



Your Nutrition News Resource

Nutrition News Nibbles: September 2019

PA NEN News



[Archive](#)



Have Some News?

Do you have nutrition news, articles, research, grants, or other opportunities to share? We would love to highlight your information. Email [PA NEN](#) today!

PA NEN Webinars are Back!

Join us during our "Obesity Prevention in the Eyes of the Food Insecure" webinar on September 16 from 12:00-1:00 PM (EST). The food-as-medicine prescription has been around for decades. But, it's finally making inroads as medical institutions, food pantries, and other organizations make food a formal part of care. As they pave the way, their food and health advice must take into account the whole person's life - income, issues surrounding poverty, education, race, safety, culture, transportation, housing, insurance, emotional well-being, access to healthy food, and so much more. Innovative partnerships take these factors into account as they look to develop better obesity prevention strategies, increase the distribution of healthy foods for everyone, address food insecurity in healthcare settings, and more.

Come explore the importance of intentional partnerships as they build communities that disrupt cycle of hunger. See how they create places where healthy food is more appealing, affordable, and easily accessible for everyone. For more information and a link to register click [here](#).

Continuing education credits will be presented to the following professionals who attend:

- PA NEN has been approved for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) 1 total Category I Continuing Education Contact Hour (CECH). SOPHE, including its chapters, is a designated provider of Continuing Education Contact Hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This credit hour costs \$20 for webinar attendees.
- An application has been submitted to award registered dietitians and dietetic technicians with 1 Continuing Education Credit at CPE Level 1 from the Commission of Dietetic Registration.

[2020 PA NEN Annual Conference - Call for Speakers!](#)



[Resources for Health Pros](#)



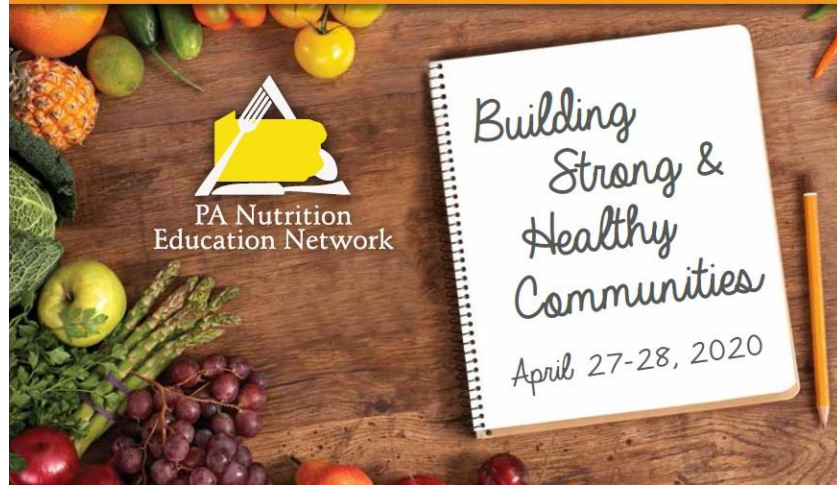
[Food Policy Updates](#)



[Contact PA NEN](#)

We're looking for speakers for our 2020 annual conference! Do you have a program that supports the health and wellness of vulnerable populations across our state? Then, we encourage you to apply. Click [here](#) for submission guidelines and more information!

Nutrition Education with Public Health Approaches



[International News](#)

[Debunking Three Myths That Carbohydrates are Bad for You](#)

What are grains and carbohydrates, and are they harming your body? Experts chip in on how not all carbohydrates are equal, how they fuel so many systems in the body and don't pack on the extra pounds if eaten with a well-rounded diet. [Read on](#) to find out more!

[Using Policies to Increase Breastfeeding Worldwide](#)

There is no question that breastfeeding is beneficial for both a mother and her baby. However, only 4 out of 10 babies are exclusively breastfed worldwide. Policies that support moms such as parental leave, pumping breaks, and longer maternity leave are not available in every country. [Pushing for policies](#) that support this cause will increase rates.



[The Food & Agricultural Organization is Investing in Food Safety Prevention](#)

The Food & Agricultural Organization (FAO) of the United Nations is [adding more](#) precautionary steps to prevent food safety threats from occurring. Foodborne diseases and other related issues can greatly impact public health, and the FAO is putting an emphasis on communication throughout the food supply chain to prevent these threats from occurring.

