



Your Nutrition Resource Connection

Nutrition News & Opportunities

August 24, 2015

IMPORTANT PA NEN LINKS

[PA NEN NEWS](#)
[NIBBLE ARCHIVE](#)



PA NEN News:

PA NEN Annual Conference Call for Speaker

Do you have what it takes to engage and empower community members on the issues of health, food, physical activity, obesity reduction, and diversity? If so, we're searching for you to present at our conference! Click [here](#) for submission guidelines. Then, [submit a proposal](#) before October 1, 2015.

You Ask. PA NEN Answers!

One of our members was curious about the effects of arsenic in food from [an article](#) within the [July 27, 2015 News Nibbles](#). So, we followed-up with awesome answers and resources! Check what we had to say at this [link](#). And, keep emailing the [questions](#)!

Join Us! Volunteer for PA NEN!

Are you in an undergrad, masters or PhD program? Are you a dietetic Intern or registered dietitian? Do you grow a garden? Are you a journalist? Do you work production, graphic design or have website programming skills?

We have welcomed all kinds of volunteers that positively impacted PA NEN and our membership. They have helped us provide original, attractive, and valuable content; worked behind the scenes during kitchen workshops; joined us in the everyday around the office; and more. Email panen@phmc.org, if you are interested in this opportunity.

Join PA NEN on Facebook

It doesn't need to be Valentines Day to share some love for our [Facebook page](#) (make sure to sign into Facebook before clicking this link)!



See more pictures like this one, recipe videos, sharable links, incredible nutrition messaging, and more on PA NEN's [Facebook page](#). It's awesome...with a cherry to top!

International News:

It's time for back-to-school tips that come in handy.

- The Academy of Nutrition and Dietetics and Kids Eat Right believe that [kids will get back to school with nutrition this know-how](#).

Oregon's funding for Farm to School quadruples. [Listen](#) to the state's challenges, barriers, and successes during this opportunity.

[A large foodservice company aims to make healthier meals the easier option.](#)

Dietary surveys from 185 different countries showed that the amount of sugar sweetened beverages (sodas, fruit drinks, sports drinks, energy drinks, sweetened iced teas and homemade sugary beverages) people drink varies dramatically. [Read more!](#)

[Curious about how much a toddler or preschooler should eat?](#)

[This is one unreal grandma! She spent her summer serving lunch to kids in need.](#)

[This animated map shares how obesity rates progressed throughout the years.](#)

Can you keep up with all that summer produce? Freeze some of it for later by taking some of [these tips](#).

[How many of these 13 kinds of onions can you name?](#)

[A large survey of Americans show that they want the farm to school to keep growing.](#)

Soon-to-be dietitians and new registered dietitians - snag some of these [job searching tips!](#)

[The "solidarity fridge" is Spain's communal fridge that reduces food waste and feeds many.](#)

[How can you adapt a school garden to be accessible to more people?](#)

[Kids volunteer to run a food truck to feed the homeless.](#)

[Dive into farm to preschool! You're bound to make a splash, especially with this pool of opportunity.](#)

Foodservice workers tout their "speed scratch cooking" making fresh foods for students. [Find out what this service is and if it could fit your program!](#)

[4 creative kitchen hacks for easy-breezy preparation of fresh produce](#)

[Leftover food at grocery stores go to charity. It's a new law in France. People and industry share their mixed reactions to it.](#)

[Smart school architecture motivates kids to move more and eat healthier.](#)

[Some food pantry and food bank workers will relate to this award winner! He provides foods for hungry seniors.](#)

[More Americans eat alone. According to this poll, people are more likely to eat breakfast by themselves than lunch or dinner.](#)

[Eating healthy can be affordable, and that's what Medicaid points out by providing their clients with visits to a dietitian.](#)

[Educational trainings by dietitians deconstruct the common errors made by diabetics.](#)

Dairy (like milk or yogurt) isn't your thing? No problem! [Try these ways to fit calcium in your diet.](#)

Local News:

Pennsylvania: [Budget gridlock worries food banks, pantries, and other food distribution locations.](#)

Pennsylvania: [Take note of the national bacon recall. More details to unfold.](#)

Central Pennsylvania: [The leader of the Central PA Food Bank shares a powerful message about feeding kids during the summer.](#)

Philadelphia: [A local chef cooks to support charity and a mission to solve hunger.](#)

Philadelphia: [A modest reduction in childhood obesity for school-age kids](#)

[gives this city motivation to continue the trend. However, there were some issues with the data.](#)

Philadelphia: [Relish in the amazing Share Food Program in this video summary.](#)

Somerset County: Local farms move fresh produce to rural areas through mobile food bank. [Listen in!](#)

Social Media

Do you know when a whole chicken is finished cooking? Find out in FoodSafety.gov's [YouTube channel](#).

Click on [this](#) for details regarding the Produce for Better Health #MoreMatters Twitter Party. The Gluten Free Dietitian will be front-and-center on September 2 at 4:00 PM (ET).

#Spoonتمبر! You have 2 days to take a selfie with a spoon dangling from your nose to raise awareness for #HungerActionMonth. Mark your Facebook or Twitter post with those hashtags. Find out more, [here!](#)

Students and parents are down with healthier school meals. This Robert Wood Johnson Foundation's [infographic](#) proves it.

This [infographic](#) shares data on parents supporting healthier options for kids throughout the school day.

[See the statistics of people walking or riding their bike to school.](#)

Adults, 65 and older, are at higher risks for foodborne illness. This [infographic](#) displays the risk in a straightforward way!

According to this [infographic](#), two thirds of food advertising targets Latino youth.

