



Your Nutrition Resource Connection

April 13, 2015

**IMPORTANT
PA NEN LINKS**

[PA NEN NEWS
NIBBLE ARCHIVE](#)

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CONFERENCE 2015](#)



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International News:

[It's important for pediatricians to address weight issues with their patients.](#)

[Food Stamp limitations tighten.](#)

[Healthy eating strategies that outlasted any trend](#)

[What does it mean to be a farmer today—an open conversation about our food and farm economy.](#)

[The American Heart Association CEO talks healthier meals with students.](#)

[Preliminary research shows that people with diabetic neuropathy might feel less pain after exercise.](#)

[Preliminary research shows that probiotics might influence mood.](#)

[Early research is looking into how exercise impacts long term brain functioning. The Institute of Medicine finds promise in it.](#)

[People are not relying on fast food as much as they used to, but they continue to go out to eat pretty prevalently.](#)

[Did you know that it's minority health month? See the progress we're making in this realm.](#)

[Dietitians talk about the impacts of antibiotics on the food supply.](#)

[Does 5 days of junk food affect people's metabolism?](#)

[A food dessert shrinks because of the local volunteers.](#)

[Money goes towards getting people, who take part of the Supplemental Nutrition Assistance Program or WIC, to farmers markets.](#)

[Sodium levels rise in packaged foods, according to the Center of Disease Control and Prevention research.](#)

The Healthy Hunger Free Kids Act makes sure healthier foods land in schools. Look at [this article](#) for some great resources and for information on the future of this Act.

[Watch the emergence of sustainability, health and nutrition in Senegal.](#)

[A dietitian's meal preparation tips will set you for the week to come.](#)

[One dietitian encourages healthier food at the ballgame.](#)

[Do customized playgrounds help kids to move more? The answer remains unclear.](#)

[Spices in food trends big and tastes delightful.](#)

[Processed food becomes more prominent in American grocery stores.](#)

[Comprehensive weight management with a healthcare team helps children lose weight.](#)

[We can't convincingly predict how a certain food is associated with the risk of disease. Unlike the headlines pronounce, diabetes is not reduced by the amount of eggs you eat.](#)

[It's time for everyone to accept bodies at any size.](#)

[Check out this educators guide to reducing food waste.](#)

[The war on sugar dominates the media.](#)

Colleges across the US launch food pantries. [Take this one for an example.](#)

[Free, nutritious meals feed hungry kids.](#)

[Inequality contributes health disparity and affects our economic growth.](#)

[Everyone eats differently. Take some of these suggestions for encouraging healthier eating patterns for everyone.](#)

[What are the most water-hungry foods?](#)

[It's time to improve communities through the wealth of data from across the nation.](#)

[Blood tests might be the future of testing for food allergies.](#)

[Missouri's changes their food stamp system.](#)

Compare the makeup of sugar to high fructose corn syrup in [this video](#).

[Farmers donate their "food waste."](#)

[People can be healthy through pregnancy on a vegetarian and vegan diet.](#)

Walking can be so healthy as you age. [See the research!](#)

[Dig it or ditch it – a dietitian filters through food trends versus truth.](#)

Local News:

Pennsylvania: [Pennsylvania rises above other states in this local food](#)

[availability ranking](#).

Pennsylvania: [Look who is receiving money to distribute fresh fruits and vegetables in our state!](#)

Pittsburgh: [Healthy hotspots in downtown Pittsburgh](#)

Pittsburgh: [Community gardens grow in Penn Hills.](#)

Pittsburgh: [Ring in spring with the Pittsburgh Community Food Bank's video for kids to learn how to grow windowsill herbs.](#)

Pittsburgh: [Hunger remains in Pittsburgh.](#)

Pittsburgh: [Pittsburgh donates pennies in a peanut butter jars – 800 pennies fit in one jar!](#)

Pittsburgh: [Frequently asked questions for people receiving food assistance](#)

Social Media:

[#Transformwellness](#) is a hashtag used for a national workplace wellness conference. See pictures, resources, and promotional material by following the hashtag here.

