

	Lost to Follow-Up N (Col %)	Graduates N (Col %)	Total N (Col %)	Chi-sq p-value
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?				
Never	2 (9.1)	3 (2.0)	5 (2.9)	0.44
Rarely	1 (4.6)	13 (8.6)	14 (8.1)	
Sometimes	5 (22.7)	50 (33.1)	55 (31.8)	
Often	6 (27.3)	41 (27.2)	47 (27.2)	
Always	7 (31.8)	40 (26.5)	47 (27.2)	
N/A	1 (4.6)	4 (2.7)	5 (2.9)	
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?				
Never	6 (27.3)	8 (5.3)	14 (8.1)	<0.01*
Rarely	2 (9.1)	30 (20.0)	32 (18.6)	
Sometimes	3 (13.6)	48 (32.0)	51 (29.7)	
Often	7 (31.8)	41 (27.3)	48 (27.9)	
Always	4 (18.2)	18 (12.0)	22 (12.8)	
N/A	0 (0.0)	5 (3.3)	5 (2.9)	

Appendix Table 4. Comparison between program graduates and those lost to follow-up on baseline attitudes

	Lost to Follow-Up N (Col %)	Graduates N (Col %)	Total N (Col %)	Chi-sq p-value
Fresh fruits and vegetables are easy to find in my neighborhood.				
Never	1 (4.8)	21 (14.2)	22 (13.0)	0.33
Sometimes	5 (23.8)	44 (29.7)	49 (29.0)	
Always	15 (71.4)	83 (56.1)	98 (58.0)	
I can afford fresh fruits and vegetables.				
Never	4 (19.1)	13 (8.7)	17 (9.9)	0.33
Sometimes	13 (61.9)	102 (68.0)	115 (67.3)	
Always	4 (19.1)	35 (23.3)	39 (22.8)	
I am willing to try new foods.				
Never	0 (0.0)	6 (4.0)	6 (3.5)	0.07
Sometimes	4 (19.1)	61 (40.9)	65 (38.2)	
Always	17 (81.0)	82 (55.0)	99 (58.2)	
I like to eat vegetables.				
Never	0 (0.0)	6 (4.0)	6 (3.5)	0.59
Sometimes	3 (14.3)	16 (10.7)	19 (11.2)	
Always	18 (85.7)	127 (85.2)	145 (85.3)	
I like to eat fruits.				
Never	0 (0.0)	6 (4.0)	6 (3.5)	0.57
Sometimes	3 (14.3)	27 (18.0)	30 (17.5)	
Always	18 (85.7)	117 (78.0)	135 (79.0)	
It takes too much time to cook.				
Never	10 (47.6)	67 (45.3)	77 (45.6)	0.94
Sometimes	9 (42.9)	63 (42.6)	72 (42.6)	
Always	2 (9.5)	18 (12.2)	20 (11.8)	

Appendix Table 4. Comparison between program graduates and those lost to follow-up on baseline attitudes

	Lost to Follow-Up N (Col %)	Graduates N (Col %)	Total N (Col %)	Chi-sq p-value
I think cooking is fun.				
Never	1 (4.8)	13 (8.8)	14 (8.3)	0.81
Sometimes	9 (42.9)	63 (42.6)	72 (42.6)	
Always	11 (52.4)	72 (48.7)	83 (49.1)	
Cooking is frustrating.				
Never	14 (70.0)	84 (56.8)	98 (58.3)	0.49
Sometimes	4 (20.0)	48 (32.4)	52 (31.0)	
Always	2 (10.0)	16 (10.8)	18 (10.7)	
It is too much work to cook.				
Never	11 (52.4)	80 (53.3)	91 (53.2)	0.97
Sometimes	8 (38.1)	58 (38.7)	66 (38.6)	
Always	2 (9.5)	12 (8.0)	14 (8.2)	

Appendix Table 5. Dichotomous food insecurity at baseline and endline by site and overall

	Food Insecure at Baseline		Food Insecure at Endline		McNemar Test P-Value
Site	N	%	N	%	
Asa Yancey	17	70.8	11	45.8	0.11
Diabetes 1	13	65.0	9	45.0	0.22
Diabetes 2*	12	60.0	6	30.0	0.03
East Point	9	40.9	6	27.3	0.51
IDP	12	63.2	7	36.8	0.06
PCC 1	14	60.9	8	34.8	0.11
PCC 2	13	56.5	8	34.8	0.13
Total*	90	59.6	55	36.4	<0.01

Appendix Table 6. Three-level food insecurity at baseline and endline by site and overall

	High Or Marginal Food Insecurity at Baseline		High Or Marginal Food Insecurity at Endline		McNemar Test P-Value	Low Food Security at Baseline		Low Food Security at Endline		McNemar Test P-Value	Very Low Food Security at Baseline		Very Low Food Security at Endline		McNemar Test P-Value
Site	N	%	N	%		N	%	N	%		N	%	N	%	
Asa Yancey	7	29.2	13	54.2	0.11	14	58.3	10	41.7	0.34	3	12.5	1	4.2	0.50
Diabetes 1	7	35.0	11	55.0	0.22	9	45.0	6	30.0	0.45	4	20.0	3	15.0	1.00
Diabetes 2	8	40.0	14	70.0	0.03	8	40.0	6	30.0	0.73	4	20.0	0	0.0	0.13
East Point	13	59.1	16	72.7	0.51	5	22.7	5	22.7	1.00	4	18.2	1	4.5	0.25
IDP	7	36.8	12	63.2	0.06	8	42.1	4	21.1	0.22	4	21.1	3	15.8	1.00
PCC 1	9	39.1	15	65.2	0.11	9	39.1	6	26.1	0.51	5	21.7	2	8.7	0.25
PCC 2	10	43.5	15	65.2	0.13	10	43.5	8	34.8	0.75	3	13.0	0	0.0	0.25
Total	61	40.4	96	63.6	<0.01	63	41.7	45	29.8	0.02	27	17.9	10	6.6	<0.01

Appendix Table 7. Diet scores at baseline and endline by site and overall

Site	Diet component	Fruits	Green Salads	Dark Greens	Non-fried Vegetables	Fried Potatoes	Non-fried white potatoes	Beans	Meals away from home	Fruit juices	Sugar-sweetened Beverages	Water
		Median (IQR) and Mean (SD)										
Asa Yancey (n = 24)	Baseline	2.0 (2.0, 4.0) 2.6 (1.1)	2.0 (1.0, 2.5) 2.0 (1.1)	2.0 (1.0, 3.0) 2.1 (1.0)	2.0 (1.0, 3.0) 2.0 (0.9)	1.0 (1.0, 1.0) 0.9 (0.6)	1.0 (1.0, 1.0) 1.0 (0.8)	1.0 (1.0, 2.0) 1.3 (1.0)	1.0 (1.0, 2.0) 1.3 (1.0)	1.0 (0.0, 2.0) 1.1 (1.2)	1.0 (1.0, 2.0) 1.5 (1.2)	4.0 (3.0 4.0) 3.5 (0.9)
	Endline	3.0 (2.0, 4.0) 2.9 (1.1)	2.0 (2.0, 2.5) 2.1 (0.9)	2.0 (2.0, 2.5) 2.2 (0.9)	2.0 (2.0, 2.5) 2.1 (0.9)	1.0 (0.0, 1.5) 0.9 (0.9)	1.0 (1.0, 2.0) 1.2 (0.8)	1.0 (1.0, 2.0) 1.5 (0.7)	1.0 (1.0, 2.0) 1.3 (0.8)	1.5 (1.0, 2.5) 1.8 (1.3)	1.0 (1.0, 2.0) 1.5 (1.1)	4.0 (3.5, 4.0) 3.5 (1.0)
	Mean Difference (SD)	0.3 (1.4)	0.1 (1.1)	0.1 (0.9)	0.1 (1.0)	0.0 (1.1)	0.1 (0.9)	0.2 (1.0)	0.0 (0.9)	0.6 (1.5)	0.0 (1.4)	0.0 (1.0)
	Paired T-Test P-value	0.25	0.71	0.65	0.68	1.00	0.65	0.44	0.82	0.05	0.89	1.00
Diabetes 1 (n = 20)	Baseline	2.0 (1.0, 2.0) 1.8 (1.1)	2.0 (1.0, 2.0) 1.8 (0.8)	2.0 (1.0, 2.0) 1.9 (1.1)	2.0 (1.0, 2.5) 1.9 (1.1)	1.0 (0.0, 1.0) 0.8 (0.6)	1.0 (0.0, 1.0) 0.8 (0.9)	1.0 (1.0, 2.0) 1.4 (1.0)	1.0 (0.0, 1.0) 0.8 (0.6)	1.0 (0.0, 1.0) 0.9 (1.0)	0.0 (0.0, 1.0) 0.7 (0.9)	4.0 (4.0, 4.0) 3.7 (0.7)
	Endline	2.0 (1.0, 2.5) 2.1 (0.9)	2.0 (1.0, 2.5) 2.1 (0.9)	2.0 (2.0, 3.0) 2.2 (0.9)	2.0 (1.0, 2.5) 2.0 (1.1)	1.0 (0.5, 1.0) 0.9 (0.6)	1.0 (0.0, 1.0) 0.7 (0.8)	1.0 (1.0, 2.0) 1.7 (1.0)	1.0 (0.0, 1.0) 0.8 (0.9)	0.5 (0.0, 1.5) 1.0 (1.3)	0.0 (0.0, 1.0) 0.6 (1.0)	4.0 (4.0, 4.0) 4.0 (0.0)
	Mean Difference (SD)	0.3 (1.1)	0.3 (1.1)	0.3 (1.5)	0.1 (1.4)	0.1 (0.8)	-0.1 (1.2)	0.3 (1.5)	0.0 (0.7)	0.2 (1.4)	-0.1 (1.1)	0.4 (0.7)
	Paired T-Test P-value	0.23	0.25	0.39	0.76	0.77	0.72	0.47	1.00	0.63	0.68	0.05
Diabetes 2 (n = 20)	Baseline	2.0 (1.5, 3.0) 2.2 (1.1)	2.0 (1.0, 3.0) 1.9 (1.0)	2.0 (1.5, 2.5) 2.2 (1.1)	2.0 (1.0, 2.5) 2.0 (0.9)	1.0 (0.5, 2.0) 1.1 (0.8)	0.5 (0.0, 1.0) 0.7 (0.8)	1.0 (1.0, 2.0) 1.3 (0.6)	1.0 (1.0, 2.0) 1.5 (0.9)	1.0 (0.0, 2.0) 0.9 (1.0)	1.0 (0.0, 2.0) 1.2 (1.0)	4.0 (3.0, 4.0) 3.3 (1.3)
	Endline	3.0 (2.0, 4.0) 2.8 (1.1)	2.0 (1.0, 3.0) 2.1 (1.0)	2.0 (2.0, 3.0) 2.2 (0.8)	2.0 (1.0, 2.0) 1.9 (0.9)	1.0 (0.5, 1.0) 1.1 (1.0)	1.0 (0.0, 1.0) 0.8 (1.0)	1.0 (1.0, 2.0) 1.2 (0.8)	1.0 (1.0, 1.0) 1.3 (0.9)	0.5 (0.0, 1.0) 0.8 (1.0)	1.0 (0.0, 1.0) 0.8 (0.7)	4.0 (4.0, 4.0) 3.8 (0.5)
	Mean Difference (SD)	0.7 (1.3)	0.2 (1.1)	0.0 (1.0)	-0.1 (1.0)	0.1 (0.8)	0.2 (1.1)	0.1 (0.9)	-0.2 (0.7)	-0.2 (0.9)	-0.4 (1.3)	0.5 (1.1)
	Paired T-Test P-value	<0.05	0.53	1.00	0.83	0.79	0.41	0.63	0.21	0.45	0.25	0.07