The close of August marks the end of #FamilymealsMonth. You can still browse all this month's posts on [Facebook](#) and [Twitter](#). Or, use the hashtag, and post yourself

Resources

Feeding America printed this report, "Baby Boomers and Beyond: Facing Hunger After Fifty." See a summary and a link to the PDF [here](#).

Who is going to the grocery store? Who shops for the family? What do they

buy? Answers to these questions and more can be found in the grocery trends [report](#).

The US Department of Agriculture printed this report, "[Procuring Local Foods for Childhood Nutrition Programs](#)."

[If you're feeding children in need throughout the summer, compare the Seamless Summer option to the Summer Feeding Program alternative.](#)

Need food assistance in Philadelphia? [Phillyfoodfinder.org](#) is a comprehensive site to locate food assistance throughout the city!

[The Food Environment Atlas](#) asks how feasible it is for a community to access healthy foods.

Check [this poll](#) of what people think about healthier school meals and the Dietary Guidelines.

The American Heart Association keeps their [Nutrition Center](#) updated and ready-to-use.

Why is community critical for workforce health? This [report](#) will tell you!

See [this resource](#) teaching about cross contamination.

Turkeys might cost more this coming holiday season because of the avian flu. See the US Department of Agriculture's poultry projection [here](#).

Webinar:

NEW-Wendell Berry - a farmer, an author, and someone who cares deeply about the food system - shares his thoughts about the food we eat. Listen to this [podcast](#) to find out what he has to say.

NEW-Katie's Crops grew out of a middle school student's project. It's an inspiring way one girl encouraged her entire community to grow food for the hungry! [Watch her story](#).

This is a [video](#) about food waste across the United States. It reveals how tricky it is to receive and collect "food waste" for the hungry. Focusing on this good (safe) food that would have been thrown away seems to be a smart venture for grocery stores, food pantries and food banks. See more [here!](#)

The National Collaborative on Childhood Obesity Research (NCCOR) archives webinars and slides about obesity reduction. See the presentation summaries, and watch all of their webinars [here!](#)

Events:

NEW-Have you heard of the "Real Food Drive"? It's an online food drive that YOU can set up and run to provide food for your local community from September 15-November 22, 2015. See the details [here](#).

NEW-September is National Childhood Obesity Awareness Month, and the American Heart Association brought back the "Life is Why Family Health Challenge™". Families and kids will pledge to take control of their health in four weeks by pursuing a goal each week. The first is increasing fruit and vegetables, then comes reducing sugar sweetened beverages, next managing sodium and increasing physical activity. Do you want to set a goal for each themed week? Find out more in this [Facebook event page](#) (sign into Facebook before clicking this link).

NEW-On August 27, 2015 at 6:00-8:00 PM. Grow Pittsburgh is hosting a workshop about how to start a community garden. For the location, pricing, and other details click [here](#).

NEW-Take Steps toward Crohns and Colitis is a walking and running event that supports research, education and more supporting these digestive issues. [See where and when these events take place across Pennsylvania](#).

Carousel Garden runs "Carousel Cares." In this program, you can drop off excess garden produce donations on Fridays from 8:00 AM – 6:00 PM and Saturdays from 8 AM – 10 AM. It's located at 591 Durham Road, Newtown, PA 18940. [Dig into the details](#).

The 3rd Annual Dairy Dash 5K and Memory Walk takes place in Mansfield, PA on September 5th at 9:00 AM-12:00 PM. All proceed will support Shon Seeley Legacy Fund for Sustainable Farming Education. See more details [here](#).

The Central Pennsylvania Food Bank is benefiting from a 5K race in the Greater Harrisburg area on September 5, 2015. See the [event announcement](#) and [registration page](#).

Grow Pittsburgh holds workshops about a variety of topics from growing food, container gardening, starting your own seedlings, and much more. Sessions will be held at various locations, dates, and times. See the class listing [here](#).

The Institute of Medicine is holding a two-day workshop called, "Meeting the Dietary Needs of Older Adults." It's sponsored by the AARP Foundation and will be held on October 28-29, 2015 in Washington, DC. The workshop will examine the evidence on factors that influence older adults' ability to meet their daily dietary needs. See all the details at [this website](#).

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

Grants and Opportunities:

NEW-You can submit short films or videos about obesity, its consequences, the prejudice against it, and other topics on the matter. The American Society for Metabolic and Bariatric Surgery (ASMBS) sponsored this "It Starts Now" national video contest. Winners will receive \$5,000 and a trip to Los Angeles, where winning entries will premiere during Obesity Week 2015. Submit your

piece by October 23, 2015. Find out more [here](#).

NEW-The National Center for Childhood Obesity Research keeps a running list of grants available. Review all of them [here](#).

NEW-The "[Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#)" are being updated. As part of the update, a [Request for Information](#) (RFI) will be released to everyone - from the vending and food service industry, worksite leadership, along with public and environmental health organizations. You can partake too. Write about the successes and barriers encountered when implementing the current draft. Visit [here](#) to view and make comments on the RFI until September 15, 2015.

Local Food, Local Places is a program supporting neighborhoods that want to build a local food system and a healthier community action plan for the families and others surrounding them. The program is run by a collaboration of US federal agencies, along with the Appalachian Regional Commission, the Delta Regional Authority and the White House Rural Council. Turn in an application by September 15, 2015. Review the funding and application information on this [website](#).

Sustainable Agriculture Research and Education grants invite farmers, ranchers, Extension agents, nonprofits, students, and communities to work towards a more sustainable community. Available grants will support a range of activities that are worth checking out on [this website](#). Click on Pennsylvania resources for more information and funding opportunities

Do you know a colleague who is working for healthier behaviors throughout the Latino community? Then, you can nominate them for the Latino Caucus of the American Public Health Association Awards. Nominations are open until September 4, 2015. [Read more!](#)

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