[Hunger and Obesity is on the Rise Worldwide](#)

The United Nations Food and Agriculture Organization State of Food Security and Nutrition in the World released a new [report](#) stating that the number of hungry people has risen for the third year in a row. Obesity has too. It was found that 1-in-8 adults were obese due to moderate-to-severe food insecurity.



Michael Brown (left) with a barbershop customer

What Do Barbershops have to Do with Public Health?

Public health initiatives, education, and health screenings are happening in the barbershops. Overarching evidence shows that this type of outreach is allowing for more research on hard-to-reach populations and better health outcomes. Read more on the progression of various programs [here](#).

Easy Ways to Cut Out Processed Foods on a Budget

Sure, eating processed foods requires less energy and is more convenient on a budget. However, who's to say that cooking wholesome, nutritionally dense meals needs to take up a lot of time and money? Read more about reducing processed foods in your diet with these [easy tips](#).

What You Need to Know About Food Fraud

As consumers, it is our responsibility to be skeptical of items we purchase - especially when it comes down to food. Food fraud or "knock-offs of food" is not as common today with the existing regulations enacted to protect consumers. While not all food is suspect, it is important to be [in the know](#) about misbranding or potentially contaminated food items, and how to learn if a food is, in fact, a knock-off.

Local News



MARGO REED / STAFF PHOTOGRAPHER

[Smart Phone App Allows Volunteers to Reduce Food Waste and Food Insecurity](#)

The [Philly Food Rescue App](#) assists volunteers that have cars and a phone to drive from a restaurant or any place with surplus food and redirects the extras to those who serve vulnerable populations. This organization is actually an extension of a Pittsburgh program, 412 Food Rescue.

[York City Awarded Two Grants to Promote Agriculture & Healthy Eating](#)

York City was [awarded grants](#) amounting to nearly \$225,000 to promote the U.S. Department of Agriculture Fresh Fruit and Vegetable Program for their K-12 schools and to support the state's Urban Agricultural Grant Fund. These grants are being used to reduce food insecurity within the community and educate on the importance of eating produce.

[Be Mindful of These Food Safety Practices When Visiting Farmers Markets](#)

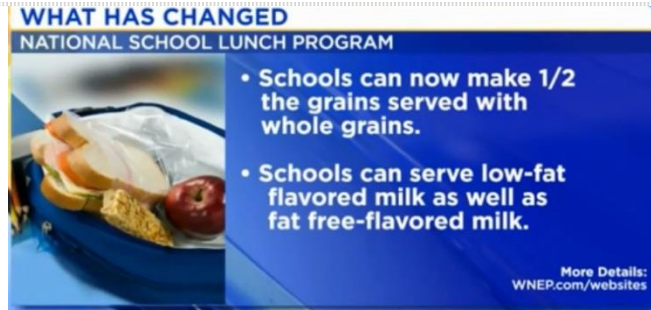
Visiting your local farmers market will offer a variety of locally grown and produced fruits, vegetables, cheese, beef, poultry, and eggs. However, it is important to be mindful of how the vendors are practicing safe food handling and storage. [Here](#) are a few food safety tips from Penn State Extension to keep in mind when visiting a farmers market.

[Central Pennsylvania Food Bank was Awarded Grant to Support the Supplemental Nutrition Assistance Program](#)

The Central Pennsylvania Food Bank [received a \\$5,000 grant](#) from the Walmart Foundation to put towards increasing participation in Supplemental Nutrition Assistance Program (SNAP). The food bank serves 27 counties and plans to use the grant to continue to fight hunger within their community. More specifically, they'll increase their reach on SNAP-eligible seniors within the community.

[Farmers Market Nutrition Program App Helps Search for Fresh Produce](#)

A [new mobile app](#) from the Pennsylvania Department of Agriculture will help seniors and at-risk individuals in the Supplemental Nutrition Assistance Program for Women, Infants and Children (WIC) find fresh produce at their local farmers markets.



Changes to the National School Lunch Program Start This Fall

Registered dietitians from the Northeast Pennsylvania Academy of Nutrition & Dietetics [discussed](#) the revisions to the National School Lunch Program that will be enacted this fall. The changes will allow flavored, low fat milk (not just non-fat) options in schools, only half of the whole grains served must be whole grains, and the first sodium reduction target has been pushed back until the 2023-2024 school year.