The Farm to Institution Summit 2015 was held on April 7-9, 2015 in UMass Amherst, Maine. This event brought together regional and local food leaders along with advocates from across the nation. The goal was to collaborate and maximize impact of programs like farm to school, farm to college and beyond. Look for resources, tweets and much more about the event by scrolling down this [Twitter page](#).

Check out the National Public Health Week 2015 Twitter Feed for fabulous online resources from the American Public Health Association. Just scroll down [this page](#).

Delicious food, fabulous farmers and so much more! Look to this [Twitter page](#) for a review of #Phillyfarmfest. So many good places and people joined together in April to celebrate local foods and farms.

Resources

Try a [habit personality quiz](#) that will let you know how much it takes for you to form healthier habits.

[Team Up in for School Nutrition Success](#) is an initiative expanding nationwide to help school cafeterias get healthier on a limited budget.

The National Institute of Health released [this document](#) proving that the dose of certain foods and supplements make them poisonous—meaning it's not always the food or pill, itself.

What do parents want from their child's after school programs? A majority of them request time for physical activity, along with healthy snacks and drinks. [See this map](#) to understand the afterschool programming happening across the nation. Make sure to click on Pennsylvania!

"[Examining a Developmental Approach to Childhood Obesity](#)" is an Institute of Medicine report published after a workshop about the science behind the origin of childhood obesity. You can download all the details at this [website](#).

A [Farm to School Census](#) proves that this program is growing.

The Obesity Action Coalition now presents many of their [resources in Spanish](#).

[Cheesy Zucchini Roll-Ups! What an adorable, healthy recipe](#).

A [report](#) brings to light the benefits of school breakfast for men, women and their children.

The Center of Disease Control and Prevention distributes the "[Health Communication Science Digest](#)" that provides the newest health information and research for professionals.

"[Buying Local](#)" is a guide available for schools and is created by US Department of Agriculture. It's a decision tree for food service managers of school cafeterias to figure out when, whether they should, and how to buy local produce.

The Center of Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity (DNPAO) created an online database, "[Data, Trends & Maps](#)." The interactive tool provides nutrition, physical activity, obesity, and breastfeeding data from a variety of sources. Here is [Pennsylvania's data](#).

Schools would be able to opt out of nutrition standards in the Reducing Federal Mandates on School Lunch Act (H.R. 1504). Opting out is only allowed if the school's food service program is operating under increased costs as a result of the guidelines. Also, whole-grain rich requirements were dropped from 100 percent to 50 percent, and sodium restrictions were suspended. Learn more, [here](#).

The Department of Health and Humans Services', Secretary Burwell, and the Department of Agriculture's, Secretary Vilsack, delivered a letter to express concerns with the scope of the report issued by the 2015 Dietary Guidelines Advisory Committee (DGAC). The letter focused on recommendations for the Dietary Guidelines for Americans (DGA) focused on sustainability and tax policy. [Find out more](#).

The Food Research Action Center released their "How Hungry is America?" It uses 2014 Gallup survey data on food hardship for the nation, every state, and 100 of the countries. Find it [here](#).

Voices for Healthy Kids is an initiative through the Robert Wood Johnson Foundation (RWJF) and American Heart Association (AHA) that helps all kids eat healthier foods and become more active. Coalitions can work with their community to make this message a reality with this initiative's [toolkits](#).

Webinar:

NEW-Is red meat good or bad for you? The debate rages on. Hear what one researcher has to say about it over this [radio recording](#).

NEW-The Organic Working Group webinar will be held on April 29 at 1:00 PM. It will present materials and resources for those looking into growing organically. [Register and find out more today](#).

Dietitian, Marion Nestle, talks about the food politics of 2015 in her presentation called, "From Personal Responsibility to Policy Advocacy." The presentation was streamed and recorded during Columbia's School of Public Health's Grand Rounds. Listen to it on [this page](#).

Recordings of TedExManhattan 2015 focused on changing the food system and the way we eat. Some speakers spoke about world hunger, others about sustainability, even others spoke on so much more. To find video recordings of the conference, click [here](#). They're free!

