

PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 8, 2014

IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

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PA NEN News Nibbles

Speakers for PA NEN's 2015 Annual Conference

PA NEN is excited to announce the 2015 lineup of speakers and topics for our annual conference! Click [here](#) to view the list and more details.

International and National News:

[Let's work to make sustainable food scalable and available for everyone.](#)

[Check this holiday, fun, food activity from MyPlate.](#)

[Compare pictures of what the rich and poor ate over through the ages.](#)

[The Food and Drug Administration \(FDA\) announced the uniform compliance date, January 1, 2018, for the food labeling regulations.](#) Any proposals from 2015 and 2016 will be mandatory by that time. Access the final FDA rule in the [Federal Register](#).

The US Department of Agriculture selected certain states to participate in an unprocessed fruit and vegetable pilot project. See who's participating and other details [here](#).

[Policy makers don't want the 2015 Dietary Guidelines to include a broader view of diet that focuses on environmental impacts of food.](#) No matter what happens, the question remains: Can we follow the dietary guidelines and not hurt the environment?

[Active sitting, like exercising in your work chair or using an exercise ball, can be helpful, if seated correctly.](#)

[Did you know the Spending Bill has nutrition implications?](#)

[Don't think twice about holiday weight gain with the help of Ellyn Satter's tips.](#)

Kids can cook with parents! [Here's how!](#)

[Recipes with yummy \(hidden\) fruits and vegetables.](#)

[In one research study, blue lights reduce how much people eat.](#)

The obesity epidemic costs a lot. [See the numbers.](#)

Local:

Pennsylvania: The Central PA Food has a distribution locator. [Type your zip code to find food access near you!](#)

Pennsylvania: Hunger Free Pennsylvania keeps a news reel for all their anti-hunger events and stories that pop up. Review the list [here](#).

Pennsylvania: The tri-county area fosters a culture of health. [Watch how it's happening!](#)

State College: [Penn State fights hunger around the world.](#)

Pittsburgh: [Find an easy way to donate food to your food bank through virtual food drives.](#)

Pittsburgh: [This mayor acts on his belief against hunger.](#)

Social Media:

Video Yen presents [2 minute videos](#) of David Katz, the director of Yale Research Prevention Center. In them, he presents a logical, research-based argument for various health questions. He attaches supporting research links to each video. Additionally, you can ask your health question for him to answer too.

Are you a student who's passionate about the Greater Pittsburgh Community Food Bank's mission? Want to help share our story? [Apply to be their communications & social media intern!](#)

Resources:

Senior meal menu planning for food service professionals is outlined in this [resource](#).

Buying fruits and vegetables during the winter months proves pricy. [Take these tips to cut the bill.](#)

The Center for Hunger Free Communities wrote this [informative briefing](#) about making the Supplemental Nutrition Assistance Program (SNAP) work for people leaving poverty.

Webinars:

NEW-What's the best ways to promote physical activity in your practice? Find the research, practical application, a free webinar recording, and continuing education credits from the Beverage Institute. Sign up [here](#).

NEW-Dr. David Katz, director of the Yale Research Prevention Center, gives a logical, research based argument about the Paleo diet. [See what he has to say](#).

NEW-“Phytochemicals: Hidden Nutrition Gems” will be held on Thursday, January 15, 2015 from 2:00 PM - 3:00 PM (EST). During the webinar, you'll learn about current and future research regarding these nutrients. It's approved for 1 continuing education credit for Registered Dietitians and Dietetic Technicians who need credentialing agency for the Academy of Nutrition and Dietetics. [Register today](#).

This [radio podcast](#) shares inspiration from a food movement growing in the Bronx.

Terra Madre is a world food conference that brings together top thinkers (authors, food providers, farmers, doctors, researchers, and more) from around the world to talk about food issues. This prestigious conference panel focused on how we could create an international edible education collaboration. [Listen in!](#)

Change Lab Solutions is a non-profit with resources about healthier retail strategies, food access, collaborative health strategies, and much more. Find fabulous [resources and webinar recordings](#) at the bottom of each page.

How can we shape food policy with community efforts? Listen to this [Google Hangout](#) recording to see how it's done.

