



Your Nutrition Resource Connection

Nutrition News & Opportunities

December 7, 2015

IMPORTANT
PA NEN LINKS

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You'll see pictures like this one, recipe videos, sharable links, incredible nutrition messaging, and more!

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:

[A network of food pantries coordinate to reduce food waste.](#)

Why is food wasted before it reaches the folks who need it most? See people

striving to fix this issue [here](#).

[Even if the snow decides to show, make winter recess a reality with these steps!](#)

[Only half of overweight Americans are seriously thinking about losing weight.](#)

[Do we need more money to run the Supplemental Nutrition Assistance Program \(SNAP\)?](#)

[From hypoglycemia to fluctuating test scores - what happens to kids when their families run out of food stamps?](#)

[One school shares on-point ways to serve up healthy foods in their school lunchroom.](#)

[College students balancing coursework, jobs and families also struggle with food insecurity.](#)

[Grocery stores reside in a fraction of neighborhoods that need them most.](#) [Here](#) is an article explaining why this trend rings true.

[Parents' lifestyles and environment influence the health of their kids on a social, environmental, and genomic level.](#)

[Healthy suggestions for holiday eating](#)

[Five innovative ways to use lemon in the kitchen](#)

[Talk about job security. Opportunities for registered dietitians are projected to grow exponentially.](#)

[Quick tips for easy and healthy snack and meal](#)

[Online nutrition education allows for healthy behavior change for families on Supplemental Nutrition Assistance Program for Women Infants and Children \(WIC\).](#)

[One hospital prescribes food for the hungry.](#)

[Exercise reduces the implications of brain changes that come with aging.](#)

Local News:

Pennsylvania: [A local dietitian says it's time to stop fearing food and certain food groups!](#)

Pennsylvania: [A Philadelphia Dietitian shares his awesome work in the Pennsylvania Academy of Nutrition and Dietetics' December spotlight.](#)

Philadelphia: [Vertical gardens grow in the city. What is this growing system?](#)

[How will they improve this communities' food systems?](#)

Philadelphia: A program in Philadelphia teaches English as a second language while showing participating families how to cook nutritiously. See more about it [here](#).

Social Media

Salud America held a Twitter Chat this Tuesday about the need for Latino Neighborhoods to gain access to healthy foods. Learn more about the chat's subject matter [here](#). See what people discussed over Twitter by following this hashtag, [#SaludTues](#).

The White House Council of Economic Advisers released a new report on the Supplemental Nutrition Assistance Program (SNAP). [Check it out](#) to see all the benefits of the SNAP program. Then, take some time to share it with your peers over social media. You can use these example tweets!

- Hot off the presses! WH releases report showing short and long-term benefits of SNAP. <http://1.usa.gov/1R8ujk8>
- Majority of SNAP recipients are working. Read new White House study: <http://1.usa.gov/1R8ujk8>
- New evidence from @WhiteHouse confirms SNAP is the cornerstone to alleviating food insecurity: <http://1.usa.gov/1R8ujk8>
- Increasing SNAP benefits leads to more food security says @WhiteHouse: <http://1.usa.gov/1R8ujk8>
- 1 in 2 SNAP households have children. <http://1.usa.gov/1R8ujk8> #SNAPmatters
- SNAP improves health, academic and economic outcomes for children and families. <http://1.usa.gov/1R8ujk8>
- Low-income pregnant woman who use SNAP have healthier babies. <http://1.usa.gov/1R8ujk8> #SNAPmatters
- SNAP lifted 4.7 million people out of poverty last year. <http://1.usa.gov/1R8ujk8>

@ENOUGH2050 is a Twitter handle for a network of businesses, non-profits, organizations, and more who are working together to make sure affordable, nutritious food is available to the world. Follow them [here](#) to learn more.

Resources:

[MyPlate's 10 tips to fend off foodborne illness](#)

[This newsletter gives an update about the policy behind trans fats.](#)

Curious about what pear varieties might be out there? Find a list of them [here](#).

Salud America created a research package about gaining better food access

within Latino communities. You'll find the research, a short video, infographics and more about the topic [here](#).

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-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:

Until December 19, you can 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](#).

You can tell your story about volunteering, donating, advocating, or receiving food assistance from your local food pantry, food bank, or food distribution center. Submit it to Feeding America [here](#), and see how your words have power.

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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