Food Policy

The Food & Nutrition Service (FNS) released a Notice of Proposed Rule Making

This [newly proposed rule](#) adjusts the Supplemental Nutrition Assistance Program's (SNAP's) broad-based categorical eligibility state options and uses a higher gross income test, which is expected to take 3.1 million people off SNAP benefits and puts [500,000 children](#) at risk for losing free school meals. Details about this rule are clearly explained in this [article](#). Comments on the rule are due by September 23, and instructions can be found at this [website](#).

House and Senate Work on Child Nutrition Reauthorization Bill

House Education and Labor Committee Chairman Bobby Scott (D-VA) [wrote](#) to the US Department of Agriculture asking for an explanation about the removal of kids from free school meals as a part of the elimination of categorical eligibility. Senate Agriculture Committee Chairman, Pat Roberts mentioned that this issue will complicate senate negotiations on government-supported child nutrition programs because of the worry about the bill's impact on kids.

Bill to Standardize Food Date Labeling Introduced

Food date labels are confusing for the average consumer, which results in edible food discarded and wasted. U.S. Representatives Chellie Pingree (Maine) and Dan Newhouse (Washington) introduced a bipartisan [Food Date Labeling Act \(H.R. 3981\)](#) which intends to standardize date labeling on food packaging and eliminate any confusion about the quality of the food products.

Fairness for Breastfeeding Mothers Act of 2019 Signed

into Law

The [Fairness for Breastfeeding Mothers Act of 2019](#) requires a designated lactation room in federal buildings that are open to the public. This will allow mothers accessible, hygienic rooms to support breastfeeding within federal buildings nationally.

Final Rule on Public Charge goes into Effect on October 15

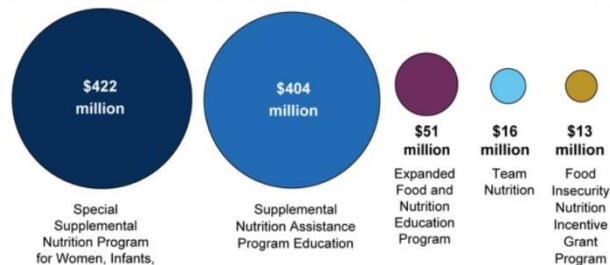
This administration is looking [to reduce](#) public benefits for immigrants who are in the U.S. legally and for those applying for citizenship or a green card. The [final rule](#) (217 pages), summarized [here](#), deems that if an immigrant relies on one or more public benefits - such as Medicaid, Supplemental Nutrition Assistance Program (SNAP), and certain federal housing programs - they are determined to a "public charge" and their request for citizenship can be rejected. The difference here is that public charge formerly applied to immigrants using the Supplemental Security Income and Temporary Assistance to Needy Families. Now, it covers a broader set of federal support programs. This rule comes into play if immigrants have utilized any of the assistance mentioned above for more than an aggregate 12 months over any 36 month period. Over 250,000 comments were critical of these changes, but the final rule did not change much. Though expected to be effective on October 15, 2019, San Francisco and Santa Clara are two counties [legally challenging](#) the rule. More legal suits are expected.

Resources

A Look at Key Questions 10 Years After USDA Added Whole-Grain Bread to WIC Food Packages

The Economic Research Service used purchase data to assist policy makers in creating recommendations to adjust the Supplemental Nutrition Assistance Program for Women, Infants and Children (WIC) food packages. Their [report](#) and [two-page summary](#) looked at bread as a case study of the whole-grain products that WIC participants may purchase with benefits. A good thing happened! More people purchased these products. But, if WIC covered this product but in larger packaging, these foods might be more economical for participants.

U.S. Department of Agriculture Nutrition Education Program Expenditures, Fiscal Year 2017



GAO analysis of U.S. Department of Agriculture expenditure data. | GAO-19-572

Actions Are Needed to Increase Effectiveness, Coordinate Programs, and Leverage Expertise of the Supplemental

[Nutrition Assistance Program Education](#)

The Government Accountability Office assessed various federally supported nutrition education programs and suggested some changes within the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Recommendations for the program included improving data collection on SNAP-Ed effectiveness, developing a formal mechanism for coordinating nutrition education across the US Department of Agriculture, and leveraging the department's nutrition expertise for its nutrition education efforts. More information, highlights and the 44-page report can be found [here](#).

[The National Academies of Medicine Prints a Report with Steps to Move Kids toward Health](#)

Inequities in the U.S. prevent many kids from being their healthiest. A new [report](#) - focusing on the realms of science, practice and policy - from the National Academies of Medicine outlines the steps needed to move all children toward their full potential, thereby reducing health gaps.