“Nutritional Comparison of Packed and School Lunches in Pre-Kindergarten and Kindergarten Children following the Implementation of the 2012-2013 National School Lunch Program (NSLP) Standards” is a dietitian authored study printed in the Journal of Nutrition Education and Behavior. It looks at how nutrition education and school policy provides a strong backing for better food choices. Join the 9:00 minute radio podcast interview with the lead researcher here. [Listen now](#).

“Energy Balance: the Crossroads of Translating Science into Action” is a recorded webinar created by the collaboration of The American College of Sports Medicine, the Academy of Nutrition and Dietetics, the International Life Sciences Institute of North America, and the International Food Information Council Foundation. You can listen to this webinar about lifestyle, biological, and environmental changes that can help families and their kids maintain or lose weight. Find out more by clicking [here](#).

You can fulfill your state's continuing education requirements through online webinars. Whether you're an athletic trainer, respiratory tech, or social worker - go to [this website](#) to find webinars focused on your area of

expertise. Click on the "Find My Profession" tab to see if your area is covered. They offer free webinars specifically for those people interested in nutrition. Click on the "free" tab on [this website](#) to find out what free continuing education webinars are available.

Events:

NEW-On April 11th, the Stroehman's Walk Against Hunger is a 5K race scheduled for December 18, 2014. Get more details [here](#).

NEW-The 2nd Annual Penn State Public Health Day Symposium will be held on Wednesday, April 29, 2015 from 8:30 AM - 4:30 PM at the National Civil War Museum in Harrisburg, PA. Join, especially if you are looking for professional networking opportunities, a chance to highlight your practice, and learn about other happenings around Pennsylvania. Registration will open on Monday, February 2, 2015. Abstract submission is now open and the deadline to submit your abstract is Monday, February 2, 2015. Please [contact them](#) with questions.

NEW-You can [vote](#) for the Pittsburgh Gifted Center's "HELPING HANDS" Holiday Tree through December 21st. Each year, students make ceramic bowls and collect donations for the Great Pittsburgh Food Bank. Their tree reflects a theme of community service.

Have you heard of the 2015 National Physical Activity Plan Congress? It's an event being held on February 23-24, 2015 in Washington, DC focusing on The National Physical Activity Plan (NPAP). This is a set of policies, programs, and initiatives to get all people more active across America. See what this event has in store, and [register today!](#)

Grants and Opportunities:

NEW-From March 15-April 30, 2015 the Conagra Foundation's "generationOn" campaign is challenging you to Make Your Mark on Hunger. Here's how to get involved. By January 16th, you can apply for this service grant to hold youth-led hunger relief activities. You can simply take time to learn about hunger and the issues behind it. See how these issues occur in your community. Find more details [here](#).

NEW-The Healthy Eating Research: Building Evidence to Prevent Childhood Obesity is a Robert Wood Johnson Foundation (RWJF) national program encouraging environmental and policy strategies preventing childhood obesity. A call for proposals focused on efforts in healthy food retail and early childhood care and education. For more details, click [here](#).

The BUILD Health Challenge asks for proposals to that identify, highlight and advance new models for improving community health and health equity. BUILD Health will award up to \$7.5 million in grants, low-interest loans and program-related investments over two years. Awards will support up to 14, community based efforts providing access to a local grocery store where healthy food is available, community activity initiatives and more. The first round of applications January 16, 2015. Click [here](#) for more information.

Healthy Kids Grants promote healthy eating and active lifestyles for kids and families. This year, the General Mills Foundation is offering \$1 million in grants, awarding 50 grants of \$20,000. Organizations seeking a grant must include a registered dietitian or dietetic technician on staff who is a member of the Academy of Nutrition and Dietetics. Applications are due by Friday, January 23, 2015, at 6:00 PM (ET) Please email questions to KidsEatRight@eatright.org. Find out more about previous award recipients and find application information [here](#).

Registered Dietitians Nutritionists, Dietetic Technicians, students, and other members of the Academy of Nutrition and Dietetics Association—are you interested in presenting your research, project or educational innovations at the FNCE 2015? There is a Call for Abstracts, Posters, Innovations, and Short Oral Presentations opening January 1, 2015. See more about it [here](#).

The US Department of Agriculture's National Institute of Food and Agriculture (NIFA) is offering multi-year grants to applicants with a community based strategy to empower Supplemental Nutrition Assistance Program (SNAP) participants to buy more fruits and vegetables. See if your program matches the guidelines at this [website](#). If your program is eligible, applications are due on December 15th.

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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).