



Your Nutrition Resource Connection

## Nutrition News & Opportunities

August 31, 2015

### IMPORTANT PA NEN LINKS

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



### PA NEN News:

#### **Have a Successful Project Idea and Want to Share it?**

If your answer is YES, then you need to be a part of and share your information 2016 PA NEN Resource Area!

The PA Nutrition Education Network invites you to present a poster or materials at the PA NEN Annual Conference on May 2-3, 2016.

Submit a proposal of original research or a successful project/program you have implemented in your community.

All submissions must fall in line with PA NEN's Mission: The Pennsylvania Nutrition Education Network facilitates communication among individuals and organizations engaged with improving nutrition in our communities. We work to ensure that effective and appropriate nutrition resources, primarily for low-income populations, are available across the state.

Abstract submission is open to:

- Nutrition Professionals and Paraprofessionals
- Graduate and Undergraduate Students

Click [here](#) for an application and more information.

The deadline to submit is February 1, 2016.

#### **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 [us](mailto:us), if you are interested in this opportunity.

### **Join PA NEN on Facebook**

A yogurt face, peaches or fresh apricots and blueberries for eyes, a strawberry nose and mouth, dried apricot ears, banana hair, almond eyebrows, and walnut earrings! What an adorable breakfast idea from 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](#).

### **International News:**

[Check some of the limitations that can affect the interpretation of nutrition research.](#)

[Denmark's citizens and grocery stores reduce their food waste. They throw away 25% less food than they did 5 years ago, and each citizen throws away less than half as much as the average American.](#)

[Could there soon be a cure on the way for Type 1 diabetes?](#)

[Kids learn why stretching, muscle building, and aerobic exercise make them big and strong!](#)

[Another school lunch turns around with the help of nutrition education and fresh produce!](#)

How much water do you need to drink in a day? In [this article](#), a doctor argues against the recommendation we believe is true.

[Farming brings kids to like their fruits and vegetables.](#)

[Childhood cancer survivors have a higher risk of becoming overweight.](#)

[Another urban farm hits city grounds.](#)

[A food market supplies their community with healthful, affordable options that would otherwise be wasted.](#)

[5 ways farmers markets have evolved over the past 10 years](#)

[Myths about safe refrigeration](#)

[10 tips to handle your picky eaters](#)

[Eating well requires an emphasis on whole food not particular nutrients - like fat and carbohydrates.](#)

[7 food safety tips for seniors](#)

[Live a little. Don't let your healthy eating rules ruin a your time out.](#)

[Girls in competitive sports need to pay attention to their nutrition to optimize their performance.](#)

[5 reasons to start your kids cooking!](#)

[Kids can get out, moving, and fit!](#)

[Chronic inflammation and other life-long conditions can be managed through diet.](#)

The [perfect exercise for seniors might be water aerobics!](#) Still, [there are other ways of staying fit as you age.](#)

[These snacking tips make for healthy kids!](#)

### **Local News:**

**Berks County:** [A backpack program receives funding to feed hungry kids](#)

[over the weekends.](#)

**Harrisburg:** [Across the state - food banks, food pantries and other agencies, supplying food to hungry people, suffer because of political gridlock.](#)

**Hershey:** [A local expert finds cancer-fighting benefits from a baked purple potato. Let's see where this research goes next!](#)

**Philadelphia:** [Helping Hands for the Hungry is quite a soup kitchen!](#)

**Philadelphia:** What can you do for Hunger Action Month? Philabundance has a couple suggestions! Make sure you sign into Facebook before clicking [the link](#).

**Philadelphia:** Check how Philabundance's Hunger Action Month started off. Make sure you sign into Facebook before clicking the [link](#).

**Pittsburgh:** One of our members created award-winning [recipe cards](#) and a [Potato Newsletter!](#) Click these links to view, print and possibly distribute these items yourself!

**Western Pennsylvania:** [Though hunger remains, people and organizations extend a helping hand.](#)

## Social Media

September is busy! See all the resources being promoted over social media this month. To celebrate each cause, follow the hashtags

- [#FoodSafetyMonth](#) – This is a time for national outreach to encourage safe food handling.
- [#HungerActionMonth](#) – A nationwide Feeding America initiative urges the public to give money, food or time to eliminate hunger
- [#ChildhoodObesityAwarenessMonth](#) – this [month](#) will help us to pause and refocus on the health of our nation's children.

You can track this Childhood Nutrition Reauthorization hashtag, [#CNR2015](#), on social media to follow updates, information, and resources. Start following advocates tweeting for the issues at hand too.

This [video](#) rouses excitement about getting outside to explore parks!

Share [this infographic](#) about ways to keep an aging body healthy.

The Children's Miracle Network want to know your favorite way to move, jump and play! Maybe it's yoga, playing on a soccer team, or running. You name it. Snap a picture of yourself during this activity, and post it with this hashtag, [#CMNhealthselfie](#).

## Resources

The Academy of Nutrition and Dietetics presents a position paper on nutrition for older adults. Check the abstract, full length article, audiocast and more about it on [this website](#).

Skim this [fact sheet](#) about the process of making canned foods.

Use this amazing [website](#) to see how your county's health statistics (obesity rates, exercise opportunities, food availability, food environment index and more!) rank against your state and national averages!

Hunger Action Month is a time to urge people to volunteer, support, and donate to those who deal with hunger and food insecurity. Use and share [this calendar](#) for daily activities throughout this month!

The National Diabetes Education Program created an [online resource](#) for aging patients who want to prevent type 2 diabetes.

## Webinar:

*NEW*-You can participate in this list of [exclusive webinars](#), interspersed between events that Food Tank will be attending. Click through the webinars about the global and local food system, soil health, the science of crop production and many more pertinent issues.

*NEW*-Food Tank recorded this webinar, "[Scaling Up and Scaling Out](#)," hosted by Shen Tong, a social activist and founder of FOOD-X. This group gives early-stage, food companies and innovators funding, coaching, and investor access. They drive innovation in the food system by enabling people who want to recreate the future of our food. Learn about who they have supported and the process behind what they do.

*NEW*-The Society of Nutrition Education and Behavior's (SNEB) Journal Club webinars are back to start the school year. Grab a group of students to listen to the most up-to-date research from the community nutrition field. Then, ask those researchers questions directly over the webinar! The session is free to SNEB members but is \$25 dollars for non-members. Plan these Journal Clubs into your lesson plan by looking at [the list of webinars](#) and the time they'll be presented throughout this Fall.

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.

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*-On October 25 from 11:00 AM-3:00 PM, the Central PA Food Bank is hosting its 28th Annual Central Pennsylvania Taste fundraising event. If you attend, 50 local food venues will draw you in by their delectable eats. Take a bite, and join the fun! Learn more by clicking [this link](#).

*NEW*-The Harvest Festival for Project Share's 30th Anniversary is a one-time, anniversary event that will help preserve this organization's mission of serving sustainably sourced food to their community. It's happening on October 16 from 6:00-10:00 PM. All they have lined up, along with the price of the event, is listed at [this website](#).

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](#).

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).

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](#).

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:

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](#).

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