

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 8, 2014

## IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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717.233.1791



## PA NEN News

### Do You Have Nutrition Information or Product You Want to Share?

If your answer is "Yes!" to the question above, then you need to sign up to be a vendor at PA NEN's 2015 Conference! PA NEN also wants to hear your suggestions for possible vendors! Space is limited to the first 20 accepted applicants. Click [here](#) for more vendor information.

## International and National News:

[Shoppers buy healthier food while listening to nutrition podcasts at the grocery store.](#)

[Food policy can start at a local level. California sets one example.](#)

[Thank you, Penn State Nutrition Links, for pointing out this blog about saving food during the holidays.](#)

[Ugly fruit hits store shelves AND sells!](#)

[What research is behind the immune boosting claims of Vitamin C.](#)

[Take a guess. What's the cost of obesity?](#)

[Fight depression with winter exercise.](#)

[Diabetics can maintain a healthy blood sugar over the holiday with these tips.](#)

[Not everyone likes calories on their food menus.](#)

[The Pew Charitable Trust analyzes antibiotics in our food supply.](#)

[This year, fewer cattle are being raised across the US. Find out why and what this will mean for the cost of our beef?](#)

Detroit's urban farming system grows. [See what the excitement is all about.](#)

[One dietitian began a charge for a healthy culture in the hospital system. See all programs impacting her staff and patients!](#)

[Take 5 innovative ways to communicate nutrition to children.](#)

[Eat well and be active all year round, so you can fret less about lapses over holiday.](#)

[Realities behind 6 food waste myths](#)

[2014 stands as a landmark year for nutrition policy.](#)

### **Local:**

**Pennsylvania:** [Grant money was awarded to Pennsylvania locations throughout FY 2015.](#)

**Lancaster:** [Hunger takes over the suburbs.](#)

**Pittsburgh:** [A bike share and urban gardening make the top ten list for 2015.](#)

**Haverford:** [One preschool eats healthy and local.](#)

**Philadelphia:** [One woman in poverty and hunger speaks out through the Philadelphia based organization, Witnesses to Hunger.](#)

**Philadelphia:** [Philadelphia ranked 148th \(out of 150 largest American cities\) which indicated that is one of the most food insecure.](#)

### **Social Media:**

[You can follow 118 of the top food activists' Twitter feeds.](#)

What needs to happen now to end global malnutrition? Follow the hashtag #nutritionlive on Twitter to find out. Click [here](#).

### **Resources:**

Nutrition Education for Wellness is an umbrella website facilitating nutrition education in Hawaii. Look at all their fabulous resources [here](#)! (The Pennsylvania Nutrition Education Network is mentioned as one of their resources!)

Hot of the press! Dig into the global [nutrition report](#) from the International Food Policy Research Institute (IFPRI).

The Natural Resource Defense Council wrote a [2013 report](#) called, "The Dating Game: How Confusing Labels Land Billions of Pounds of Food in the Trash." It details the lack of consistency behind the "sell by", "best by", and "use by" date definitions.

The Center of Disease Control and Prevention shares [childhood obesity basics](#) including the health measures along with present and future health risks.

[Food Hero archives useful resources to make healthy cooking easy.](#)

"Grow It. Try it. Like it." is a [nutrition curriculum](#) for preschoolers.

The "Future of Food" initiative is run by a collaboration of the Academy of Nutrition and Dietetics, The National Dairy Council, and Feeding America. The initiative is striving to connect nutrition and hunger relief professionals across the United States. [Look to their resources, recipes, data, and webinars.](#)

### Webinars:

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

*NEW*-This leadership online course is for Registered Dietitians who are a part of Academy of Nutrition and Dietetics (AND). It explores how dietitians can boost their leadership roles through finding the right mentors, being a mentor, and communicating effectively across all employment sectors. You can register for the course, [here](#). It's free for AND members but cost money for non-members. Contact [sales@eatright.org](mailto:sales@eatright.org) with any questions.

*NEW*-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!](#)

*NEW*-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.

*NEW*-The 2015 Dietary Guidelines Advisory Committee's 7th meeting will be held on Monday, December 15, 2014 from 8:00 AM – 5:30 PM (EST). A draft agenda and other meeting materials will be posted at [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov) prior to the meeting. [Register for the webcast.](#)

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](#).

Are you a member of the Academy of Nutrition and Dietetics? Then you can attend this free webinar, “Production and Our Environmental Responsibility” on Monday, December 8, 2014 from 2:00-3:00 PM (ET). During this presentation, you will learn about the agricultural connection between the environment and our food supply, current farming innovations that directly impact food costs, and much more! Click [here](#) for more information.

“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.

Are you a member of the Academy of Nutrition and Dietetics? Then you can attend this free webinar, “Production and Our Environmental Responsibility” on Monday, December 8, 2014 from 2:00-3:00 PM (ET). During this presentation, you will learn about the agricultural connection between the environment and our food supply. Current farming innovations directly impact the reduction of food costs. Learn more at [this website](#).

### Events:

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*-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.

*NEW*-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](mailto: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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