

PA NEN - Weekly Food & Nutrition News Nibbles



Week of August 25, 2014

IMPORTANT PA NEN LINKS

PA NEN's 2014 SUMMER WORKSHOP
[REGISTRATION](#) IS NOW OPEN.

[NEWS NIBBLE ARCHIVES](#)

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717.233.1791



PA NEN News

PA NEN is Calling All Local Projects, Graduate and Undergraduates

The PA Nutrition Education Network invites you to present a poster or materials at the PA NEN Annual Conference on May 4-5, 2015.

Submit a proposal of original research or a successful project/program you have implemented in your community. Nutrition education efforts in PA regarding the low-income population and other suitable topics will be considered. All accepted abstracts will be invited to share information with conference attendees in the PA NEN's Resource Area.

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

International and National News:

[A non-allergenic peanut is in the development stage.](#)

[Name them! What five foods will most likely cause foodborne illness?](#)

The [politics](#) behind tuna as a high mercury food is muddled. More about the debate can be [found here](#).

[Are seniors eating enough? Listen in!](#)

[Maybe crickets will be the next need-to-have protein!](#)

[School lunches rank healthier than most packed lunches in this research.](#)

[We need to recognize childhood obesity, the trials that come with it, and react with loving care.](#)

[Because of the drought, almonds and farmed salmon compete for water.](#)

[Hip-hop for health spreads like rapid fire across the nation!](#)

A cartoon looks obese when wearing a size 8. [Viewers are outraged at this picture.](#)

[Mexico restricts junk food ads for kids.](#)

[Take 3 tips for sustainable hospital food.](#)

[Marketers get smart and promote healthy food in inviting ways.](#)

[Negatively stereotyping minorities is associated with obesity in that ethnic group.](#)

[Let's focus on healthy living rather than targeting the obese to lose weight.](#)

[Farmers market vouchers improve the health status.](#)

[1 out of 5 Americans drink at least one soda a day.](#)

[Parents of obese kids want to tackle diet more than exercise.](#)

[Picture a daily serving of fruits and vegetables!](#)

[The proof is in! School lunches continue to become healthier.](#)

[Financial struggles make weight loss more challenging.](#)

[Stigmatizing phone and computer apps can be harmful, especially if they are fat shaming in nature.](#)

[A dietitian talks healthy foods for a baby's first few months.](#)

A feasibility study reviewed the usefulness of food hubs and online farmers markets through Purdue Extension. [See the results.](#)

[Find the best food in each color of the rainbow.](#)

[Abdominal obesity rates reduce in kids.](#)

[College student suffer from hunger pains.](#)

I'm sure our members could attest to the fact that [nutrition education for kids ends up influencing the parents' behaviors too.](#)

[The U.S. Department of Agriculture presented the myths and facts about the healthy school lunch standards being implemented across the country.](#)

Local

Carlisle: In the [Project Share's Fall Newsletter](#), you'll learn about their canning program, their move toward healthier food distribution, an opportunity for you to save grocery receipts to feed the hungry, and much more!

Central Pennsylvania: [The Central PA Food Bank plans to distribute free milk to their participating sites. Look here to find out more about the new system they have setup.](#)

Pittsburgh: [Urban farming brings this city to life.](#)

South Western Pennsylvania: [South Western Hunger Alliance shows off a national trailer of a movie about hunger.](#)

Resources:

The US Department of Agriculture's [infographic](#) lists ways to reduce food waste during school lunch.

Use SNAP-Ed Connection's [Resource Finder](#) to look for toolkits, worksheets, and other helpful materials for nutrition education.

The Hagstrom Report featured the five year report on a Michigan based, "[Double Up Food Bucks](#)" experiment. This program increases fruit and vegetable purchases through an monetary incentive of \$10 to food stamp beneficiaries who spent \$10 at farmers markets.

Are you hosting a backyard BBQ this weekend? Then, try this [simple pasta salad](#).

Last week, Feeding America released their [Hunger in America 2014 report](#). Their network of food banks service 46.5 million people across the United States, including 12 million children and 7 million seniors.

Team Nutrition's "Back to School" E-Newsletter is here. [See what it has to offer](#).

Here is a [low-sodium diet shopping list](#).

A [new recipe database](#) from US Department of Agriculture includes recipes for the SNAP-eligible population.

This [infographic](#) breaks down the world's food waste.

In this [Newsletter article](#), Food Play shares there fabulous tips for getting kids active and nutrition education.

Webinars:

NEW-Scientists showed promising results of their research about the powerful effect of food and nutrition (i.e. isoflavones, mushrooms, and other bioactive food components) on boosting the immune system and reduction of cancer risk. This webinar will expand on these findings on September 16th at 12:30-1:30 PM. [Register today](#).