Appendix Table 7. Diet scores at baseline and endline by site and overall

Site	Diet component	Fruits	Green Salads	Dark Greens	Non-fried Vegetables	Fried Potatoes	Non-fried white potatoes	Beans	Meals away from home	Fruit juices	Sugar-sweetened Beverages	Water
						Median (IQR) and Mean (SD)						
East Point (n = 22)	Baseline	2.0 (1.0, 2.0) 2.0 (1.0)	2.0 (1.0, 2.0) 1.7 (1.1)	2.0 (1.0, 2.0) 2.0 (0.9)	2.0 (1.0, 2.0) 2.1 (1.0)	1.0 (1.0, 2.0) 1.2 (0.8)	1.0 (1.0, 1.0) 0.9 (0.6)	1.0 (1.0, 2.0) 1.5 (1.0)	1.0 (1.0, 2.0) 1.2 (0.7)	1.0 (1.0, 2.0) 1.5 (1.1)	1.0 (0.0, 2.0) 1.2 (1.0)	4.0 (2.0, 4.0) 3.4 (1.0)
	Endline	2.5 (1.0, 4.0) 2.6 (1.3)	2.0 (2.0, 3.0) 2.3 (1.0)	2.0 (1.0, 3.0) 2.1 (1.0)	2.0 (2.0, 2.0) 2.1 (0.9)	1.0 (1.0, 1.0) 1.2 (0.7)	1.0 (0.0, 1.0) 1.0 (0.8)	1.0 (1.0, 2.0) 1.3 (0.9)	1.0 (1.0, 1.0) 1.1 (0.7)	1.0 (1.0, 2.0) 1.4 (1.1)	1.0 (1.0, 2.0) 1.2 (0.9)	4.0 (4.0, 4.0) 3.5 (1.0)
	Mean Difference (SD)	0.6 (1.2)	0.6 (1.3)	0.1 (0.8)	0.0 (1.0)	0.0 (0.6)	0.1 (1.0)	-0.2 (0.8)	-0.1 (0.5)	-0.1 (1.2)	0.0 (1.1)	0.1 (1.2)
	Paired T-Test P-value	0.03	0.04	0.60	0.82	0.71	0.67	0.17	0.43	0.60	1.00	0.59
IDP (n = 19)	Baseline	2.0 (1.0, 3.0) 2.3 (1.1)	2.0 (1.0, 3.0) 2.1 (1.1)	2.0 (1.0, 3.0) 1.9 (1.2)	2.0 (1.0, 3.0) 2.1 (1.0)	1.0 (1.0, 2.0) 1.5 (1.0)	1.0 (1.0, 2.0) 1.3 (0.8)	1.0 (1.0, 2.0) 1.7 (1.0)	1.0 (1.0, 2.0) 1.5 (1.2)	2.0 (1.0, 3.0) 2.3 (1.1)	2.0 (1.0, 4.0) 2.1 (1.4)	4.0 (3.0, 4.0) 3.7 (0.5)
	Endline	2.0 (2.0, 4.0) 2.7 (1.2)	2.0 (1.0, 3.0) 1.9 (1.1)	2.0 (1.0, 2.0) 1.8 (1.1)	2.0 (2.0, 3.0) 2.2 (0.8)	1.0 (1.0, 2.0) 1.2 (0.9)	1.0 (1.0, 2.0) 1.3 (1.0)	2.0 (1.0, 2.0) 1.7 (0.9)	1.0 (0.0, 2.0) 1.1 (0.9)	2.0 (1.0, 3.0) 2.3 (1.0)	2.0 (1.0, 3.0) 1.6 (1.1)	4.0 (3.0, 4.0) 3.3 (1.1)
	Mean Difference (SD)	0.4 (1.3)	-0.2 (1.4)	-0.1 (1.4)	0.1 (1.0)	-0.3 (1.2)	0.1 (1.3)	0.1 (1.2)	-0.4 (1.1)	0.0 (0.8)	0.5 (1.2)	0.4 (0.9)
	Paired T-Test P-value	0.18	0.51	0.76	0.65	0.27	0.86	0.84	0.15	1.00	0.08	0.09
PCC 1 (n = 23)	Baseline	2.0 (1.0, 3.0) 1.9 (1.3)	2.0 (1.0, 2.0) 1.7 (1.0)	2.0 (1.0, 3.0) 1.9 (0.9)	2.0 (1.0, 2.0) 2.0 (1.0)	1.0 (0.0, 1.0) 0.7 (0.6)	1.0 (0.0, 1.0) 0.7 (0.6)	1.0 (1.0, 2.0) 1.3 (0.8)	1.0 (0.0, 1.0) 0.8 (0.7)	1.0 (0.0, 2.0) 1.2 (1.2)	1.0 (0.0, 2.0) 1.2 (1.2)	4.0 (4.0, 4.0) 3.7 (0.8)
	Endline	3.0 (2.0, 4.0) 3.0 (1.1)	2.0 (1.0, 3.0) 2.0 (1.3)	2.0 (2.0, 3.0) 2.3 (1.0)	2.0 (2.0, 2.0) 2.2 (0.8)	1.0 (1.0, 1.0) 0.9 (0.6)	1.0 (0.0, 1.0) 0.7 (0.6)	1.0 (1.0, 2.0) 1.4 (0.7)	1.0 (0.0, 1.0) 0.8 (0.7)	1.0 (1.0, 2.0) 1.5 (1.2)	2.0 (0.0, 2.0) 1.1 (1.1)	4.0 (4.0, 4.0) 3.7 (0.7)
	Mean Difference (SD)	1.1 (1.3)	0.3 (1.6)	0.4 (1.1)	0.2 (1.2)	0.2 (0.9)	0.0 (0.9)	0.1 (0.8)	0.0 (1.0)	0.3 (1.3)	0.1 (0.7)	0.0 (1.0)
	Paired T-Test P-value	<0.01	0.43	0.07	0.49	0.23	0.80	0.45	0.82	0.35	0.54	1.00

Appendix Table 7. Diet scores at baseline and endline by site and overall

Site	Diet component	Fruits	Green Salads	Dark Greens	Non-fried Vegetables	Fried Potatoes	Non-fried white potatoes	Beans	Meals away from home	Fruit juices	Sugar-sweetened Beverages	Water
		Median (IQR) and Mean (SD)										
PCC 2 (n = 23)	Baseline	2.0 (1.0, 3.0) 2.1 (1.2)	2.0 (1.0, 2.0) 1.8 (1.0)	2.0 (1.0, 3.0) 2.0 (1.1)	2.0 (1.0, 3.0) 2.2 (1.0)	1.0 (1.0, 2.0) 1.1 (0.8)	1.0 (1.0, 1.0) 1.1 (0.9)	1.0 (1.0, 2.0) 1.2 (0.9)	1.0 (1.0, 2.0) 1.5 (1.0)	1.0 (1.0, 2.0) 1.5 (1.1)	1.0 (1.0, 2.0) 1.5 (1.3)	4.0 (3.0, 4.0) 3.7 (0.6)
	Endline	2.0 (2.0, 4.0) 2.7 (1.0)	2.0 (1.0, 3.0) 1.9 (0.9)	2.0 (1.0, 2.0) 2.0 (1.1)	2.0 (1.0, 3.0) 2.2 (1.2)	1.0 (1.0, 2.0) 1.1 (0.9)	1.0 (0.0, 2.0) 1.1 (1.1)	1.0 (0.0, 2.0) 1.3 (1.2)	1.0 (1.0, 1.0) 1.1 (0.8)	1.0 (0.0, 2.0) 1.2 (0.9)	1.0 (0.0, 2.0) 1.1 (1.0)	4.0 (3.0, 4.0) 3.5 (0.9)
	Mean Difference (SD)	0.5 (1.0)	0.1 (1.1)	0.0 (1.1)	0.0 (1.4)	0.0 (1.0)	0.0 (1.2)	0.2 (1.5)	0.4 (1.0)	0.3 (0.9)	0.4 (1.0)	0.1 (0.7)
	Paired T-Test P-value	<0.05	0.56	0.86	0.88	1.00	1.00	0.58	0.12	0.13	<0.05	0.38
Overall (n = 151)	Baseline	2.0 (1.0, 3.0) 2.1 (1.1)	2.0 (1.0, 2.0) 1.8 (1.0)	2.0 (1.0, 3.0) 2.0 (1.0)	2.0 (1.0, 3.0) 2.0 (1.0)	1.0 (1.0, 1.0) 1.0 (0.8)	1.0 (0.0, 1.0) 0.9 (0.8)	1.0 (1.0, 2.0) 1.3 (0.9)	1.0 (1.0, 2.0) 1.2 (0.9)	1.0 (0.0, 2.0) 1.3 (1.2)	1.0 (0.0, 2.0) 1.3 (1.2)	4.0 (3.0, 4.0) 3.5 (0.9)
	Endline	2.0 (2.0, 4.0) 2.7 (1.1)	2.0 (1.0, 3.0) 2.0 (1.0)	2.0 (2.0, 3.0) 2.1 (1.0)	2.0 (2.0, 3.0) 2.1 (0.9)	1.0 (1.0, 1.0) 1.0 (0.8)	1.0 (0.0, 1.0) 1.0 (0.9)	1.0 (1.0, 2.0) 1.4 (0.9)	1.0 (1.0, 1.0) 1.1 (0.8)	1.0 (0.0, 2.0) 1.4 (1.2)	1.0 (0.0, 2.0) 1.1 (1.0)	4.0 (4.0, 4.0) 3.6 (0.8)
	Mean Difference (SD)	0.6 (1.2)	0.2 (1.2)	0.1 (1.1)	0.0 (1.1)	0.0 (0.9)	0.0 (1.1)	0.1 (1.1)	-0.2 (0.9)	0.1 (1.2)	-0.2 (1.1)	0.1 (1.0)
	Paired T-Test P-value	<0.01	0.06	0.22	0.62	1.00	0.64	0.47	<0.05	0.46	<0.05	0.41

Appendix Table 8. Unique fruits and vegetables eaten in the past 24 hours by site and overall

		Fruits	Vegetables
		Median (IQR) and Mean (SD)	Median (IQR) and Mean (SD)
Asa Yancey (n = 25)	Baseline	1.0 (1.0, 2.0) 1.5 (1.3)	2.0 (1.0, 4.0) 2.5 (1.9)
	Endline Difference	3.0 (2.0, 4.0) 3.1 (1.5) 1.6 (1.9)	3.0 (2.0, 4.5) 3.3 (1.6) 0.8 (2.5)
	Paired T-Test P-value	<0.01	0.15
Diabetes 1 (n = 20)	Baseline	1.0 (0.0, 2.0) 1.4 (1.4)	2.0 (0.5, 3.5) 2.3 (2.1)
	Endline Difference	1.5 (0.0, 2.5) 1.8 (1.9) 0.4 (1.5)	3.0 (1.0, 3.5) 2.5 (1.6) 0.3 (2.8)
	Paired T-Test P-value	0.25	0.70

Appendix Table 8. Unique fruits and vegetables eaten in the past 24 hours by site and overall

			Fruits	Vegetables
			Median (IQR) and Mean (SD)	Median (IQR) and Mean (SD)
Diabetes 2	(n = 20)	Baseline	1.0 (0.0, 3.0) 1.4 (1.5)	2.0 (0.0, 3.0) 1.8 (1.6)
		Endline	2.0 (1.5, 3.0) 2.5 (1.5)	3.0 (1.5, 3.0) 2.4 (1.5)
		Difference	1.1 (1.3)	0.7 (1.3)
		Paired T-Test P-value	<0.01	<0.05
East Point	(n = 20)	Baseline	1.0 (0.0, 2.0) 1.2 (1.4)	2.0 (1.0, 4.0) 2.4 (1.8)
		Endline	2.0 (1.0, 3.0) 2.2 (1.3)	3.0 (3.0, 4.0) 2.8 (1.6)
		Difference	1.0 (1.5)	0.4 (1.9)
		Paired T-Test P-value	<0.01	0.33
IDP	(n = 15)	Baseline	2.0 (1.0, 3.0) 1.8 (1.2)	2.0 (1.0, 3.0) 2.3 (1.6)
		Endline	2.0 (2.0, 4.0) 2.6 (1.5)	2.0 (1.0, 3.0) 2.5 (1.8)
		Difference	1.1 (1.4)	0.3 (2.5)
		Paired T-Test P-value	<0.01	0.64
PCC 1	(n = 24)	Baseline	1.0 (0.0, 2.0) 1.1 (1.1)	2.0 (1.0, 4.0) 2.0 (1.7)
		Endline	3.0 (1.0, 3.0) 2.4 (1.5)	3.0 (1.0, 5.0) 3.1 (1.9)
		Difference	1.4 (1.5)	1.1 (1.6)
		Paired T-Test P-value	<0.01	<0.01
PCC 2	(n = 23)	Baseline	1.0 (0.0, 2.0) 1.1 (1.2)	1.0 (0.0, 3.0) 1.6 (1.6)
		Endline	2.0 (1.0, 3.0) 2.0 (1.4)	3.0 (1.0, 4.0) 3.1 (2.2)
		Difference	1.0 (1.2)	1.5 (2.2)
		Paired T-Test P-value	<0.01	<0.01
Overall	(n = 151)	Baseline	1.0 (0.0, 2.0) 1.3 (1.3)	2.0 (1.0, 3.0) 2.1 (1.8)
		Endline	2.0 (1.0, 3.0) 2.4 (1.5)	3.0 (2.0, 4.0) 2.8 (1.8)
		Difference	1.1 (1.5)	0.7 (2.2)
		Paired T-Test P-value	<0.01	<0.01

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Appendix Table 9. Number of times participants cooked dinner or supper at home in the past week at baseline and endline overall and by site

			Median (IQR) and Mean (SD)
Asa Yancey	(n = 24)	Baseline	5.5 (4.0, 7.0) 5.4 (1.8)
		Endline	6.0 (4.0, 7.0) 5.7 (1.6)
		Difference	0.3 (1.8)
		Paired T-Test P-value	0.51
Diabetes 1	(n = 20)	Baseline	6.0 (4.5, 8.0) 5.8 (2.2)
		Endline	7.0 (5.0, 7.5) 6.1 (1.9)
		Difference	0.4 (1.3)
		Paired T-Test P-value	0.23
Diabetes 2	(n = 20)	Baseline	4.5 (3.5, 5.5) 4.5 (2.1)
		Endline	5.0 (4.0, 6.0) 4.9 (1.9)
		Difference	0.4 (1.6)
		Paired T-Test P-value	0.34
East Point	(n = 22)	Baseline	5.5 (4.0, 7.0) 5.6 (1.7)
		Endline	5.5 (4.0, 7.0) 5.6 (1.8)
		Difference	0.0 (1.7)
		Paired T-Test P-value	1.00
IDP	(n = 19)	Baseline	6.0 (4.0, 7.0) 5.3 (2.3)
		Endline	5.0 (3.0, 7.0) 5.0 (2.2)
		Difference	0.3 (2.5)
		Paired T-Test P-value	0.65
PCC 1	(n = 23)	Baseline	5.0 (3.0, 6.0) 4.7 (2.2)
		Endline	6.0 (4.0, 8.0) 5.8 (2.1)
		Difference	1.1 (1.9)
		Paired T-Test P-value	<0.01
PCC 2	(n = 23)	Baseline	5.0 (3.0, 6.0) 4.6 (2.1)
		Endline	5.0 (4.0, 6.0) 4.9 (1.9)
		Difference	0.3 (1.9)
		Paired T-Test P-value	0.51
Overall	(n = 151)	Baseline	5.0 (4.0, 7.0) 5.1 (2.1)
		Endline	6.0 (4.0, 7.0) 5.4 (1.9)
		Difference	0.3 (1.9)
		Paired T-Test P-value	<0.05

