

Title: Cost/Labor differences between single station cooking demonstrations vs multi-station hands-on food preparation by study participants in a nutrition intervention study.

Authors:

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Objectives: Our aim was to determine whether food costs and/or staff labor differs significantly between single-station chef recipe demonstrations or multiple stations with research study participants engaged in hands-on recipe preparation. Additionally, we wanted to identify which delivery method, had minimal labor stress for small study teams or research teams with mainly part-time volunteers, while maintaining nutrition information and meal preparation techniques.

Design: A longitudinal study design was used to evaluate weekly records of food costs and number of labor hours per week for a period of 6 months.

Methods and Instruments: Data were obtained from the Nutritious Eating with Soul (NEW Soul) study. Independent sample t-tests compared the average number of hours and average number of dollars spent on single-stations versus multiple hands-on stations. An online survey was created to assess staff's perceptions of time required for each method and whether a method resulted in more stress.

Results: There were no significant differences in cost ($p=0.81$) or in hours of labor ($p=0.14$) between the two delivery methods. On average, weekly single-station costs were \$115.60 versus \$125.71 for multiple stations. On average, weekly labor hours for single stations were 37.02 hours versus 41.18 hours multiple stations. Survey results showed that 85.7% of study staff perceived that multiple stations were more time intensive and 71.4% felt that multiple stations created more stress.

Conclusions: Although results indicate no significant difference between costs/labor for single versus multiple stations, staff response is notable.