NEW-There was a 12-part web series about US Department of Agriculture's Farm to School finding, buying, and serving local foods in school districts. The entire series is available [here](#).

NEW-This Science Friday's [webcast](#) brings to light the new explorations in gut bacteria.

NEW-The Nutrition Education for the Public Dietetic Practice Group of the Academy of Nutrition and Dietetics will be hosting this webinar, "Processed Foods: Separating Fact from Myth." It will be held on September 30, 2014 from 2:00-3:00 PM. In the webinar, you will be able to consider a place for processed foods in clients' diets, decipher through health claims on these products, and identify the benefits and drawbacks of these foods. Click [here](#) to register.

This segment of the Ted Med series questions the perceived link between diabetes and obesity. Watch the recording of Peter Attia, [here](#).

Food Tank is holding a webinar series. The next one, "Organic Farming's Impact on Health with Dr. Benbrook," will be held on September 10 from 1:00-2:00 PM. Click [the link](#) for more information.

"[Getting local into institution and restaurants: 5 Best Practices and a New Tool](#)," The title explains it all! This webinar will be hosted by the National Good Food Network. On September 4, at 3:30 PM (ET), you can join the call.

[SNAP-Ed Connection keeps a list of recorded nutrition webinars!](#)

Check out the [list of 2014-2015 Journal Club webinars](#) from the Society of Nutrition Education and Behavior. These webinars are based off of current, nutrition research pertinent to people studying dietetics, dietitians in the field, and other health providers.

From procurement, to distribution, to the Department of Defense Fresh Program—the USDA presents a twelve-part-series about opportunities in Farm to School and ordering local foods. [Check the recorded webinars on this list!](#)

Free to the Academy of Nutrition and Dietetics members is a webinar called, "Accountable Care Organizations 101." Figure out the role and infrastructure of an Accountable Care Organization. Learn about the history of value-based providers and any other Accountable Care Act updates. The webinar will take place at 3:00 PM (ET) on the select dates below. Please register 24 hours in advance or earlier. Email questions to this address, ike.bennion@leavittpartners.com. The next webinar will be on [September 9](#).

Events:

NEW-Food Stock Music Fest is happening on August 31 from 1:00-7:00 PM in Lancaster, PA. Proceeds from this event will be given to the Central PA Food Bank. You can find out more information and order tickets [here](#).

In Lambs Creek Recreation Area in Mansfield, the Pennsylvania Association for Sustainable Agriculture will be holding their Annual Dairy Dash 5K and 1-Mile Memory Walk on Saturday, August 30 at 9:00 AM. You can look to [this link](#) for details.

Check out Let's Move! Pennsylvania Conference to be held in State College on October 8th, 2014. It will focus on a call to more physical activity, along with healthier food and beverages to reduce childhood obesity. Find out more, and [register here](#).

FNCE October 18-21, 2014: Save the date for this years Food and Nutrition Conference & Expo located in Atlanta, Georgia. [Click here](#) for more information regarding the event and speakers.

Mark your calendar for September 23, 2014! [It's time for the 2nd annual Capitol All-Stars Softball Game](#). Benefits go to Feeding Pennsylvania and Hunger-Free Pennsylvania.

On September 9th from 11:30 Am-5:00 PM, Penn State Extension Nutrition Links is holding a conference with the keynote speaker, Barbara Rolls, PhD, author of *The Ultimate Volumetrics Diet*. There will be breakout sessions including Penn State faculty and staff addressing food safety and other pertinent nutrition topics. Conference location is at the Penn Stater Conference Center Hotel in State College, PA. Contact [Mary Lou Kiel](#), or call 814-863-3447 for more information.

Grants and Opportunities:

NEW-Do you live in an area surrounding Pittsburgh? Are interested in getting involved in a gardening community? Then you could join Grow Pittsburgh! Find out more, [here](#).

NEW-\$2000 grants from Action for Healthy Kids School are still open 2014-2015 school year. To promote your school breakfast program, you could receive the funds listed above, Every Kid Healthy toolkits, technical assistance, webinars, and year-round support. See more information by going to this [website](#) under the "Tools for Schools" tab. Look to the right and click, "School Grants." Email the Pennsylvania contact, [here](#).

The US Department of Agriculture released a Request for Applications (RFA) from states interested in participating in a pilot project authorized by the 2014 Farm Bill. Awarded states will be able to purchase locally-grown unprocessed fruits and vegetables for the National School Lunch Program (NSLP). For a copy of the request and more information, [click here](#).

Being a certified organic farm can get pricy! That's why \$13 million is available for organic farm certification cost share. [See what's in store, here](#).

The US Department of Agriculture Office of Advocacy and Outreach (OAO) will make \$9.1 million available in 2014 for the Socially Disadvantaged Farmers and Ranchers and Veteran Farmers and Ranchers Program. [See all the details including information on the application.](#)

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