Appendix Table 10. Perceptions of availability and attitudes towards eating and cooking fruit and vegetables in sample population at baseline and at endline in all cohorts overall

Attitude	Overall (n = 151)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Fresh fruits and vegetables are easy to find in my neighborhood.					
Never	21	14.2	8	5.3	<0.01
Sometimes	44	29.7	45	30	1.00
Always	83	56.1	97	64.7	0.10
I can afford fresh fruits and vegetables.					
Never	13	8.7	3	2	0.01
Sometimes	102	68	92	60.9	0.18
Always	35	23.3	56	37.1	<0.01
I am willing to try new foods.					
Never	6	4	1	0.7	0.06
Sometimes	61	40.9	65	43	0.89
Always	82	55	85	56.3	0.77
I like to eat vegetables.					
Never	6	4	1	0.7	0.06
Sometimes	16	10.7	20	13.3	0.54
Always	127	85.2	129	86	1.00
I like to eat fruits.					
Never	6	4	0	0	0.03
Sometimes	27	18	27	18.1	1.00
Always	117	78	122	81.9	0.58
It takes too much time to cook.					
Never	67	45.3	72	48.3	0.67
Sometimes	63	42.6	68	45.6	0.60
Always	18	12.2	9	6	0.06
I think cooking is fun.					
Never	13	8.8	7	4.7	0.24
Sometimes	63	42.6	53	35.6	0.15
Always	72	48.6	89	59.7	0.01
Cooking is frustrating.					
Never	84	56.8	88	59.5	0.51
Sometimes	48	32.4	52	35.1	0.87
Always	16	10.8	8	5.4	0.12
It is too much work to cook.					
Never	80	53.3	94	62.7	0.03
Sometimes	58	38.7	50	33.3	0.26
Always	12	8	6	4	0.21

Appendix Table 11. Perceptions of availability and attitudes towards eating and cooking fruit and vegetables in sample population at baseline and at endline in Asa Yancey cohort

Attitude	Asa Yancey (n = 24)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Fresh fruits and vegetables are easy to find in my neighborhood.					
Never	11	45.8	2	8.7	0.01
Sometimes	6	25	8	34.8	0.69
Always	7	29.2	13	56.5	0.07
I can afford fresh fruits and vegetables.					
Never	5	21.7	0	0	0.06
Sometimes	13	56.5	13	54.2	1.00
Always	5	21.7	11	45.8	0.23
I am willing to try new foods.					
Never	3	12.5	0	0	0.25
Sometimes	7	29.2	7	29.2	1.00
Always	14	58.3	17	70.8	0.38
I like to eat vegetables.					
Never	4	17.4	0	0	0.13
Sometimes	3	13	2	8.7	1.00
Always	16	69.6	21	91.3	0.06
I like to eat fruits.					
Never	4	16.7	0	0	0.13
Sometimes	6	25	2	8.3	0.22
Always	14	58.3	22	91.7	<0.01
It takes too much time to cook.					
Never	11	47.8	12	52.2	1.00
Sometimes	6	26.1	11	47.8	0.23
Always	6	26.1	0	0	0.03
I think cooking is fun.					
Never	5	21.7	2	8.3	0.45
Sometimes	8	34.8	6	25	0.69
Always	10	43.5	16	66.7	0.18
Cooking is frustrating.					
Never	9	37.5	16	69.6	<0.01
Sometimes	7	29.2	5	21.7	0.63
Always	8	33.3	2	8.7	0.03
It is too much work to cook.					
Never	10	41.7	15	62.5	0.13
Sometimes	6	25	9	37.5	0.38
Always	8	33.3	0	0	<0.01

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Appendix Table 12. Perceptions of availability and attitudes towards eating and cooking fruit and vegetables in sample population at baseline and at endline in Diabetes 1 cohort

Attitude	Diabetes 1 (n = 20)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Fresh fruits and vegetables are easy to find in my neighborhood.					
Never	4	20	1	5	0.25
Sometimes	5	25	8	40	0.45
Always	11	55	11	55	1.00
I can afford fresh fruits and vegetables.					
Never	2	10	0	0	0.50
Sometimes	13	65	10	50	0.45
Always	5	25	10	50	0.06
I am willing to try new foods.					
Never	0	0	0	0	1.00
Sometimes	5	26.3	7	35	1.00
Always	14	73.7	13	65	1.00
I like to eat vegetables.					
Never	0	0	0	0	1.00
Sometimes	1	5	2	10	1.00
Always	19	95	18	90	1.00
I like to eat fruits.					
Never	0	0	0	0	1.00
Sometimes	3	15	4	20	1.00
Always	17	85	16	80	1.00
It takes too much time to cook.					
Never	11	55	13	65	0.73
Sometimes	9	45	7	35	0.73
Always	0	0	0	0	1.00
I think cooking is fun.					
Never	1	5	0	0	1.00
Sometimes	8	40	6	30	0.69
Always	11	55	14	70	0.38
Cooking is frustrating.					
Never	14	70	11	55	0.45
Sometimes	5	25	7	35	0.73
Always	1	5	2	10	1.00
It is too much work to cook.					
Never	16	80	15	75	1.00
Sometimes	4	20	4	20	1.00
Always	0	0	1	5	1.00

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Appendix Table 13. Perceptions of availability and attitudes towards eating and cooking fruit and vegetables in sample population at baseline and at endline in Diabetes 2 cohort

Attitude	Diabetes 2 (n = 20)				McNemar Test P-Value
	Baseline		**Endline**		
	No.	Col %	No.	Col %	
Fresh fruits and vegetables are easy to find in my neighborhood.					
Never	3	15	2	10	1.00
Sometimes	7	35	4	20	0.51
Always	10	50	14	70	0.22
I can afford fresh fruits and vegetables.					
Never	2	10	0	0	0.50
Sometimes	11	55	12	60	1.00
Always	7	35	8	40	1.00
I am willing to try new foods.					
Never	0	0	0	0	1.00
Sometimes	10	50	11	55	1.00
Always	10	50	9	45	1.00
I like to eat vegetables.					
Never	0	0	0	0	1.00
Sometimes	3	15	4	20	1.00
Always	17	85	16	80	1.00
I like to eat fruits.					
Never	0	0	0	0	1.00
Sometimes	1	5	3	15.8	0.50
Always	19	95	16	84.2	0.25
It takes too much time to cook.					
Never	9	45	10	50	1.00
Sometimes	9	45	8	40	1.00
Always	2	10	2	10	1.00
I think cooking is fun.					
Never	2	10.5	0	0	0.50
Sometimes	9	47.4	9	47.4	1.00
Always	8	42.1	10	52.6	0.63
Cooking is frustrating.					
Never	13	72.2	10	50	0.25
Sometimes	5	27.8	9	45	0.63
Always	0	0	1	5	1.00
It is too much work to cook.					
Never	9	45	11	55	0.50
Sometimes	11	55	7	35	0.13
Always	0	0	2	10	0.50

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Appendix Table 14. Perceptions of availability and attitudes towards eating and cooking fruit and vegetables in sample population at baseline and at endline in East Point cohort

Attitude	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
Fresh fruits and vegetables are easy to find in my neighborhood.					
Never	1	4.5	0	0	1.00
Sometimes	5	22.7	8	36.4	0.38
Always	16	72.7	14	63.6	0.63
I can afford fresh fruits and vegetables.					
Never	0	0	0	0	1.00
Sometimes	18	81.8	15	68.2	0.38
Always	4	18.2	7	31.8	0.38
I am willing to try new foods.					
Never	0	0	0	0	1.00
Sometimes	14	66.7	9	40.9	0.07
Always	7	33.3	13	59.1	0.07
I like to eat vegetables.					
Never	0	0	0	0	1.00
Sometimes	2	9.1	1	4.5	1.00
Always	20	90.9	21	95.5	1.00
I like to eat fruits.					
Never	0	0	0	0	1.00
Sometimes	5	22.7	5	22.7	1.00
Always	17	77.3	17	77.3	1.00
It takes too much time to cook.					
Never	11	50	9	40.9	0.69
Sometimes	9	40.9	11	50	0.73
Always	2	9.1	2	9.1	1.00
I think cooking is fun.					
Never	1	4.5	0	0	1.00
Sometimes	12	54.5	7	31.8	0.13
Always	9	40.9	15	68.2	0.03
Cooking is frustrating.					
Never	13	59.1	15	68.2	0.63
Sometimes	9	40.9	7	31.8	0.63
Always	0	0	0	0	1.00
It is too much work to cook.					
Never	17	77.3	13	59.1	0.29
Sometimes	5	22.7	9	40.9	0.29
Always	0	0	0	0	1.00

Note: The East Point (n = 22) header spans both Baseline and Endline columns.

Appendix Table 15. Perceptions of availability and attitudes towards eating and cooking fruit and vegetables in sample population at baseline and at endline in IDP cohort

Attitude	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
Fresh fruits and vegetables are easy to find in my neighborhood.					
Never	0	0	0	0	1.00
Sometimes	8	44.4	5	26.3	0.38
Always	10	55.6	14	73.7	0.38
I can afford fresh fruits and vegetables.					
Never	0	0	0	0	1.00
Sometimes	15	78.9	13	68.4	0.63
Always	4	21.1	6	31.6	0.63
I am willing to try new foods.					
Never	0	0	0	0	1.00
Sometimes	7	36.8	10	52.6	0.38
Always	12	63.2	9	47.4	0.38
I like to eat vegetables.					
Never	1	5.3	0	0	1.00
Sometimes	1	5.3	4	21.1	0.25
Always	17	89.5	15	78.9	0.50
I like to eat fruits.					
Never	1	5.3	0	0	1.00
Sometimes	3	15.8	4	22.2	1.00
Always	15	78.9	14	77.8	1.00
It takes too much time to cook.					
Never	9	50	9	50	1.00
Sometimes	8	44.4	7	38.9	1.00
Always	1	5.6	2	11.1	1.00
I think cooking is fun.					
Never	0	0	0	0	1.00
Sometimes	5	27.8	4	22.2	1.00
Always	13	72.2	14	77.8	1.00
Cooking is frustrating.					
Never	13	72.2	12	66.7	1.00
Sometimes	5	27.8	5	27.8	1.00
Always	0	0	1	5.6	1.00
It is too much work to cook.					
Never	11	61.1	11	61.1	1.00
Sometimes	6	33.3	6	33.3	1.00
Always	1	5.6	1	5.6	1.00

The header row for IDP (n = 19) spans Baseline and Endline columns.

Appendix Table 16. Perceptions of availability and attitudes towards eating and cooking fruit and vegetables in sample population at baseline and at endline in PCC 1 cohort

Attitude	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
Fresh fruits and vegetables are easy to find in my neighborhood.					
Never	1	4.5	1	4.3	1.00
Sometimes	9	40.9	7	30.4	0.73
Always	12	54.5	15	65.2	0.73
I can afford fresh fruits and vegetables.					
Never	2	8.7	2	8.7	1.00
Sometimes	17	73.9	14	60.9	0.45
Always	4	17.4	7	30.4	0.38
I am willing to try new foods.					
Never	1	4.3	0	0	1.00
Sometimes	8	34.8	10	43.5	0.75
Always	14	60.9	13	56.5	1.00
I like to eat vegetables.					
Never	0	0	0	0	1.00
Sometimes	3	13.6	4	17.4	1.00
Always	19	86.4	19	82.6	1.00
I like to eat fruits.					
Never	0	0	0	0	1.00
Sometimes	4	17.4	3	13	1.00
Always	19	82.6	20	87	1.00
It takes too much time to cook.					
Never	11	47.8	11	47.8	1.00
Sometimes	9	39.1	11	47.8	0.75
Always	3	13	1	4.3	0.50
I think cooking is fun.					
Never	1	4.3	1	4.3	1.00
Sometimes	8	34.8	10	43.5	0.73
Always	14	60.9	12	52.2	0.69
Cooking is frustrating.					
Never	13	56.5	14	63.6	1.00
Sometimes	8	34.8	8	36.4	1.00
Always	2	8.7	0	0	1.00
It is too much work to cook.					
Never	13	56.5	17	73.9	0.13
Sometimes	9	39.1	6	26.1	0.38
Always	1	4.3	0	0	1.00

Appendix Table 17. Perceptions of availability and attitudes towards eating and cooking fruit and vegetables in sample population at baseline and at endline in PCC 2 cohort

Attitude	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
Fresh fruits and vegetables are easy to find in my neighborhood.					
Never	1	4.5	2	8.7	1.00
Sometimes	4	18.2	5	21.7	1.00
Always	17	77.3	16	69.6	0.69
I can afford fresh fruits and vegetables.					
Never	2	8.7	1	4.3	1.00
Sometimes	15	65.2	15	65.2	1.00
Always	6	26.1	7	30.4	1.00
I am willing to try new foods.					
Never	2	8.7	1	4.3	1.00
Sometimes	10	43.5	11	47.8	1.00
Always	11	47.8	11	47.8	1.00
I like to eat vegetables.					
Never	1	4.3	1	4.3	1.00
Sometimes	3	13	3	13	1.00
Always	19	82.6	19	82.6	1.00
I like to eat fruits.					
Never	1	4.5	0	0	1.00
Sometimes	5	22.7	6	26.1	1.00
Always	16	72.7	17	73.9	1.00
It takes too much time to cook.					
Never	5	22.7	8	34.8	0.69
Sometimes	13	59.1	13	56.5	1.00
Always	4	18.2	2	8.7	0.50
I think cooking is fun.					
Never	3	13	4	17.4	1.00
Sometimes	13	56.5	11	47.8	0.69
Always	7	30.4	8	34.8	1.00
Cooking is frustrating.					
Never	9	39.1	10	43.5	1.00
Sometimes	9	39.1	11	47.8	0.69
Always	5	21.7	2	8.7	0.25
It is too much work to cook.					
Never	4	17.4	12	52.2	<0.01
Sometimes	17	73.9	9	39.1	<0.01
Always	2	8.7	2	8.7	1.00

Note: The Endline columns fall under the header **PCC 2 (n =23)**.

