



Your Nutrition Resource Connection

Nutrition News & Opportunities

August 3, 2015

IMPORTANT PA NEN LINKS

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



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!

International News:

[It's never too late to learn to ride a bike!](#)

[What?! Dietitians aren't perfect eaters?](#)

[Find out what the term "culture of health" means and how dietitians can play a](#)

[role in this shift.](#)

Sam Kass, former White House chef and leader of the Let's Move campaign, becomes a TV celeb who shares healthy food advice. Now, [onto what tips he gives this week.](#)

[One retail dietitian explains the value of her job.](#)

[With hungry students, college campuses have food banks.](#)

You are what you eat. [So, eat to reduce cancer risk.](#)

[Severely selective eaters should look into to dealing with underlying issues.](#)

[Here](#) is a balanced understanding of sugar replacements.

[You can stand rather than sit.](#) It's bit healthier.

[5 surprising tips to better health](#)

[Choosing to be physically active as a teen, will affect people for a lifetime.](#)

[Preliminary research might lead to new physical activity recommendations for seniors. Less exercise than previously thought might reduce health risk.](#) More research needs to be done before then.

[Americans are trying to drink less soda, according to this national survey.](#)

[Kids tend to gain during the summer.](#)

["Eat 3500 less calories and lose a pound." Weight loss is much more complicated than that.](#)

[What not to do with summer produce](#)

[The debate rages on regarding processed vs. unprocessed foods – what do these terms mean, and which choice is better?](#)

[This campaign, run by the Los Angeles Department of Health, has asked restaurants to make smaller portions and healthier food choices available.](#)

[A group in the UK plans to feed 5000 people with food that would have been wasted.](#)

[How does weight bias affect society?](#)

[Someone used food to craft characters that we know and love.](#)

[Scientists discovered a sixth taste: sweet, sour, bitter, umami, salty, and now - oleogustus. See what that means!](#)

Local News:

Erie: [Erie brings breakfast into their classrooms.](#)

Pittsburgh: [One PA NEN member shows us how to save citrus before it goes to waste.](#)

Pittsburgh: [How do you make your farmers market more attractive to your diverse community? Simply, grow the things they love and they're comfortable eating.](#)

Pittsburgh: [The Corner Store Initiative will bring healthier foods to areas that need it.](#)

Pottstown: [Teachers do their exercises in Pottstown!](#)

State College: [Ag Progress Days present a great opportunity to focus on healthy lifestyles, communities, and the environment through various Nutrition Links programs.](#)

Social Media

Check these [infographics](#) with ideas to support a healthy community.

This week was National Farmer's Market Week. See all the resources and promotions people were sharing by following this hashtag - [#FarmMktWk](#).

Have you checked FoodSafety.gov's short, educational [YouTube clips](#)? This one is about the issue of cross contamination!

Resources

The [Foodsafety.gov website](#) keeps kids from getting foodborne illnesses with all these caregiver resources.

The Center of Disease Control and prevention created a well-researched [report](#) and a list of resources on the influence of farmers markets moving into underserved areas.

Did you know the Food Research and Action Center published an Obesity and Poverty E-Newsletter. You can review it [here](#).

While teaching, have you felt intimidated by students, clients, or patients from a different place, family styles, or ethnic background? Then, review [this health providers' guide](#) to cultural competence? Check all their resources, and take a quiz to see how culturally adept you might be.

The National Diabetes Education Program developed a guide for school

personnel dealing with diabetic students. Learn more [here](#).

You can [read](#) this meta-analysis of sugar sweetened beverages (soda, juice and other) and how they relate to the occurrence of diabetes.

Mealtime.org is presented by the Canned Food Alliance. They share a [website](#) for government and health professionals.

Have you heard the term, "Policy Systems Environmental Change" (PSE) within community nutrition? Check this newsletter for detailed information about the concept.

- Part 1 - [Environmental Change](#)
- Part 2 - [Environmental Change](#) (again)
- Part 3 - [Policy and Systems Change](#)

Webinar:

NEW-Challenge your views with this [interesting video](#) about the chemicals in our foods.

NEW-"[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-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](#).

NEW-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](#).

Let's Move Pittsburgh and WHIRL Magazine is holding a free family yoga session at Phipps Conservatory and Botanical Gardens on Sunday, August 16 at 10:00 AM. You can register [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:

The World Health Organization is holding an online consultation called, "Clarification and guidance on inappropriate promotion of foods for infants and young children." They are asking for comments on the draft of the report listed on this [website](#). If you choose to participate, your comments will be taken into consideration prior to informal dialogue with civil society and private sector. Your comments are welcomed until August 10, 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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