

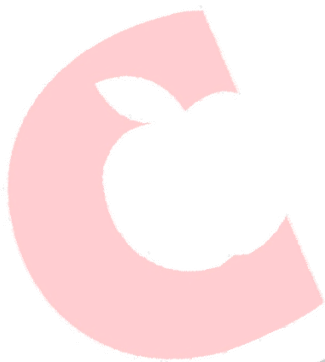
## Impact of the Harvest of the Month Program on Low-income Hmong and White Middle School Students

Voorhees J, Goto K, Bianco-Simeral S, Wolff C. *J of Nutr Educ and Behav*.

**Purpose:** To examine the impact of the HOTM© program on fruit and vegetable attitudes, preferences, and consumption patterns among low-income Hmong and White middle school students.

**Methods:** In this quasi-experimental study, both intervention (n=147) and control students (n=46) completed a dietary patterns questionnaire before and after the intervention.

**Results:** Study results indicate a significant increase of 0.3 servings of fruit from the pre to post data collection period ( $p < .05$ ) for Hmong and Caucasian students in the intervention group while there was no significant change in the control group. Study findings support the effectiveness of the HOTM© program in improving attitudes, preference for HOTM© vegetables, and fruit consumption among low-income middle school students.



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