Appendix Table 18. Shopping behaviors in sample population at baseline and at endline for all cohorts overall

Behavior	Overall (n = 151)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
When you have milk, how often do you choose low-fat milk (skim or 1%)?					
Never	37	24.5	16	10.6	<0.01
Rarely	24	15.9	21	13.9	0.71
Sometimes	30	19.9	33	21.9	0.76
Often	17	11.3	22	14.6	0.46
Always	35	23.2	45	29.8	0.14
N/A	8	5.3	14	9.3	0.21
When you eat dairy products, how often do you choose lower fat options?*					
Never	25	16.6	16	10.6	0.11
Rarely	37	24.5	23	15.2	0.04
Sometimes	40	26.5	42	27.8	0.89
Often	23	15.2	32	21.2	0.20
Always	21	13.9	34	22.5	0.04
N/A	5	3.3	4	2.6	1.00
When you eat grain products, how often do you choose whole grain products?*					
Never	7	4.6	2	1.3	0.13
Rarely	20	13.2	7	4.6	0.01
Sometimes	47	31.1	43	28.5	0.70
Often	34	22.5	50	33.1	0.03
Always	43	28.5	48	31.8	0.52
N/A	0	0	1	0.7	1.00
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?*					
Never	17	11.3	5	3.3	<0.01
Rarely	41	27.3	17	11.3	<0.01
Sometimes	38	25.3	52	34.4	0.10
Often	26	17.3	35	23.2	0.19
Always	27	18	40	26.5	0.01
N/A	1	0.7	2	1.3	1.00
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?					
Never	3	2	1	0.7	0.63
Rarely	13	8.6	9	6	0.42
Sometimes	50	33.1	38	25.2	0.07
Often	41	27.2	48	31.8	0.42
Always	40	26.5	49	32.5	0.22
N/A	4	2.6	6	4	0.69
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?*					
Never	8	5.3	8	5.3	1.00
Rarely	30	20	20	13.2	0.13
Sometimes	48	32	51	33.8	0.79
Often	41	27.3	33	21.9	0.28
Always	18	12	31	20.5	0.04
N/A	5	3.3	8	5.3	0.45

Appendix Table 19. Shopping behaviors in sample population at baseline and at endline for Asa Yancey cohort

Behavior	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
When you have milk, how often do you choose low-fat milk (skim or 1%)?					
Never	5	20.8	2	8.3	0.38
Rarely	3	12.5	2	8.3	1.00
Sometimes	6	25	9	37.5	0.45
Often	1	4.2	3	12.5	0.50
Always	7	29.2	6	25	1.00
N/A	2	8.3	2	8.3	1.00
When you eat dairy products, how often do you choose lower fat options?					
Never	2	8.3	4	16.7	0.63
Rarely	9	37.5	3	12.5	0.07
Sometimes	6	25	7	29.2	1.00
Often	2	8.3	4	16.7	0.69
Always	5	20.8	6	25	1.00
N/A	0	0	0	0	1.00
When you eat grain products, how often do you choose whole grain products?					
Never	0	0	1	4.2	1.00
Rarely	4	16.7	0	0	0.13
Sometimes	8	33.3	3	12.5	0.18
Often	6	25	12	50	0.11
Always	6	25	8	33.3	0.63
N/A	0	0	0	0	1.00
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?					
Never	3	12.5	0	0	0.25
Rarely	7	29.2	1	4.2	0.03
Sometimes	7	29.2	9	37.5	0.69
Often	6	25	9	37.5	0.45
Always	1	4.2	5	20.8	0.13
N/A	0	0	0	0	1.00
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?					
Never	0	0	0	0	1.00
Rarely	1	4.2	2	8.3	1.00
Sometimes	12	50	6	25	0.03
Often	7	29.2	9	37.5	0.73
Always	4	16.7	7	29.2	0.25
N/A	0	0	0	0	1.00
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?					
Never	0	0	1	4.2	1.00
Rarely	7	29.2	2	8.3	0.06
Sometimes	7	29.2	10	41.7	0.58
Often	5	20.8	4	16.7	1.00
Always	4	16.7	5	20.8	1.00
N/A	1	4.2	2	8.3	1.00

The header for the Asa Yancey section spans: **Asa Yancey (n = 24)** covering Baseline and Endline columns.

Appendix Table 20. Shopping behaviors in sample population at baseline and at endline for Diabetes 1 cohort

Behavior	Diabetes 1 (n = 20)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
When you have milk, how often do you choose low-fat milk (skim or 1%)?					
Never	1	5	2	10	1.00
Rarely	8	40	3	15	0.06
Sometimes	2	10	4	20	0.63
Often	4	20	4	20	1.00
Always	4	20	6	30	0.63
N/A	1	5	1	5	1.00
When you eat dairy products, how often do you choose lower fat options?					
Never	1	5	1	5	1.00
Rarely	8	40	4	20	0.22
Sometimes	5	25	4	20	1.00
Often	2	10	4	20	0.63
Always	3	15	7	35	0.22
N/A	1	5	0	0	1.00
When you eat grain products, how often do you choose whole grain products?					
Never	0	0	0	0	1.00
Rarely	1	5	0	0	1.00
Sometimes	7	35	6	30	1.00
Often	7	35	9	45	0.73
Always	5	25	5	25	1.00
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?					
Never	2	10	0	0	0.63
Rarely	4	20	2	10	0.22
Sometimes	5	25	9	45	0.63
Often	6	30	4	20	1.00
Always	3	15	4	20	1.00
N/A	0	0	1	5	1.00
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?					
Never	0	0	0	0	1.00
Rarely	2	10	0	0	0.50
Sometimes	6	30	7	35	1.00
Often	9	45	5	25	0.29
Always	3	15	6	30	0.45
N/A	0	0	2	10	0.50
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?					
Never	3	15	2	10	1.00
Rarely	3	15	4	20	1.00
Sometimes	4	20	7	35	0.51
Often	7	35	4	20	0.54
Always	2	10	2	10	1.00
N/A	1	5	1	5	1.00

Appendix Table 21. Shopping behaviors in sample population at baseline and at endline for Diabetes 2 cohort

Behavior	Diabetes 2 (n = 20)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
When you have milk, how often do you choose low-fat milk (skim or 1%)?					
Never	7	35	3	15	0.22
Rarely	2	10	2	10	1.00
Sometimes	3	15	3	15	1.00
Often	3	15	4	20	1.00
Always	5	25	7	35	0.63
N/A	0	0	1	5	1.00
When you eat dairy products, how often do you choose lower fat options?					
Never	4	20	2	10	0.63
Rarely	4	20	2	10	0.50
Sometimes	3	15	7	35	0.13
Often	4	20	5	25	1.00
Always	4	20	4	20	1.00
N/A	1	5	0	0	1.00
When you eat grain products, how often do you choose whole grain products?					
Never	1	5	0	0	1.00
Rarely	2	10	3	15	1.00
Sometimes	5	25	5	25	1.00
Often	4	20	5	25	1.00
Always	8	40	7	35	1.00
N/A	0	0	0	0	1.00
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?					
Never	3	15	1	5	0.50
Rarely	3	15	3	15	1.00
Sometimes	7	35	7	35	1.00
Often	5	25	3	15	0.69
Always	2	10	6	30	0.29
N/A	0	0	0	0	1.00
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?					
Never	1	5	0	0	1.00
Rarely	3	15	1	5	0.50
Sometimes	7	35	5	25	0.63
Often	2	10	7	35	0.13
Always	6	30	7	35	1.00
N/A	1	5	0	0	1.00
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?					
Never	2	10	1	5	1.00
Rarely	5	25	2	10	0.38
Sometimes	7	35	7	35	1.00
Often	5	25	5	25	1.00
Always	1	5	5	25	0.22
N/A	0	0	0	0	1.00

Appendix Table 22. Shopping behaviors in sample population at baseline and at endline for East Point cohort

Behavior	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
When you have milk, how often do you choose low-fat milk (skim or 1%)?					
Never	5	22.7	1	4.5	0.13
Rarely	3	13.6	4	18.2	1.00
Sometimes	4	18.2	7	31.8	0.38
Often	3	13.6	2	9.1	1.00
Always	5	22.7	7	31.8	0.73
N/A	2	9.1	1	4.5	1.00
When you eat dairy products, how often do you choose lower fat options?					
Never	2	9.1	0	0	0.50
Rarely	5	22.7	6	27.3	1.00
Sometimes	9	40.9	7	31.8	0.77
Often	4	18.2	6	27.3	0.69
Always	1	4.5	3	13.6	0.63
N/A	1	4.5	0	0	1.00
When you eat grain products, how often do you choose whole grain products?					
Never	4.5	2	0	0	1.00
Rarely	4.5	4	1	4.5	1.00
Sometimes	50	3	10	45.5	1.00
Often	22.7	4	7	31.8	0.69
Always	18.2	4	4	18.2	1.00
N/A	0	0	0	0	1.00
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?					
Never	3	13.6	1	4.5	0.50
Rarely	5	22.7	3	13.6	0.63
Sometimes	8	36.4	9	40.9	1.00
Often	3	13.6	6	27.3	0.45
Always	3	13.6	3	13.6	1.00
N/A	0	0	0	0	1.00
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?					
Never	0	0	0	0	1.00
Rarely	0	0	0	0	1.00
Sometimes	10	45.5	9	40.9	1.00
Often	6	27.3	7	31.8	1.00
Always	6	27.3	5	22.7	1.00
N/A	0	0	1	4.5	1.00
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?					
Never	0	0	0	0	1.00
Rarely	4	18.2	3	13.6	1.00
Sometimes	8	36.4	10	45.5	0.75
Often	8	36.4	6	27.3	0.69
Always	1	4.5	2	9.1	1.00
N/A	1	4.5	1	4.5	1.00

Appendix Table 23. Shopping behaviors in sample population at baseline and at endline for IDP cohort

Behavior	IDP (n = 19)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
When you have milk, how often do you choose low-fat milk (skim or 1%)?					
Never	5	26.3	0	0	0.06
Rarely	4	21.1	6	31.6	0.73
Sometimes	6	31.6	4	21.1	0.69
Often	2	10.5	3	15.8	1.00
Always	1	5.3	3	15.8	0.50
N/A	1	5.3	3	15.8	0.63
When you eat dairy products, how often do you choose lower fat options?					
Never	6	31.6	1	5.3	0.13
Rarely	3	15.8	2	10.5	1.00
Sometimes	6	31.6	8	42.1	0.73
Often	2	10.5	5	26.3	0.45
Always	2	10.5	2	10.5	1.00
N/A	0	0	1	5.3	1.00
When you eat grain products, how often do you choose whole grain products?					
Never	3	15.8	0	0	0.25
Rarely	4	21.1	1	5.3	0.38
Sometimes	3	15.8	7	36.8	0.29
Often	5	26.3	3	15.8	0.63
Always	4	21.1	7	36.8	0.38
N/A	0	0	1	5.3	1.00
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?					
Never	2	10.5	0	0	0.50
Rarely	8	42.1	2	10.5	0.07
Sometimes	1	5.3	7	36.8	0.03
Often	3	15.8	3	15.8	1.00
Always	5	26.3	6	31.6	1.00
N/A	0	0	1	5.3	1.00
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?					
Never	1	5.3	0	0	1.00
Rarely	4	21.1	4	21.1	1.00
Sometimes	2	10.5	3	15.8	1.00
Often	6	31.6	4	21.1	0.73
Always	6	31.6	7	36.8	1.00
N/A	0	0	1	5.3	1.00
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?					
Never	1	5.3	0	0	1.00
Rarely	5	26.3	3	15.8	0.69
Sometimes	6	31.6	7	36.8	1.00
Often	2	10.5	4	21.1	0.50
Always	5	26.3	4	21.1	1.00
N/A	0	0	1	5.3	1.00

