



Your Nutrition Resource Connection

Nutrition News & Opportunities

December 14, 2015

IMPORTANT
PA NEN LINKS

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Speaker Line-Up for the PA NEN Annual Conference!

The 2016 list of [sessions](#) and [speakers](#) are now available for online! More information, including session descriptions and bios will be posted on the PA NEN website soon. Until then, please contact PA NEN's office at 717.233.1791, or email pa_nen@phmc.org. Registration opens Winter 2016!

[International News:](#)

[Festive snack choices for kids](#)

[7 staples in a dietitian's kitchen pantry](#)

[In New York City, numerous urban gardens contain a worrisome amounts of lead in their soils.](#)

[Two more crop seeds enter the "doomsday vault" which was built to collect food crop seeds in case of war or disease.](#)

[We're all about building your kid's bones NOW with these suggestions!](#)

[Being overweight at 18-years-old is linked to an increased risk of future cardiac events? Yes, but the researchers are not able to share a causal connection between these two factors.](#)

[Recess is the best place to teach empathy. Think inclusive games, shared space, and other strategies to resolve conflict.](#)

[Are you curious to learn about the past, present, and future of healthier school meals?](#)

[Tufts University shares 10 research priorities to reduce obesity.](#)

The Food Recovery Act hopes to encourage people, institutions, schools, and businesses to reduce food waste. It will do this by making food storage areas more available, creating better access to local foods, allowing the school lunch program to accept irregularly shaped food for service, and more! See the Act's potential [here!](#)

[Parke Wilde, a speaker at last year's PA NEN conference, shares his views on U.S. food insecurity.](#)

[New Mexico's farmers donated a record-breaking 2,358,641 pounds of produce to their local food bank this year.](#)

[Is it too rainy or cold to get your outdoor fitness in? Then, consider mall walking \(especially during the holidays\)!](#)

[Kids can play, grow social skills and develop their brain.](#)

[Manage holiday stress with these healthy, mindful strategies!](#)

Local News:

Pennsylvania: [Sun Noodle is voluntarily recalling its Tonkotsu Ramen because it contains undeclared egg.](#)

Pennsylvania: [A local dietitian shares her nutrition advice regarding coffee.](#)

Pottstown: [The Pottstown School District created a wellness website! Click](#)

[through it to see their programming, wellness policy, and more!](#)

Yardly: [A Pennsylvania hydroponic farm looks to scale up their business to serve beyond their local area.](#)

Western Pennsylvania: [Pennsylvania's budget impasse puts strain on local food banks.](#)

Resources:

The Center of Disease Control and Prevention [report](#) shows that there were 120 multi-state, foodborne illness outbreaks from 2010-2014.

Evaluate scientific evidence and research in food and nutrition with the International Food Information Council Foundation's [checklist](#).

Food Hero from Oregon State Extension keeps a beautiful archive of healthy, budget-friendly, SNAP-Ed focused [recipes](#).

The White House Council of Economic Advisers released a [new report](#) on the Supplemental Nutrition Assistance Program (SNAP) that highlights the short- and long-term benefits of the program, including improved food security, better health, along with academic and economic improvements. Nevertheless, the report finds that current SNAP benefits are too low. Read the Food Research and Action Center's [statement](#) supporting the new evidence featured in the report.

Webinar:

NEW-In February 2016, the Society of Nutrition Education and Behavior (SNEB) is hosting a list of webinars focused on lessons learned during the implementation of various behavioral nutrition interventions. The listing of webinars, presenters, their research, and a link to register can be found [here](#).

NEW-WBUR Boston hosted an interview called, "Obesity Rates: A Rising Threat to Public Health and Welfare". Listen in [here](#).

Who knew that exercising like animals could be so beneficial? Watch this [video](#) of a program that asks participants to move like they would in the Paleolithic era.

The House Agriculture Committee held their tenth hearing on the Supplemental Nutrition Assistance Program and related programs. The latest hearing reviewed the progress of effectively addressing domestic hunger through policies created by the National Commission on Hunger. Watch the archived hearing and read the testimony [here](#).

The Tuft's Freidman School of Nutrition and Science Policy held an hour-long seminar on sustainability and how this topic related to the development of the 2015 Dietary Guidelines for Americans. Both speakers presenting played a

key role in the development of the Dietary Guidelines. Watch the presentation [here](#).

Events:

NEW-Research shows that certain foods, lifestyle habits, and weight guidelines can support and encourage fertility for men and women. You can join Dr. Maureen Kelly, a reproductive endocrinologist who will be hosting a talk on this topic. The free event begins on January 14, 2016 at 6:00-7:30 PM. It will be held at the Free Library of Philadelphia: Culinary Literacy Center. More information [here](#).

Until December 19, the Central PA Food Bank is asking you to drop off a frozen turkey and all the fixings for a family in-need at select locations and times outlined on [this website](#).

Throughout Penn State men's basketball season, Feeding PA and the Pennsylvania Pork Producers Council are hosting their annual [BLOCK HUNGER](#) event! For every blocked shot by PSU, the pork producers will donate 25 pounds of pork to Feeding PA and the hungry people they support.

On Tuesday, January 12, 2016 9:00 am-3:00 pm at the Phipps Conservatory and Botanical Gardens the Pennsylvania Action for Healthy Kids, Let's Move Pittsburgh, Greater Pittsburgh Community Food Bank, and Phipps Conservatory and Botanical Gardens for a School Health Team are holding free training to get your school staff to encourage a healthy school environment, provide ideas for community collaborations to improve school wellness policies, and to share best practices to move the student body toward a healthier diet. Allegheny County schools and district staff is invited to attend—including principals, teachers, school nurses, counselors, PTA members, Food Service Directors and staff, and Health and Physical Education Coordinators. Schools are strongly encouraged to bring two representatives. Participants will receive Act 48 credit. Find more details [here](#).

Check [this listing](#) of Holiday volunteer opportunities at food pantries across Philadelphia.

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

Grants and Opportunities:

After thousands of people filed three Citizen Petitions, the Food and Drug Administration is asking for public comment regarding the "Natural" label on various foods. Commentary is accepted until February 10, 2016. You can find it [here](#).

The Lights Camera Breakfast Contest asks eligible schools to highlight their school's alternative breakfast program in a 1 minute video. The most innovative ideas could receive up to \$5000 dollars. Entries will be accepted

until January 8, 2016. Check [the website](#) for contest and eligibility details.

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

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