



Your Nutrition Resource Connection

Nutrition News & Opportunities

August 10, 2015

IMPORTANT PA NEN LINKS

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



Dear {cst_name_cp},

PA NEN News:

PA NEN Annual Conference Call for Speakers

While it may seem like we just wrapped up PA NEN's 2015 conference, the planning committee has been hard at work. Now, they're searching for 2016 speakers! They want to continue the momentum from 2015 by building the best educational program yet! In order to do so, they're asking for your help!

If YOU'RE interested in becoming a speaker, make sure you can cover one of the following subject areas:

- Physical Activity and Nutrition
- Nutrition
- Diversity
- Policy Change
- Low Income Populations
- SNAP-Ed
- Obesity
- Senior Population

Then, [submit a proposal](#) before October 1, 2015.

Click [here](#) for submission guidelines.

PA NEN Reached a Milestone in Membership Growth!

We're 1500-members-strong and still growing (If you are not a part of our FREE membership, see what we have to [offer!](#)). PA NEN's Board of Directors and staff are so thankful for our membership's willingness to share our resources, to help expand our reach and for your enthusiasm about PA NEN's mission. YOU are the reason we reached this goal!

PA NEN on Facebook

Check out 'em apples! Which one is your favorite?



See more pictures like this one, recipe videos, sharable social media, and more on PA NEN's [Facebook page](#) (Sign into Facebook before clicking this link)! You can **like** us today.

International News:

What's next for the Let's Move Initiative? [They have a new leader with a big agenda.](#)

[Free fruits and vegetables reduce the issue of childhood obesity.](#)

Boulder residents (Over 150 volunteers!) are collecting food that would have been wasted. They pick up these provisions for food pantries, to feed hungry families and to give to other institutions. [Through all of this, they have the bigger picture in mind.](#)

[Across the nation, Cyclospora is spreading because of imported cilantro.](#)

[How did one person decide he wanted to feed millions?](#)

[One intervention does not fit all. BMI report cards aren't working in Arkansas.](#)

[What does 400 calories look like?](#)

[Is it cheaper and healthier to buy food on the road or to pack lunch?](#)

[Scientists found a way to sanitize leafy greens with items that you could find in your kitchen.](#)

[9 tips to stop gaining too much weight during pregnancy](#)

[Fussy eaters can battle](#). Plus, [not all picky eaters are alike](#).

[Check this question and answer session about reducing food waste](#).

[How do school gardens educate children?](#)

[A new law would require planes to carry Epi-pens for those with food allergies](#).

[Schools continue to acclimate to the National Lunch Program](#).

[A week of budget-friendly meals \(and a shopping list!\) from a renowned cookbook author](#).

[Can we refocus the nutrition education message to improve health, not reduce your weight?](#)

[Try these broccoli salad makeovers](#).

School athletes need to fuel their body correctly. [Here, take some recommendations](#).

[Food banks and pantries serve their customers in innovative ways](#).

Local News:

Pennsylvania: Beware! [An undeclared peanut allergy was discovered in Cumin products](#).

Philadelphia: [An urban farm grows in Chester with the collaboration of locals and a nearby college](#).

Philadelphia: The Food Trust helps fashion a market that involves and serves a North Philadelphia community. They are calling everyone into a “safe space” of local farmers, bike sharing programs, local health professionals, nutrition educators, and then some! [See how this place-making initiative works!](#)

Philadelphia: [Watch as this Chester County Grocery store moves into a food insecure region of the city!](#) Take note of one of our members highlighted in the broadcast!

Pittsburgh: [A garden and soon-to-be urban farm can bring everyone together](#).

Pittsburgh: [Community Harvest](#) pushes for home gardeners to donate their extra produce to participating food pantries, food banks, and other locations that will feed people within the community.

Pittsburgh: [Learn more about the Squirrel Hill Food Pantry and the special](#)

[opportunities it provides its interns.](#)

State College: What came first, the chicken or the egg? Do depressed people eat more donuts, pizza, and other refined carbohydrates; or do people who eat these items become depressed? [An emerging area of research focuses on this issue and a Penn State dietitian and researcher comments on the matter.](#)

Social Media

This [YouTube channel](#) reviews hot-off-the-press nutrition topics and asks various health professionals to weigh in on the recommendations. Start with this video is about saturated fat. Then, filter through the others on the video list.

You can peek at [250 social media food activists](#) on Twitter.

Latino moms give their top ten worries about childhood health. In this [infographic](#), what do you think they listed first?

The Gleaning Project of South Central Pennsylvania keeps a [Facebook page](#) where you can see all the fresh produce being donated to families who need it most.

The Robert Wood Johnson Foundation is striving to encourage communities to dream up ways to make their members healthier. The campaign is tagged with #CultureofHealth. Check all the work being done towards this cause by following the [hashtag](#).

Resources

How long does produce last? Skim [this chart](#) from the Greater Pittsburgh Community Food Bank!

The [Oldways Mediterranean diet pyramid](#) outlines all the key components of the Mediterranean diet.

Receive an update on the most recent foodborne illness outbreaks, undeclared allergen alerts and more by signing up for automatic [emails](#) from [Foodsafety.gov!](#)

The Chef Ann Foundation keeps a laundry list of resources for attaining a healthier school lunch. The [Parent Advocacy toolkit](#) will help you get parents on board.

Food companies target Latino children through unhealthy food ads, but one report provides suggestions for advertising healthier options to kids. See more information about the research in this [infographic](#) and in this [report briefing](#) from the Robert Wood Johnson Foundation.

Webinar:

"[Modify Brain Health?](#)" is a webinar being held by the Society of Nutrition Education and Behavior (SNEB) on August 21, 2015 at 2:00 PM (ET). It will jump into the history, research, and causes of Alzheimer Disease—whether it's genes, head injury, or age. You can register here. The webinar is free to SNEB members but will cost \$25 for non-members.

One mall turns its food court waste into rooftop gardens. [Watch the process.](#)

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!](#)

Hans R. Herren won the Right Livelihood Award. In this [video](#), he asks for everyone to recognize the need to alter food production and distribution for a healthier environment and lifestyle for all.

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!](#)

"Rethink Your Drink: Implementation and Evaluation of a Multi-Level Intervention Targeting Sugar Sweetened Beverage Intake" is a Society of Nutrition Education and Behavior (SNEB) webinar happening at 12:00 PM (ET) on August 18. It will share the marketing techniques reaching the Rethink Your Drink target audience, design of their campaign, and the implementation of various teaching methods. The webinar is free to SNEB members and costs \$25 to non-members. Catch all the details, [here](#).

Events:

NEW- 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.](#)

NEW- 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](#).

NEW- This year's [Cook Up Couture Food and Fashion Showcase](#) is benefiting Philabundance. It's scheduled for August 20, 2015 from 7:00 PM-10:00 PM. Find details at this website.

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](#).

The National event, "Walk from Obesity," is asking the [Abington](#) and [Athens](#) areas to join in their cause. Find event information like the time, location, cost of participating, and more at their website.

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:

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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