Appendix Table 24. Shopping behaviors in sample population at baseline and at endline for PCC 1 cohort

Behavior	PCC 1 (n = 23)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
When you have milk, how often do you choose low-fat milk (skim or 1%)?					
Never	6	26.1	3	13	0.38
Rarely	1	4.3	2	8.7	1.00
Sometimes	5	21.7	3	13	0.73
Often	2	8.7	5	21.7	0.45
Always	7	30.4	5	21.7	0.69
N/A	2	8.7	5	21.7	0.25
When you eat dairy products, how often do you choose lower fat options?					
Never	4	17.4	3	13	1.00
Rarely	4	17.4	3	13	1.00
Sometimes	5	21.7	4	17.4	1.00
Often	5	21.7	4	17.4	1.00
Always	3	13	6	26.1	0.45
N/A	2	8.7	3	13	1.00
When you eat grain products, how often do you choose whole grain products?					
Never	1	4.3	0	0	1.00
Rarely	0	0	1	4.3	1.00
Sometimes	7	30.4	4	17.4	0.51
Often	6	26.1	8	34.8	0.73
Always	9	39.1	10	43.5	1.00
N/A	0	0	0	0	1.00
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?					
Never	1	4.5	1	4.3	1.00
Rarely	6	27.3	2	8.7	0.22
Sometimes	5	22.7	7	30.4	1.00
Often	2	9.1	4	17.4	0.63
Always	8	36.4	9	39.1	1.00
N/A	0	0	0	0	1.00
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?					
Never	1	4.3	1	4.3	1.00
Rarely	3	13	1	4.3	0.50
Sometimes	4	17.4	4	17.4	1.00
Often	5	21.7	8	34.8	0.51
Always	7	30.4	7	30.4	1.00
N/A	3	13	2	8.7	1.00
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?					
Never	1	4.5	2	8.7	1.00
Rarely	2	9.1	2	8.7	1.00
Sometimes	8	36.4	4	17.4	0.29
Often	6	27.3	6	26.1	1.00
Always	4	18.2	6	26.1	1.00
N/A	1	4.5	3	13	0.50

Appendix Table 25. Shopping behaviors in sample population at baseline and at endline for PCC 2 cohort

Behavior	PCC 2 (n = 23)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
When you have milk, how often do you choose low-fat milk (skim or 1%)?					
Never	8	34.8	5	21.7	0.38
Rarely	3	13	2	8.7	1.00
Sometimes	4	17.4	3	13	1.00
Often	2	8.7	1	4.3	1.00
Always	6	26.1	11	47.8	0.13
N/A	0	0	1	4.3	1.00
When you eat dairy products, how often do you choose lower fat options?					
Never	6	26.1	5	21.7	1.00
Rarely	4	17.4	3	13	1.00
Sometimes	6	26.1	5	21.7	1.00
Often	4	17.4	4	17.4	1.00
Always	3	13	6	26.1	0.38
N/A	0	0	0	0	1.00
When you eat grain products, how often do you choose whole grain products?					
Never	1	4.3	1	4.3	1.00
Rarely	8	34.8	1	4.3	0.02
Sometimes	6	26.1	8	34.8	0.73
Often	1	4.3	6	26.1	0.13
Always	7	30.4	7	30.4	1.00
N/A	0	0	0	0	1.00
How often do you choose low-sodium options when you buy easy-to-prepare, packaged foods?					
Never	3	13	2	8.7	1.00
Rarely	8	34.8	4	17.4	0.39
Sometimes	5	21.7	4	17.4	1.00
Often	1	4.3	6	26.1	0.06
Always	5	21.7	7	30.4	0.63
N/A	1	4.3	0	0	1.00
When you buy meat or protein foods, how often do you choose lean meat or low-fat proteins?					
Never	0	0	0	0	1.00
Rarely	0	0	1	4.3	1.00
Sometimes	9	39.1	4	17.4	0.06
Often	6	26.1	8	34.8	0.69
Always	8	34.8	10	43.5	0.63
N/A	0	0	0	0	1.00
When you eat at fast food or sit-down restaurants, how often do you choose healthy foods?					
Never	1	4.3	2	8.7	1.00
Rarely	4	17.4	4	17.4	1.00
Sometimes	8	34.8	6	26.1	0.69
Often	8	34.8	4	17.4	0.29
Always	1	4.3	7	30.4	0.03
N/A	1	4.3	0	0	1.00

Appendix Table 26. Frequency of participating in shopping and eating behaviors at baseline and endline for all cohorts overall

Behavior	Overall (n = 151)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Compare prices before you buy food?					
Never	1	0.7	1	0.7	1.00
Rarely	7	4.6	7	4.6	0.29
Sometimes	32	21.2	32	21.2	1.00
Often	31	20.5	31	20.5	0.35
Always	79	52.3	79	52.3	0.78
N/A	1	0.7	1	0.7	1.00
Plan meals ahead of time?					
Never	8	5.3	6	4	0.69
Rarely	27	17.9	8	5.3	<0.01
Sometimes	55	36.4	60	40	0.50
Often	30	19.9	34	22.7	0.64
Always	29	19.2	40	26.7	0.08
N/A	2	1.3	2	1.3	1.00
Use a grocery list when you go grocery shopping?					
Never	14	9.3	13	8.6	1.00
Rarely	18	11.9	17	11.3	1.00
Sometimes	51	33.8	53	35.1	0.89
Often	19	12.6	23	15.2	0.62
Always	47	31.1	43	28.5	0.57
N/A	2	1.3	2	1.3	1.00
Use the "nutrition facts" on food labels?					
Never	6	4	4	2.6	0.73
Rarely	20	13.2	10	6.6	0.05
Sometimes	58	38.4	53	35.1	0.60
Often	32	21.2	31	20.5	1.00
Always	34	22.5	50	33.1	0.01
N/A	1	0.7	3	2	0.50
Eat breakfast within two hours of waking up?					
Never	13	8.6	9	6	0.34
Rarely	24	15.9	15	9.9	0.11
Sometimes	51	33.8	60	39.7	0.23
Often	20	13.2	26	17.2	0.41
Always	40	26.5	40	26.5	1.00
N/A	3	2	1	0.7	0.63
Eat food from each food group every day?					
Never	6	4	2	1.3	0.22
Rarely	15	9.9	11	7.3	0.52
Sometimes	77	51	56	37.1	<0.01
Often	29	19.2	47	31.1	0.02
Always	24	15.9	35	23.2	0.08
Make meals at home "from scratch" using mainly basic whole ingredients?					
Never	10	6.6	4	2.6	0.15
Rarely	16	10.6	11	7.3	0.38
Sometimes	46	30.5	32	21.2	<0.05
Often	32	21.2	48	31.8	0.03
Always	46	30.5	53	35.1	0.31
N/A	1	0.7	3	2	0.50
Adjust meals to include specific ingredients that are more budget-friendly?					
Never	2	1.3	2	1.3	1.00
Rarely	15	10	12	8	0.61
Sometimes	60	40	50	33.3	0.24
Often	36	24	40	26.7	0.67
Always	37	24.7	45	30	0.31
N/A	0	0	1	0.7	1.00
Use healthy cooking practices?					
Never	4	2.6	1	0.7	0.38
Rarely	12	7.9	3	2	0.04
Sometimes	52	34.4	36	23.8	0.03
Often	40	26.5	54	35.8	0.06
Always	41	27.2	54	35.8	0.08
N/A	2	1.3	3	2	1.00

Appendix Table 27. Frequency of participating in shopping and eating behaviors at baseline and endline for Asa Yancey cohort

Behavior	Asa Yancey (n = 24)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Compare prices before you buy food?					
Never	1	4.2	1	4.2	1.00
Rarely	1	4.2	1	4.2	1.00
Sometimes	5	20.8	5	20.8	0.63
Often	6	25	6	25	0.45
Always	11	45.8	11	45.8	0.07
N/A	0	0	0	0	1.00
Plan meals ahead of time?					
Never	2	8.3	0	0	0.50
Rarely	3	12.5	1	4.2	0.63
Sometimes	12	50	11	45.8	1.00
Often	3	12.5	3	12.5	1.00
Always	4	16.7	9	37.5	0.13
N/A	0	0	0	0	1.00
Use a grocery list when you go grocery shopping?					
Never	3	12.5	2	8.3	1.00
Rarely	1	4.2	3	12.5	0.63
Sometimes	10	41.7	8	33.3	0.75
Often	2	8.3	4	16.7	0.63
Always	8	33.3	7	29.2	1.00
N/A	0	0	0	0	1.00
Use the "nutrition facts" on food labels?					
Never	1	4.2	0	0	1.00
Rarely	3	12.5	1	4.2	0.63
Sometimes	9	37.5	13	54.2	0.34
Often	7	29.2	0	0	0.02
Always	4	16.7	10	41.7	0.15
N/A	0	0	0	0	1.00
Eat breakfast within two hours of waking up?					
Never	1	4.2	1	4.2	1.00
Rarely	5	20.8	2	8.3	0.45
Sometimes	11	45.8	12	50	1.00
Often	2	8.3	4	16.7	0.63
Always	4	16.7	5	20.8	1.00
N/A	1	4.2	0	0	1.00
Eat food from each food group every day?					
Never	3	12.5	0	0	0.25
Rarely	1	4.2	0	0	1.00
Sometimes	14	58.3	9	37.5	0.30
Often	4	16.7	9	37.5	0.23
Always	2	8.3	6	25	0.22
Make meals at home "from scratch" using mainly basic whole ingredients?					
Never	1	4.2	0	0	1.00
Rarely	2	8.3	2	8.3	1.00
Sometimes	9	37.5	6	25	0.45
Often	6	25	8	33.3	0.69
Always	6	25	8	33.3	0.69
N/A	0	0	0	0	1.00
Adjust meals to include specific ingredients that are more budget-friendly?					
Never	0	0	0	0	1.00
Rarely	3	12.5	2	8.3	1.00
Sometimes	13	54.2	6	25	0.07
Often	4	16.7	4	16.7	1.00
Always	4	16.7	12	50	0.04
Use healthy cooking practices?					
Never	1	4.2	0	0	1.00
Rarely	2	8.3	0	0	0.50
Sometimes	9	37.5	5	20.8	0.34
Often	8	33.3	6	25	0.73
Always	4	16.7	13	54.2	0.02
N/A	0	0	0	0	1.00

Appendix Table 28. Frequency of participating in shopping and eating behaviors at baseline and endline for Diabetes 1 cohort

Behavior	Diabetes 1 (n = 20)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Compare prices before you buy food?					
Never	0	0	0	0	1.00
Rarely	2	10	2	10	0.50
Sometimes	8	40	8	40	0.69
Often	2	10	2	10	0.69
Always	8	40	8	40	0.69
N/A	0	0	0	0	1.00
Plan meals ahead of time?					
Never	1	5	0	0	1.00
Rarely	5	25	0	0	0.06
Sometimes	6	30	10	50	0.29
Often	5	25	4	20	1.00
Always	3	15	6	30	0.38
N/A	0	0	0	0	1.00
Use a grocery list when you go grocery shopping?					.
Never	2	10	2	10	1.00
Rarely	2	10	5	25	0.38
Sometimes	7	35	6	30	1.00
Often	2	10	3	15	1.00
Always	7	35	3	15	0.13
N/A	0	0	1	5	1.00
Use the "nutrition facts" on food labels?					
Never	1	5	0	0	1.00
Rarely	5	25	4	20	1.00
Sometimes	7	35	9	45	0.69
Often	4	20	1	5	0.25
Always	3	15	5	25	0.63
N/A	0	0	1	5	1.00
Eat breakfast within two hours of waking up?					
Never	1	5	2	10	1.00
Rarely	0	0	2	10	0.50
Sometimes	6	30	9	45	0.45
Often	4	20	1	5	0.38
Always	8	40	5	25	0.45
N/A	1	5	1	5	1.00
Eat food from each food group every day?					
Never	0	0	0	0	1.00
Rarely	2	10	1	5	1.00
Sometimes	10	50	9	45	1.00
Often	4	20	6	30	0.63
Always	4	20	4	20	1.00
Make meals at home "from scratch" using mainly basic whole ingredients?					
Never	0	0	0	0	1.00
Rarely	2	10	1	5	1.00
Sometimes	6	30	4	20	0.69
Often	3	15	6	30	0.45
Always	9	45	9	45	1.00
N/A	0	0	0	0	1.00
Adjust meals to include specific ingredients that are more budget-friendly?					
Never	0	0	0	0	1.00
Rarely	0	0	1	5	1.00
Sometimes	7	36.8	10	50	0.45
Often	7	36.8	7	35	1.00
Always	5	26.3	2	10	0.45
N/A	0	0	0	0	1.00
Use healthy cooking practices?					
Never	0	0	0	0	1.00
Rarely	1	5	1	5	1.00
Sometimes	6	30	6	30	1.00
Often	7	35	6	30	1.00
Always	5	25	6	30	1.00
N/A	1	5	1	5	1.00

Appendix Table 29. Frequency of participating in shopping and eating behaviors at baseline and endline for Diabetes 2 cohort

