

## Nutrition News & Opportunities



Your Nutrition Resource Connection

April 20, 2015

### IMPORTANT PA NEN LINKS

[PA NEN NEWS  
NIBBLE ARCHIVE](#)

[PA NEN ANNUAL  
CONFERENCE 2015](#)



### International News:

How does the world eat? See this interesting [video](#) that divides the world's meals into food groups.

[Education about exercise rarely makes it into medical school curriculum.](#)

[A Puerto Rican Bill could have parents fined for having obese children.](#)

[A Texas commissioner wants to end the ban on deep fried food in school.](#)

[Michigan's doubles the money Supplemental Nutrition Assistance Program \(SNAP\) participants spend at farmers markets.](#)

[The Dietary Guidelines Report, as it stands, mirrors this health professional's sentiments.](#)

[Take these tips to dealing with cravings from this creative angle.](#)

[The cost of obesity hurts the economy in surprising ways.](#)

[Stealthy, health messaging trick parents into buying sugary drinks for kids.](#) Energy drinks also [fall into the hands of kids.](#)

[What is aspartame's \(a sweetener\) relation to cancer?](#)

[Hollywood celebrities push for Food Corp on a big time television channel.](#)

[Marion Nestle comments on sugar politics that's happening behind the scenes.](#)

[Review this summary of what's happening in food and what's come.](#)

[Review time - everything you need to remember about protein](#)

[Myths regarding frozen food](#)

[Researchers dive into finding the right-sized amount of exercise.](#)

[Gardening grows healthier behaviors.](#)

[Nutrition can be celebrated by everyone, including those with special needs.](#)

[Take steps toward healthy eating](#)

[You can review this supporting argument for the Supplemental Nutrition](#)

[Assistance Program.](#)

[Millions of ducks, laying hens, and meat chickens are killed to stop the spread of the bird flu.](#)

[Check out some sports nutrition for kids!](#)

[10 quick and healthy snacks for kids before bedtime](#)

### Local News:

**Pennsylvania:** [Asset testing will not be necessary for those who want to participate in the Supplemental Nutrition Assistance Program.](#)

**Pennsylvania:** [See all the recent food recalls in this food safety index –nuts, hummus, and more!](#)

**Philadelphia:** [Kids adventure into new foods during cooking classes with their families.](#)

**Pittsburgh:** [The Pittsburgh Community Food Bank highlights their volunteers as an integral part of their work.](#)

**Pottstown:** [Thousands take part in this outdoor, family event!](#)

**Pottstown:** [School workers discuss healthy adjustments in their school over a “walking meeting”!](#)

### Resources

See the most recent state of obesity in [this map](#).

Team FNV will be marketing fresh fruits and vegetables across the nation. See how they're planning on reaching you by watching [this video](#).

Discover people and innovative strategies that get healthy, locally-grown food to everyone across the nation in the "[Good Food Economy Digest](#)".

Take some tips from [MyPlate's Grocery Game Plan](#) for food shopping on a budget.

[Simple, frozen fruit kabobs will have everyone shouting for joy.](#)

FoodSafety.gov brings a food safety and food storage [Smart Phone App](#).

### Webinar:

*NEW*-Herbal remedies are an answer for those who are not interested in typical pharmaceutical remedies. But, can these herbs be good for kids? What supplement is best for them to take, how much, how often, and which brands? Listen and learn from health professionals in this webinar. You can register [here](#). To view in other time zones or languages, please click the [link](#). The webinar will take place on May 13 from 1:00-2:00 PM (ET) and is available to registered dietitians who are a part of the Academy of Nutrition

and Dietetics.

*NEW*-On the "Meal Make Over Moms" podcast, you'll hear one dietitian sum up the 500-page, Dietary Guidelines report. Listen to the recording [here](#).

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](#).

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!

### Events:

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](#).

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*-Watch [these videos](#) that were made by kids advocating for a healthier community, and vote for your favorite by April 29!

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

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

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](#).

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

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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