"Current Issues in Nutrition: Are Fats Back in Fashion? - Fads versus Science" is a webinar that will address the roll of fat in the diet. Head researchers in the area (including Penny Kris-Etherton from Penn State University!) will present about dietary fat recommendations, the supporting research, and ways of effectively translating the research-based message over what the media has presented. Register at [the website](#). The online presentations will be available on March 25 and throughout April. An interactive, online, question and answer session will be held on the recordings on Wednesday April 22, 2015, from 1:00-2:30 (ET). Find out all the details by registering.

"Benefits of Organically-Produced Foods: Review of Research and Implications for Practice" will take place on Friday, April 17, 2015 at 2:00-3:30 PM (ET). Research is beginning to file-in supporting the benefits of organically-produced foods. The webinar will provide an overview of this discussion about organic and conventionally-grown food, along with tips and tools for registered dietitians to use when discussing this topic with clients. You must be a registered dietitian, dietetic technician, or nutrition student and member of the Academy of Nutrition and Dietetics to attend. Scroll down this website to click the [link](#) to register.

Events:

NEW-Learn about Inflammatory Bowel Disease, and gain 5.5 continuing education credits at this 1-day event at the Hershey Medical Center. It's scheduled for April 24 at 7:20 AM-4:00 PM. Register [here](#), and find more details [here](#).

NEW-The Pennsylvania Food Defense meeting is slated for May 12, 2015 in the banquet hall of the Harrisburg Farm Show Complex. Registration is from 8:00-8:45 AM, and the symposium starts at 8:45 AM-3:00 PM. Attendees will take part in discussion topics like potential terrorist threats on the food supply, intentional tampering, emerging diseases, and much more. See all the information on this [invitation](#).

2015 registration is open for the Hunting Park's Family Triathlon and Duathlon. Proceeds benefit the March of Dimes. Find the details, and [register now!](#) Check out all Triyouthalon's events, [here](#).

On Sunday, April 19, you can eat from 30 different local vendors at the Taste of Lancaster County event! It will be held at the Lancaster Convention Center. Proceeds support the Central PA Food Bank. Get more information ,and reserve your spot [here](#).

Save the date! The 2015 National Conference on Health Communication, Marketing, and Media is set for August 11 – 13 in Atlanta, Georgia. As more information unfolds, it will be posted on [this website](#).

National Food, Nutrition, and anti-hunger conferences are all listed [here](#) for 2015.

The 2nd Annual Penn State Public Health Day Symposium will be held on Wednesday, April 29, 2015 from 8:30 AM - 4:30 PM at the National Civil War Museum in Harrisburg, PA. Join, especially if you are looking for professional networking opportunities, a chance to highlight your practice, and to learn about other happenings around Pennsylvania. Please [contact](#) with questions.

Grants and Opportunities:

NEW-Finding the right funding source for your project can be a challenge. [Pivot](#) helps you find the funding that suits you and your organization.

NEW-Check [this listing](#) of upcoming deadlines and descriptions for federal food and agriculture program funding.

Robert Wood Johnson Foundation Sports Award wants to highlight individuals and organizations that make their communities healthier through sports. This award places emphasis on collaboration across communities and sectors. To find out all the details, click [here](#).

The "Check Out MyPlate Video Search" is asking parents and teachers (with parents' permission) to help kids (ages 2-18 years) tell MyPlate how they build a healthy meal and stay active in a song, skit, or how-to video! Visit [this website](#) to learn more.

School nutrition grants are available and can be found in this archive from [Grants.gov](#). Another childhood nutrition grant archive with opportunities from various sectors can be discovered on this Feeding America [website](#).

This grant opportunity might support the garden at your school. The U.S. Department of Agriculture's National Institute of Food and Agriculture (NIFA) presented grants for low-income individuals and communities that are developing local and independent food systems. Grants will provide \$300-10,000 to eligible, private, or nonprofit entities in need of a one-time installment of federal assistance to establish and carry out community food projects. Find out if [this opportunity](#) applies to you.

[GrantHelpers.com](#) lists a couple food and nutrition grants available.

US Department of Agriculture training grants are [here](#) to help schools serve healthier meals.

The Action for Healthy Kids grant portal opened this week and will close on May 1. There is a listing of them on this [web address](#).

In July, First Fruits will fund youth-run charities based on your votes! Criteria, nomination guidelines and funding details are available on [this website](#). Start voting for your favorite on May 4.

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