Behavior	Diabetes 2 (n = 20)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Compare prices before you buy food?					
Never	0	0	0	0	1.00
Rarely	2	10	2	10	0.50
Sometimes	4	20	4	20	0.69
Often	5	25	5	25	0.69
Always	9	45	9	45	0.45
N/A	0	0	0	0	1.00
Plan meals ahead of time?					
Never	1	5	1	5.3	1.00
Rarely	7	35	2	10.5	0.06
Sometimes	6	30	9	47.4	0.29
Often	3	15	4	21.1	1.00
Always	3	15	3	15.8	1.00
N/A	0	0	0	0	1.00
Use a grocery list when you go grocery shopping?					
Never	2	10	1	5	1.00
Rarely	7	35	3	15	0.22
Sometimes	2	10	7	35	0.06
Often	3	15	3	15	1.00
Always	6	30	6	30	1.00
N/A	0	0	0	0	1.00
Use the "nutrition facts" on food labels?					
Never	1	5	0	0	1.00
Rarely	2	10	0	0	0.50
Sometimes	9	45	7	35	0.69
Often	4	20	8	40	0.22
Always	4	20	5	25	1.00
N/A	0	0	0	0	1.00
Eat breakfast within two hours of waking up?					
Never	3	15	3	15	1.00
Rarely	3	15	1	5	0.50
Sometimes	3	15	5	25	0.63
Often	4	20	6	30	0.69
Always	6	30	5	25	1.00
N/A	1	5	0	0	1.00
Eat food from each food group every day?					
Never	1	5	0	0	1.00
Rarely	0	0	2	10	0.50
Sometimes	7	35	8	40	1.00
Often	8	40	5	25	0.51
Always	4	20	5	25	1.00
Make meals at home "from scratch" using mainly basic whole ingredients?					
Never	4	20	1	5	0.38
Rarely	3	15	0	0	0.25
Sometimes	5	25	4	20	1.00
Often	3	15	6	30	0.45
Always	5	25	9	45	0.22
N/A	0	0	0	0	1.00
Adjust meals to include specific ingredients that are more budget-friendly?					
Never	0	0	1	5	1.00
Rarely	3	15	2	10	1.00
Sometimes	9	45	8	40	1.00
Often	5	25	2	10	0.38
Always	3	15	7	35	0.22
Use healthy cooking practices?					
Never	1	5	0	0	1.00
Rarely	3	15	0	0	0.25
Sometimes	8	40	8	40	1.00
Often	5	25	9	45	0.13
Always	3	15	3	15	1.00
N/A	0	0	0	0	1.00

Appendix Table 30. Frequency of participating in shopping and eating behaviors at baseline and endline for East Point cohort

Behavior	East Point (n = 22)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Compare prices before you buy food?					
Never	0	0	0	0	1.00
Rarely	1	4.5	1	4.5	1.00
Sometimes	3	13.6	3	13.6	1.00
Often	4	18.2	4	18.2	1.00
Always	14	63.6	14	63.6	1.00
N/A	0	0	0	0	1.00
Plan meals ahead of time?					
Never	0	0	0	0	1.00
Rarely	1	4.5	0	0	1.00
Sometimes	11	50	10	45.5	1.00
Often	5	22.7	7	31.8	0.63
Always	5	22.7	5	22.7	1.00
N/A	0	0	0	0	1.00
Use a grocery list when you go grocery shopping?					
Never	2	9.1	1	4.5	1.00
Rarely	1	4.5	0	0	1.00
Sometimes	6	27.3	10	45.5	0.34
Often	6	27.3	3	13.6	0.45
Always	7	31.8	8	36.4	1.00
N/A	0	0	0	0	1.00
Use the "nutrition facts" on food labels?					
Never	0	0	1	4.5	1.00
Rarely	3	13.6	1	4.5	0.63
Sometimes	10	45.5	9	40.9	1.00
Often	6	27.3	6	27.3	1.00
Always	3	13.6	5	22.7	0.69
N/A	0	0	0	0	1.00
Eat breakfast within two hours of waking up?					
Never	1	4.5	1	4.5	1.00
Rarely	5	22.7	3	13.6	0.63
Sometimes	7	31.8	10	45.5	0.51
Often	4	18.2	5	22.7	1.00
Always	5	22.7	3	13.6	0.50
N/A	0	0	0	0	1.00
Eat food from each food group every day?					
Never	0	0	0	0	1.00
Rarely	2	9.1	0	0	0.50
Sometimes	14	63.6	10	45.5	0.34
Often	2	9.1	8	36.4	0.07
Always	4	18.2	4	18.2	1.00
Make meals at home "from scratch" using mainly basic whole ingredients?					
Never	1	4.5	1	4.5	1.00
Rarely	1	4.5	3	13.6	0.63
Sometimes	6	27.3	6	27.3	1.00
Often	6	27.3	4	18.2	0.69
Always	8	36.4	8	36.4	1.00
N/A	0	0	0	0	1.00
Adjust meals to include specific ingredients that are more budget-friendly?					
Never	1	4.5	0	0	1.00
Rarely	0	0	1	4.8	1.00
Sometimes	9	40.9	6	28.6	0.51
Often	4	18.2	10	47.6	0.04
Always	8	36.4	4	19	0.22
N/A	0	0	0	0	1.00
Use healthy cooking practices?					
Never	0	0	0	0	1.00
Rarely	1	4.5	0	0	1.00
Sometimes	10	45.5	3	13.6	0.04
Often	7	31.8	9	40.9	0.73
Always	4	18.2	10	45.5	0.03
N/A	0	0	0	0	1.00

Appendix Table 31. Frequency of participating in shopping and eating behaviors at baseline and endline for IDP cohort

Behavior	IDP (n = 19)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Compare prices before you buy food?					
Never	0	0	0	0	1.00
Rarely	0	0	0	0	1.00
Sometimes	3	15.8	3	15.8	1.00
Often	5	26.3	5	26.3	1.00
Always	10	52.6	10	52.6	0.25
N/A	1	5.3	1	5.3	1.00
Plan meals ahead of time?					
Never	0	0	1	5.3	1.00
Rarely	3	15.8	2	10.5	1.00
Sometimes	7	36.8	6	31.6	1.00
Often	3	15.8	7	36.8	0.34
Always	5	26.3	1	5.3	0.13
N/A	1	5.3	2	10.5	1.00
Use a grocery list when you go grocery shopping?					
Never	0	0	1	5.3	1.00
Rarely	2	10.5	2	10.5	1.00
Sometimes	8	42.1	9	47.4	1.00
Often	3	15.8	3	15.8	1.00
Always	5	26.3	3	15.8	0.63
N/A	1	5.3	1	5.3	1.00
Use the "nutrition facts" on food labels?					
Never	1	5.3	2	10.5	1.00
Rarely	5	26.3	2	10.5	0.45
Sometimes	4	21.1	5	26.3	1.00
Often	2	10.5	5	26.3	0.38
Always	6	31.6	4	21.1	0.50
N/A	1	5.3	1	5.3	1.00
Eat breakfast within two hours of waking up?					
Never	1	5.3	1	5.3	1.00
Rarely	3	15.8	2	10.5	1.00
Sometimes	8	42.1	10	52.6	0.50
Often	1	5.3	2	10.5	1.00
Always	6	31.6	4	21.1	0.63
N/A	0	0	0	0	1.00
Eat food from each food group every day?					
Never	0	0	0	0	1.00
Rarely	3	15.8	3	15.8	1.00
Sometimes	9	47.4	9	47.4	1.00
Often	3	15.8	3	15.8	1.00
Always	4	21.1	4	21.1	1.00
Make meals at home "from scratch" using mainly basic whole ingredients?					
Never	0	0	0	0	1.00
Rarely	4	21.1	2	10.5	0.63
Sometimes	6	31.6	4	21.1	0.63
Often	5	26.3	6	31.6	1.00
Always	3	15.8	5	26.3	0.50
N/A	1	5.3	2	10.5	1.00
Adjust meals to include specific ingredients that are more budget-friendly?					
Never	0	0	0	0	1.00
Rarely	3	15.8	2	10.5	1.00
Sometimes	5	26.3	5	26.3	1.00
Often	6	31.6	7	36.8	1.00
Always	5	26.3	4	21.1	1.00
N/A	0	0	1	5.3	1.00
Use healthy cooking practices?					
Never	0	0	0	0	1.00
Rarely	3	15.8	1	5.3	0.63
Sometimes	6	31.6	6	31.6	1.00
Often	4	21.1	7	36.8	0.45
Always	6	31.6	4	21.1	0.63
N/A	0	0	1	5.3	1.00

Appendix Table 32. Frequency of participating in shopping and eating behaviors at baseline and endline for PCC 1 cohort

Behavior	PCC 1 (n = 23)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Compare prices before you buy food?					
Never	0	0	0	0	1.00
Rarely	0	0	0	0	1.00
Sometimes	5	21.7	5	21.7	1.00
Often	4	17.4	4	17.4	1.00
Always	14	60.9	14	60.9	1.00
N/A	0	0	0	0	1.00
Plan meals ahead of time?					
Never	0	0	0	0	1.00
Rarely	3	13	0	0	0.25
Sometimes	6	26.1	8	34.8	0.69
Often	7	30.4	4	17.4	0.25
Always	6	26.1	11	47.8	0.13
N/A	1	4.3	0	0	1.00
Use a grocery list when you go grocery shopping?					
Never	2	8.7	2	8.7	1.00
Rarely	2	8.7	1	4.3	1.00
Sometimes	11	47.8	8	34.8	0.45
Often	0	0	4	17.4	0.13
Always	8	34.8	8	34.8	1.00
N/A	0	0	0	0	1.00
Use the "nutrition facts" on food labels?					
Never	1	4.3	0	0	1.00
Rarely	1	4.3	2	8.7	1.00
Sometimes	10	43.5	6	26.1	0.34
Often	5	21.7	6	26.1	1.00
Always	6	26.1	8	34.8	0.63
N/A	0	0	1	4.3	1.00
Eat breakfast within two hours of waking up?					
Never	1	4.3	0	0	1.00
Rarely	4	17.4	3	13	1.00
Sometimes	11	47.8	7	30.4	0.29
Often	1	4.3	6	26.1	0.13
Always	6	26.1	7	30.4	1.00
N/A	0	0	0	0	1.00
Eat food from each food group every day?					
Never	1	4.3	0	0	1.00
Rarely	3	13	3	13	1.00
Sometimes	13	56.5	6	26.1	0.07
Often	3	13	7	30.4	0.29
Always	3	13	7	30.4	0.29
Make meals at home "from scratch" using mainly basic whole ingredients?					
Never	1	4.3	0	0	1.00
Rarely	1	4.3	0	0	1.00
Sometimes	3	13	4	17.4	1.00
Often	7	30.4	8	34.8	1.00
Always	11	47.8	10	43.5	1.00
N/A	0	0	1	4.3	1.00
Adjust meals to include specific ingredients that are more budget-friendly?					
Never	0	0	0	0	1.00
Rarely	2	8.7	0	0	0.50
Sometimes	9	39.1	10	43.5	1.00
Often	5	21.7	3	13	0.69
Always	7	30.4	10	43.5	0.45
Use healthy cooking practices?					
Never	0	0	0	0	1.00
Rarely	0	0	0	0	1.00
Sometimes	7	30.4	3	13	0.22
Often	4	17.4	9	39.1	0.13
Always	11	47.8	11	47.8	1.00
N/A	1	4.3	0	0	1.00

Appendix Table 33. Frequency of participating in shopping and eating behaviors at baseline and endline for PCC 2 cohort

Behavior	PCC 2 (n = 23)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Compare prices before you buy food?					
Never	0	0	0	0	1.00
Rarely	1	4.3	1	4.3	1.00
Sometimes	4	17.4	4	17.4	0.63
Often	5	21.7	5	21.7	0.38
Always	13	56.5	13	56.5	0.29
N/A	0	0	0	0	1.00
Plan meals ahead of time?					
Never	4	17.4	4	17.4	1.00
Rarely	5	21.7	3	13	0.63
Sometimes	7	30.4	6	26.1	1.00
Often	4	17.4	5	21.7	1.00
Always	3	13	5	21.7	0.63
N/A	0	0	0	0	1.00
Use a grocery list when you go grocery shopping?					
Never	3	13	4	17.4	1.00
Rarely	3	13	3	13	1.00
Sometimes	7	30.4	5	21.7	0.63
Often	3	13	3	13	1.00
Always	6	26.1	8	34.8	0.63
N/A	1	4.3	0	0	1.00
Use the "nutrition facts" on food labels?					
Never	1	4.3	1	4.3	1.00
Rarely	1	4.3	0	0	1.00
Sometimes	9	39.1	4	17.4	0.18
Often	4	17.4	5	21.7	1.00
Always	8	34.8	13	56.5	0.13
N/A	0	0	0	0	1.00
Eat breakfast within two hours of waking up?					
Never	5	21.7	2	8.7	0.25
Rarely	4	17.4	2	8.7	0.50
Sometimes	5	21.7	7	30.4	0.69
Often	4	17.4	2	8.7	0.63
Always	5	21.7	10	43.5	0.06
N/A	0	0	0	0	1.00
Eat food from each food group every day?					
Never	1	4.3	2	8.7	1.00
Rarely	4	17.4	2	8.7	0.63
Sometimes	10	43.5	5	21.7	0.06
Often	5	21.7	9	39.1	0.29
Always	3	13	5	21.7	0.63
Make meals at home "from scratch" using mainly basic whole ingredients?					
Never	3	13	2	8.7	1.00
Rarely	3	13	3	13	1.00
Sometimes	11	47.8	4	17.4	0.07
Often	2	8.7	10	43.5	0.02
Always	4	17.4	4	17.4	1.00
N/A	0	0	0	0	1.00
Adjust meals to include specific ingredients that are more budget-friendly?					
Never	1	4.3	1	4.3	1.00
Rarely	4	17.4	4	17.4	1.00
Sometimes	8	34.8	5	21.7	0.45
Often	5	21.7	7	30.4	0.73
Always	5	21.7	6	26.1	1.00
Use healthy cooking practices?					
Never	2	8.7	1	4.3	1.00
Rarely	2	8.7	1	4.3	1.00
Sometimes	6	26.1	5	21.7	1.00
Often	5	21.7	8	34.8	0.51
Always	8	34.8	7	30.4	1.00
N/A	0	0	1	4.3	1.00