[Updated Science about the Impact of Social Determinants of Health on Cardiovascular Risk](#)

The American Heart Association summarizes the current state of knowledge on the influences of social factors on cardiovascular risk and overall health. Check out their statement and the research at [this website](#).

[U.S. Department of Agriculture Child Nutrition Database](#)

The Child Nutrition Database is a nutrient analysis software through the U.S. Department of Agriculture for use in the National School Lunch Program and School Breakfast Program. It is a [nutrient database](#) of over 10,000 food items that lists 18 major nutrients for each item.

[U.S. Department of Agriculture Supplemental Nutrition Assistance Program Data Tables](#)

The U.S. Department of Agriculture released their [annual report](#) on national and state level data on Supplemental Nutrition Assistance Program (SNAP) participation and costs. This year, due to the federal shutdown in February, SNAP benefits were issued early. That means, February's SNAP benefit and participant data appear lower than the surrounding months.

[Webinars and Podcasts](#)

[Webinar on Using Skin Carotenoid Status Technology to Evaluate Community Nutrition Interventions](#)

Join the Society of Nutrition Education and Behavior on October 11, 2019 from 12:00-1:00 PM (EST) for a webinar on the use of reflectance spectroscopy technology to determine skin carotenoid status and if it is an effective measure of vegetable and fruit intake. The participants for the presented study were corner store customers in Eastern North Carolina. Almost half of participants had an annual household income of less than

\$25,000. Dietitians and dietetic technicians will receive 1 continuing education credit for live attendance. There is a non-member registration fee of \$25.00. Register for the webinar [here](#).

Pennsylvania Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Let's Talk: Food Insecurity Webinar with Dr. Saba Khan, MD

On Wednesday October 16, 2019 from 12:15-1:30 PM, join the PA Chapter of the American Academy of Pediatrics for a webinar on food insecurity presented by Dr. Saba Khan, MD. Participants will learn about the American Academy of Pediatrics food insecurity screening tool and how to refer patients to local food security resources. Register for the webinar [here](#).

Listen to the Food Tank Podcast: "Food Is No Longer the Hunger Solution"

[Listen](#) to the Food Talk live event hosted by Dani Nierenberg at New York University on the status of equity on the food system. Key players in the food system spoke on their thoughts on hunger. The speakers discuss how racism, discrimination, and other social injustices are the root problem for hunger today and that food is one of many solutions.

Events

Better Together Lebanon County

Join community partners, leaders, and Penn State Pro-Wellness at Lebanon Valley College at "Better Together Lebanon County" from 7:30 AM-12:30 PM. There, you will learn more about how you or your organization can play a role in moving Lebanon County towards better health and a thriving quality of life. Find more [details](#).

Ready, Set, Evaluate Your Coalition Building Event

On Wednesday October 2, 2019 from 9:00 AM-3:00 PM, you can join the Pennsylvania Society of Public Health Educator's event at Dixon University in Harrisburg, PA. It costs \$100 AND \$125 after September 15. Participants will learn from nationally acclaimed Coalition builder, Frances Dunn Butterfoss. She will help you answer questions about methods and measures for evaluating coalition effectiveness. CHES/MCHES advanced-level Category I continuing contact hours are pending. Learn more about the event from Laurie Welch at her [email](#) or 570-726-0022.

Grants & Opportunities

National Collaborative on Childhood Obesity Research (NCCOR) Funding Opportunities

The NCCOR grants for 2019-2022 are posted [here](#). Check out which grants you are eligible for, and apply today!

Action for Healthy Kids School Grants

[Find](#) school food and nutrition grants available in your state for the 2019 school year.

Agriculture Projects Funded in Pennsylvania by USDA's SARE Program

The Sustainable Agriculture Research and Education (SARE) program has funded various grants to Pennsylvania since 1988. Review the grants list, project leaders, and funding levels [here](#).

The Robert Wood Johnson Foundation Grants

RWJF works to improve health and health care for all. To do this, they provide grants across the United States. Browse their [database](#) for current and past grants.

The Administration for Community Living Grant Opportunities

Food and nutrition grant opportunities can be found in [this archive](#).

Federal Nutrition Grants

Government food and nutrition grants are all listed on [Grants.gov](#).

© Copyright 2009 PA NEN | www.panen.org | 717.233.1791

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).
This institution is an equal opportunity provider. View the full nondiscrimination statement [here](#).