Appendix Table 34. Confidence related to shopping and cooking behaviors at baseline and endline for all cohorts overall

Behavior	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
Use the same healthy ingredient in different recipes					
Not at all confident	5	3.3	1	0.7	0.22
Not very confident	5	3.3	2	1.3	0.45
Neutral	22	14.6	21	13.9	1.00
Somewhat confident	45	29.8	53	35.1	0.37
Very confident	71	47	71	47	1.00
N/A	3	2	3	2	1.00
Choose the best-priced form of fruits and vegetables*					
Not at all confident	3	2	2	1.3	1.00
Not very confident	4	2.6	2	1.3	0.69
Neutral	19	12.6	10	6.6	0.11
Somewhat confident	42	27.8	34	22.5	0.28
Very confident	81	53.6	102	67.5	<0.01
N/A	2	1.3	1	0.7	1.00
Use basic cooking skills*					
Not at all confident	6	4	3	2	0.51
Not very confident	11	7.3	1	0.7	<0.01
Neutral	16	10.6	10	6.6	0.29
Somewhat confident	36	23.8	38	25.2	0.88
Very confident	76	50.3	98	64.9	<0.01
N/A	6	4	1	0.7	0.06
Buy healthy foods for your family on a budget*					
Not at all confident	5	3.3	1	0.7	0.22
Not very confident	9	6	1	0.7	0.02
Neutral	18	12	9	6	0.08
Somewhat confident	47	31.3	37	24.5	0.23
Very confident	68	45.3	102	67.5	<0.01
N/A	3	2	1	0.7	0.50
Cook healthy foods for you family on a budget*					
Not at all confident	5	3.3	2	1.3	0.45
Not very confident	6	4	3	2	0.51
Neutral	16	10.6	11	7.3	0.36
Somewhat confident	49	32.5	34	22.5	0.05
Very confident	72	47.7	100	66.2	<0.01
N/A	3	2	1	0.7	0.50
Help your family and/or friends eat healthier?*					
Not at all confident	4	2.6	1	0.7	0.38
Not very confident	5	3.3	1	0.7	0.22
Neutral	22	14.6	12	7.9	0.08
Somewhat confident	46	30.5	37	24.5	0.27
Very confident	72	47.7	99	65.6	<0.01
N/A	2	1.3	1	0.7	1.00

Appendix Table 35. Confidence related to shopping and cooking behaviors at baseline and endline for Asa Yancey cohort

Behavior	Asa Yancey (n = 24)				McNemar Test P-Value
	Baseline		**Endline**		
	No.	Col %	No.	Col %	
Use the same healthy ingredient in different recipes					
Not at all confident	2	8.3	0	0	0.50
Not very confident	1	4.2	0	0	1.00
Neutral	3	12.5	3	12.5	1.00
Somewhat confident	7	29.2	9	37.5	0.77
Very confident	11	45.8	11	45.8	1.00
N/A	0	0	1	4.2	1.00
Choose the best-priced form of fruits and vegetables					
Not at all confident	0	0	0	0	1.00
Not very confident	1	4.2	1	4.2	1.00
Neutral	6	25	0	0	0.03
Somewhat confident	7	29.2	6	25	1.00
Very confident	10	41.7	17	70.8	0.12
N/A	0	0	0	0	1.00
Use basic cooking skills					
Not at all confident	0	0	1	4.2	1.00
Not very confident	2	8.3	1	4.2	1.00
Neutral	3	12.5	1	4.2	0.63
Somewhat confident	4	16.7	4	16.7	1.00
Very confident	14	58.3	17	70.8	0.51
N/A	1	4.2	0	0	1.00
Buy healthy foods for your family on a budget					
Not at all confident	0	0	0	0	1.00
Not very confident	2	8.7	0	0	0.50
Neutral	2	8.7	1	4.2	1.00
Somewhat confident	8	34.8	6	25	0.75
Very confident	11	47.8	17	70.8	0.23
N/A	0	0	0	0	1.00
Cook healthy foods for you family on a budget					
Not at all confident	0	0	0	0	1.00
Not very confident	1	4.2	0	0	1.00
Neutral	1	4.2	2	8.3	1.00
Somewhat confident	11	45.8	6	25	0.23
Very confident	11	45.8	16	66.7	0.23
Help your family and/or friends eat healthier?					
Not at all confident	1	4.2	0	0	1.00
Not very confident	0	0	1	4.2	1.00
Neutral	0	0	1	4.2	1.00
Somewhat confident	5	20.8	6	25	1.00
Very confident	18	75	16	66.7	0.73
N/A	0	0	0	0	1.00

Appendix Table 36. Confidence related to shopping and cooking behaviors at baseline and endline for Diabetes 1 cohort

Behavior	Diabetes 1 (n = 20)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Use the same healthy ingredient in different recipes					
Not at all confident	1	5	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	3	15	6	30	0.38
Somewhat confident	8	40	6	30	0.75
Very confident	8	40	8	40	1.00
N/A	0	0	0	0	1.00
Choose the best-priced form of fruits and vegetables					
Not at all confident	1	5	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	2	10	4	20	0.69
Somewhat confident	4	20	1	5	0.38
Very confident	13	65	15	75	0.69
N/A	0	0	0	0	1.00
Use basic cooking skills					
Not at all confident	0	0	0	0	1.00
Not very confident	3	15	0	0	0.25
Neutral	2	10	2	10	1.00
Somewhat confident	5	25	7	35	0.69
Very confident	9	45	11	55	0.63
N/A	1	5	0	0	1.00
Buy healthy foods for your family on a budget					
Not at all confident	1	5	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	3	15	1	5	0.13
Somewhat confident	7	35	7	35	0.18
Very confident	9	45	12	60	<0.01
N/A	0	0	0	0	1.00
Cook healthy foods for you family on a budget					
Not at all confident	1	5	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	2	10	2	10	1.00
Somewhat confident	8	40	7	35	1.00
Very confident	9	45	11	55	0.75
N/A	0	0	0	0	1.00
Help your family and/or friends eat healthier?					
Not at all confident	1	5	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	6	30	2	10	0.22
Somewhat confident	5	25	6	30	1.00
Very confident	8	40	12	60	0.22
N/A	0	0	0	0	1.00

Appendix Table 37. Confidence related to shopping and cooking behaviors at baseline and endline for Diabetes 2 cohort

Behavior	Diabetes 2 (n = 20)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Use the same healthy ingredient in different recipes					
Not at all confident	1	5	0	0	1.00
Not very confident	2	10	0	0	0.50
Neutral	2	10	3	15	1.00
Somewhat confident	3	15	9	45	0.07
Very confident	12	60	8	40	0.22
Choose the best-priced form of fruits and vegetables					
Not at all confident	2	10	0	0	0.50
Not very confident	0	0	0	0	1.00
Neutral	2	10	3	15	1.00
Somewhat confident	4	20	4	20	1.00
Very confident	12	60	13	65	1.00
Use basic cooking skills					
Not at all confident	4	20	0	0	0.13
Not very confident	1	5	0	0	1.00
Neutral	2	10	2	10	1.00
Somewhat confident	5	25	4	20	1.00
Very confident	8	40	14	70	0.03
N/A	0	0	0	0	1.00
Buy healthy foods for your family on a budget					
Not at all confident	1	5	0	0	1.00
Not very confident	2	10	0	0	0.50
Neutral	3	15	2	10	1.00
Somewhat confident	6	30	2	10	0.22
Very confident	8	40	16	80	<0.01
Cook healthy foods for you family on a budget					
Not at all confident	2	10	0	0	0.50
Not very confident	2	10	0	0	0.50
Neutral	2	10	2	10	1.00
Somewhat confident	4	20	3	15	1.00
Very confident	10	50	15	75	0.06
Help your family and/or friends eat healthier?					
Not at all confident	1	5	0	0	1.00
Not very confident	1	5	0	0	1.00
Neutral	5	25	2	10	0.25
Somewhat confident	5	25	4	20	1.00
Very confident	8	40	14	70	0.07
N/A	0	0	0	0	1.00

Appendix Table 38. Confidence related to shopping and cooking behaviors at baseline and endline for East Point cohort

Behavior	East Point (n =22)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Use the same healthy ingredient in different recipes					
Not at all confident	0	0	0	0	1.00
Not very confident	0	0	1	4.5	1.00
Neutral	3	13.6	1	4.5	0.50
Somewhat confident	8	36.4	8	36.4	1.00
Very confident	11	50	12	54.5	1.00
N/A	0	0	0	0	1.00
Choose the best-priced form of fruits and vegetables					
Not at all confident	0	0	1	4.5	1.00
Not very confident	0	0	0	0	1.00
Neutral	4	18.2	0	0	0.13
Somewhat confident	4	18.2	5	22.7	1.00
Very confident	14	63.6	16	72.7	0.73
N/A	0	0	0	0	1.00
Use basic cooking skills					
Not at all confident	0	0	1	4.5	1.00
Not very confident	1	4.5	0	0	1.00
Neutral	3	13.6	2	9.1	1.00
Somewhat confident	7	31.8	5	22.7	0.73
Very confident	11	50	14	63.6	0.51
N/A	0	0	0	0	1.00
Buy healthy foods for your family on a budget					
Not at all confident	1	4.5	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	3	13.6	1	4.5	0.45
Somewhat confident	4	18.2	6	27.3	<0.01
Very confident	13	59.1	15	68.2	<0.01
N/A	1	4.5	0	0	1.00
Cook healthy foods for you family on a budget					
Not at all confident	0	0	1	4.5	1.00
Not very confident	1	4.5	0	0	1.00
Neutral	4	18.2	2	9.1	0.69
Somewhat confident	4	18.2	5	22.7	1.00
Very confident	12	54.5	14	63.6	0.75
N/A	1	4.5	0	0	1.00
Help your family and/or friends eat healthier?					
Not at all confident	1	4.5	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	4	18.2	2	9.1	0.69
Somewhat confident	8	36.4	7	31.8	1.00
Very confident	8	36.4	13	59.1	0.27
N/A	1	4.5	0	0	1.00

Appendix Table 39. Confidence related to shopping and cooking behaviors at baseline and endline for IDP cohort

Behavior	IDP (n = 19)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Use the same healthy ingredient in different recipes					
Not at all confident	0	0	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	2	10.5	3	15.8	1.00
Somewhat confident	5	26.3	4	21.1	1.00
Very confident	11	57.9	11	57.9	1.00
N/A	1	5.3	1	5.3	1.00
Choose the best-priced form of fruits and vegetables					
Not at all confident	0	0	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	1	5.3	2	10.5	1.00
Somewhat confident	7	36.8	4	21.1	0.38
Very confident	11	57.9	12	63.2	1.00
N/A	0	0	1	5.3	1.00
Use basic cooking skills					
Not at all confident	0	0	0	0	1.00
Not very confident	2	10.5	0	0	0.50
Neutral	2	10.5	1	5.3	1.00
Somewhat confident	5	26.3	4	21.1	1.00
Very confident	9	47.4	13	68.4	0.22
N/A	1	5.3	1	5.3	1.00
Buy healthy foods for your family on a budget					
Not at all confident	1	5.3	0	0	1.00
Not very confident	0	0	0	0	1.00
Neutral	2	10.5	1	5.3	1.00
Somewhat confident	8	42.1	5	26.3	0.45
Very confident	7	36.8	12	63.2	0.06
N/A	1	5.3	1	5.3	1.00
Cook healthy foods for you family on a budget					
Not at all confident	1	5.3	0	0	1.00
Not very confident	0	0	1	5.3	1.00
Neutral	2	10.5	2	10.5	1.00
Somewhat confident	8	42.1	3	15.8	0.06
Very confident	7	36.8	12	63.2	0.06
N/A	1	5.3	1	5.3	1.00
Help your family and/or friends eat healthier?					
Not at all confident	0	0	0	0	1.00
Not very confident	1	5.3	0	0	1.00
Neutral	2	10.5	1	5.3	1.00
Somewhat confident	8	42.1	5	26.3	0.38
Very confident	8	42.1	13	68.4	0.06
N/A	0	0	0	0	1.00

Appendix Table 40. Confidence related to shopping and cooking behaviors at baseline and endline for PCC 1 cohort

Behavior	PCC 1 (n = 23)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Use the same healthy ingredient in different recipes					
Not at all confident	0	0	0	0	1.00
Not very confident	2	8.7	0	0	0.50
Neutral	3	13	3	13	1.00
Somewhat confident	8	34.8	7	30.4	1.00
Very confident	9	39.1	12	52.2	0.45
N/A	1	4.3	1	4.3	1.00
Choose the best-priced form of fruits and vegetables					
Not at all confident	0	0	0	0	1.00
Not very confident	2	8.7	0	0	0.50
Neutral	2	8.7	0	0	0.50
Somewhat confident	7	30.4	5	21.7	0.63
Very confident	11	47.8	18	78.3	0.02
N/A	1	4.3	0	0	1.00
Use basic cooking skills					
Not at all confident	1	4.3	0	0	1.00
Not very confident	1	4.3	0	0	1.00
Neutral	3	13	1	4.3	0.63
Somewhat confident	4	17.4	5	21.7	1.00
Very confident	12	52.2	17	73.9	0.06
N/A	2	8.7	0	0	0.50
Buy healthy foods for your family on a budget					
Not at all confident	1	4.3	0	0	1.00
Not very confident	3	13	0	0	0.25
Neutral	3	13	1	4.3	0.63
Somewhat confident	5	21.7	4	17.4	1.00
Very confident	11	47.8	18	78.3	0.02
N/A	0	0	0	0	1.00
Cook healthy foods for you family on a budget					
Not at all confident	1	4.3	0	0	1.00
Not very confident	2	8.7	0	0	0.50
Neutral	3	13	0	0	0.25
Somewhat confident	3	13	4	17.4	1.00
Very confident	14	60.9	19	82.6	0.13
N/A	0	0	0	0	1.00
Help your family and/or friends eat healthier?					
Not at all confident	0	0	0	0	1.00
Not very confident	1	4.3	0	0	1.00
Neutral	3	13	3	13	1.00
Somewhat confident	8	34.8	2	8.7	0.07
Very confident	11	47.8	18	78.3	0.07
N/A	0	0	0	0	1.00

Appendix Table 41. Confidence related to shopping and cooking behaviors at baseline and endline for PCC 2 cohort

Behavior	PCC 2 (n = 23)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Use the same healthy ingredient in different recipes					
Not at all confident	1	4.3	1	4.3	1.00
Not very confident	0	0	1	4.3	1.00
Neutral	6	26.1	2	8.7	0.22
Somewhat confident	6	26.1	10	43.5	0.29
Very confident	9	39.1	9	39.1	1.00
N/A	1	4.3	0	0	1.00
Choose the best-priced form of fruits and vegetables					
Not at all confident	0	0	1	4.3	1.00
Not very confident	1	4.3	1	4.3	1.00
Neutral	2	8.7	1	4.3	1.00
Somewhat confident	9	39.1	9	39.1	1.00
Very confident	10	43.5	11	47.8	1.00
N/A	1	4.3	0	0	1.00
Use basic cooking skills					
Not at all confident	1	4.3	1	4.3	1.00
Not very confident	1	4.3	0	0	1.00
Neutral	1	4.3	1	4.3	1.00
Somewhat confident	6	26.1	9	39.1	0.38
Very confident	13	56.5	12	52.2	1.00
N/A	1	4.3	0	0	1.00
Buy healthy foods for your family on a budget					
Not at all confident	0	0	1	4.3	1.00
Not very confident	2	8.7	1	4.3	1.00
Neutral	2	8.7	2	8.7	1.00
Somewhat confident	9	39.1	7	30.4	0.73
Very confident	9	39.1	12	52.2	0.51
N/A	1	4.3	0	0	1.00
Cook healthy foods for you family on a budget					
Not at all confident	0	0	1	4.3	1.00
Not very confident	0	0	2	8.7	0.50
Neutral	2	8.7	1	4.3	1.00
Somewhat confident	11	47.8	6	26.1	0.23
Very confident	9	39.1	13	56.5	0.29
N/A	1	4.3	0	0	1.00
Help your family and/or friends eat healthier?					
Not at all confident	0	0	1	4.3	1.00
Not very confident	2	8.7	0	0	0.50
Neutral	2	8.7	1	4.3	1.00
Somewhat confident	7	30.4	7	30.4	1.00
Very confident	11	47.8	13	56.5	0.73
N/A	1	4.3	1	4.3	1.00

Appendix Table 42. Knowledge of local foods and local food shopping behaviors at baseline and endline for all cohorts overall

Knowledge or Behavior	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
I know where to find locally grown fruits and vegetables.					
Disagree	29	19.3	8	5.3	<0.01
Sometimes Agree	58	38.7	50	33.1	0.40
Agree	63	42	93	61.6	<0.01
I know which fruits and vegetables are grown during different times of the year					
Disagree	53	36.3	17	11.5	<0.01
Sometimes Agree	55	37.7	79	53.4	<0.01
Agree	38	26	52	35.1	0.06
How often do you shop at local farmers markets?					
Never	52	34.4	18	11.9	<0.01
A few times a year	54	35.8	31	20.5	<0.01
Once a month	26	17.2	37	24.5	0.13
2-3 times a month	9	6	34	22.5	<0.01
Once a week	6	4	22	14.6	<0.01
More than once a week	4	2.6	9	6	0.23

Appendix Table 43. Knowledge of local foods and local food shopping behaviors at baseline and endline for the Asa Yancey cohort

Knowledge or Behavior	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
I know where to find locally grown fruits and vegetables.					
Disagree	5	20.8	1	4.2	0.13
Sometimes Agree	12	50	5	20.8	0.07
Agree	7	29.2	18	75	<0.01
I know which fruits and vegetables are grown during different times of the year					
Disagree	4	18.2	4	17.4	1.00
Sometimes Agree	10	45.5	8	34.8	0.51
Agree	8	36.4	11	47.8	0.29
How often do you shop at local farmers markets?					
Never	9	37.5	5	20.8	0.29
A few times a year	7	29.2	4	16.7	0.45
Once a month	7	29.2	4	16.7	0.45
2-3 times a month	1	4.2	7	29.2	0.07
Once a week	0	0	4	16.7	0.13
More than once a week	0	0	0	0	1.00

Appendix Table 44. Knowledge of local foods and local food shopping behaviors at baseline and endline for the Diabetes 1 cohort

Knowledge or Behavior	Baseline No.	Baseline Col %	Endline No.	Endline Col %	McNemar Test P-Value
I know where to find locally grown fruits and vegetables.					
Disagree	2	10	3	15	1.00
Sometimes Agree	9	45	7	35	0.77
Agree	9	45	10	50	1.00
I know which fruits and vegetables are grown during different times of the year					
Disagree	9	47.4	3	15	<0.05
Sometimes Agree	4	21.1	9	45	0.06
Agree	6	31.6	8	40	1.00
How often do you shop at local farmers markets?					
Never	3	15	2	10	1.00
A few times a year	9	45	2	10	<0.05
Once a month	5	25	7	35	0.69
2-3 times a month	2	10	4	20	0.69
Once a week	1	5	3	15	0.63
More than once a week	0	0	2	10	0.50

Appendix Table 45. Knowledge of local foods and local food shopping behaviors at baseline and endline for the Diabetes 2 cohort

Knowledge or Behavior	Baseline No.	Baseline Col %	Endline No.	Endline Col %	McNemar Test P-Value
I know where to find locally grown fruits and vegetables.					
Disagree	4	21.1	0	0	0.13
Sometimes Agree	5	26.3	11	55	0.11
Agree	10	52.6	9	45	0.73
I know which fruits and vegetables are grown during different times of the year					
Disagree	9	47.4	1	5.3	0.02
Sometimes Agree	5	26.3	12	63.2	0.07
Agree	5	26.3	6	31.6	1.00
How often do you shop at local farmers markets?					
Never	7	35	1	5	0.07
A few times a year	5	25	2	10	0.38
Once a month	4	20	8	40	0.29
2-3 times a month	1	5	4	20	0.25
Once a week	2	10	4	20	0.63
More than once a week	1	5	1	5	1.00

Appendix Table 46. Knowledge of local foods and local food shopping behaviors at baseline and endline for the East Point cohort

Knowledge or Behavior	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
I know where to find locally grown fruits and vegetables.					
Disagree	6	27.3	0	0	<0.05
Sometimes Agree	10	45.5	5	22.7	0.23
Agree	6	27.3	17	77.3	<0.01
I know which fruits and vegetables are grown during different times of the year					
Disagree	9	40.9	2	9.1	<0.05
Sometimes Agree	10	45.5	15	68.2	0.23
Agree	3	13.6	5	22.7	0.69
How often do you shop at local farmers markets?					
Never	7	31.8	1	4.5	0.07
A few times a year	9	40.9	5	22.7	0.34
Once a month	4	18.2	7	31.8	0.26
2-3 times a month	1	4.5	6	27.3	0.06
Once a week	0	0	3	13.6	0.25
More than once a week	1	4.5	0	0	1.00

Appendix Table 47. Knowledge of local foods and local food shopping behaviors at baseline and endline for the IDP cohort

Knowledge or Behavior	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
I know where to find locally grown fruits and vegetables.					
Disagree	1	5.3	2	10.5	1.00
Sometimes Agree	8	42.1	5	26.3	0.51
Agree	10	52.6	12	63.2	0.73
I know which fruits and vegetables are grown during different times of the year					
Disagree	4	21.1	3	15.8	1.00
Sometimes Agree	7	36.8	10	52.6	0.45
Agree	8	42.1	6	31.6	0.69
How often do you shop at local farmers markets?					
Never	8	42.1	2	10.5	0.03
A few times a year	6	31.6	6	31.6	1.00
Once a month	0	0	5	26.3	0.06
2-3 times a month	2	10.5	4	21.1	0.63
Once a week	2	10.5	2	10.5	1.00
More than once a week	1	5.3	0	0	1.00

Appendix Table 48. Knowledge of local foods and local food shopping behaviors at baseline and endline for the PCC 1 cohort

Knowledge or Behavior	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
I know where to find locally grown fruits and vegetables.					
Disagree	7	30.4	1	4.3	0.03
Sometimes Agree	5	21.7	6	26.1	1.00
Agree	11	47.8	16	69.6	0.23
I know which fruits and vegetables are grown during different times of the year					
Disagree	10	43.5	2	8.7	<0.01
Sometimes Agree	7	30.4	10	43.5	0.45
Agree	6	26.1	11	47.8	0.06
How often do you shop at local farmers markets?					
Never	10	43.5	5	21.7	0.13
A few times a year	6	26.1	5	21.7	1.00
Once a month	4	17.4	2	8.7	0.69
2-3 times a month	1	4.3	3	13	0.63
Once a week	1	4.3	3	13	0.63
More than once a week	1	4.3	5	21.7	0.13

Appendix Table 49. Knowledge of local foods and local food shopping behaviors at baseline and endline for the PCC 2 cohort

Knowledge or Behavior	Baseline		Endline		McNemar Test P-Value
	No.	Col %	No.	Col %	
I know where to find locally grown fruits and vegetables.					
Disagree	4	17.4	1	4.3	0.38
Sometimes Agree	9	39.1	11	47.8	0.73
Agree	10	43.5	11	47.8	1.00
I know which fruits and vegetables are grown during different times of the year					
Disagree	8	36.4	2	9.1	0.03
Sometimes Agree	12	54.5	15	68.2	0.45
Agree	2	9.1	5	22.7	0.38
How often do you shop at local farmers markets?					
Never	8	34.8	2	8.7	0.03
A few times a year	12	52.2	7	30.4	0.18
Once a month	2	8.7	4	17.4	0.63
2-3 times a month	1	4.3	6	26.1	0.06
Once a week	0	0	3	13	0.25
More than once a week	0	0	1	4.3	1.00

Appendix Table 50. Frequency of participation in shopping and eating behaviors at baseline and at endline across all sites

Behavior	Overall (n = 151)				McNemar Test P-Value
	Baseline		Endline		
	No.	Col %	No.	Col %	
Adjust meals to include specific ingredients that are more budget-friendly?					
Never	2	1.3	2	1.3	1.00
Rarely	15	10	12	8	0.61
Sometimes	60	40	50	33.3	0.24
Often	36	24	40	26.7	0.67
Always	37	24.7	45	30	0.31
Plan meals ahead of time?					
Never	8	5.3	6	4	0.69
Rarely	27	17.9	8	5.3	<0.01*
Sometimes	55	36.4	60	40	0.50
Often	30	19.9	34	22.7	0.64
Always	29	19.2	40	26.7	0.08
Use a grocery list when you go grocery shopping?					
Never	14	9.3	13	8.6	1.00
Rarely	18	11.9	17	11.3	1.00
Sometimes	51	33.8	53	35.1	0.89
Often	19	12.6	23	15.2	0.62
Always	47	31.1	43	28.5	0.57
Use the "nutrition facts" on food labels?					
Never	6	4	4	2.6	0.73
Rarely	20	13.2	10	6.6	0.05
Sometimes	58	38.4	53	35.1	0.60
Often	32	21.2	31	20.5	1.00
Always	34	22.5	50	33.1	0.01*
Use healthy cooking practices?					
Never	4	2.6	1	0.7	0.38
Rarely	12	7.9	3	2	0.04*
Sometimes	52	34.4	36	23.8	0.03
Often	40	26.5	54	35.8	0.06
Always	41	27.2	54	35.8	0.08
Eat food from each food group every day?					
Never	6	4	2	1.3	0.22
Rarely	15	9.9	11	7.3	0.52
Sometimes	77	51	56	37.1	<0.01*
Often	29	19.2	47	31.1	0.02*
Always	24	15.9	35	23.2	0.08