

Nutrition News Nibbles



Your Nutrition Resource Connection

February 23, 2015

PA NEN News:

PA NEN's Membership Recruitment Campaign

This campaign is off to a great start! 19 new Members have joined since we kicked off the campaign at the beginning of February.

Click [here](#) for a list of people recruiting new members! Since there was a 6-way tie between the top recruiters, names were placed in a drawing. Heidi Gorniok was selected to win a prize this round!

The next top recruiter will be revealed on Monday, March 2. So, keep referring new members, and you might be the next big winner!

PA NEN Web Request for Proposal

PA NEN's Web RFP is [now available](#). The submission deadline is March 30, 2015.

PA NEN 2015 Annual Conference

8 educational sessions, 9 speakers, 4 different kinds of credits (CDR, AAFCS, PQAS, Act 48), 20 exhibitors and posters, 180+ attendees, plus so much more! When you put it all together, you get a fabulous, annual conference! [Join us!](#)

International and National News:

[Check this commentary about the new report of nutrition professionals' recommendations for the 2015 Dietary Guidelines!](#)

[Your genes don't control your medical destiny.](#)

[American children eat kids' breakfasts from other countries. Watch their hilarious reactions.](#)

[20 food tips and tricks anyone could use](#)

Kids work to fix places where healthy food cannot be found. Be inspired by [their story](#).

[Use these tips to reduce the amount of healthy food that's thrown out in the school cafeteria.](#)

[7 misleading health claims trick people into buying not-so-healthy foods. Recognize them, so you don't fall for their scam.](#)

[Being mindful while exercising can make your routine a habit.](#)

[Can healthy eating revitalize your skin?](#)

[What does one teacher dream up for a \\$1,000,000 grant? Amazing things.](#)

[The beauty of Brazil's nutrition guidelines](#)

[The newest from the 2015 Dietary Guidelines development](#)

[Diet and exercise helps reduce obesity. But, obesity treatment remains much more complicated than that.](#)

[Legislators compete while "climbing Mount Everest" to fight for healthier school lunches and to rid of childhood obesity.](#)

[Have you heard of an "unbaked sale"?](#)

[A hospital cooks better for their employees and patients.](#)

[Snow shoeing can push you outdoors during winter's chill. Also, it might have more benefits than running.](#)

[Do a majority of kids grow out of the "picky eating stage"?](#)

[Vitamins get injected into our food.](#)

Kids cook up ways to rethink school lunch on a budget. Watch them at work in [this video](#).

[Genetically modified apples won't brown.](#)

[Nutrition education and breast cancer prevention: how do these two health areas relate?](#)

Cholesterol guidelines might be reversed because of the lack of evidence behind them. Read about it [here](#) and [there](#). [A health professional shares his thoughts on the matter.](#)

[Antibiotic resistant rivers in china were formed from the infiltration of pig manure from surrounding farms.](#)

[Crazy food and beverage flavors will be tested in 2015](#)

Check the [research](#) behind the concept that we're eating less but being less active and becoming more overweight.

[Michele Obama speaks on behalf of those fighting for childhood nutrition.](#)

[Data gathered from across the nation shows that more kids eat school breakfast.](#)

[Cell phones can count your steps as accurately as pedometers.](#)

[Yoga gains popularity for all age groups.](#)

[Can being physically active but not losing weight be healthy?](#)

[The popularity of cooking classes grows, especially in places people cannot seem to find enough healthy food.](#)

[A Californian legislator wants safety warnings on sugary drinks.](#)

[In this study, the cultural health community and other health employees work together](#)

[to reduce diabetes risk.](#)

[This school tries meat-free lunches.](#)

[A dietitian mom spills the beans on her perspective of a healthy household.](#)

[Gyms post how many calories you can burn for certain activities, and their members seem to like it.](#)

Local News:

Pennsylvania: The number of [Pennsylvanian children taking part in school breakfast lags behind](#) other states. Find more about it in this [Food Research Action Center school breakfast scorecard](#).

Pennsylvania: Nutrition Educators from Penn State Cooperative Extension do some awesome work with kids, adults and seniors. Watch [this video](#) of the summer cooking classes!

Harrisburg: [A local resident outlines ways that healthy food can become more accessible in this city.](#)

Lancaster: [Hunger Free Lancaster County will resolve hunger in this area by 2018.](#) [Here](#) is another article about it.

Pittsburgh: The Great Pittsburgh Community Food Bank advocated to help farmers and food donors. [See what was accomplished because of it.](#)

Social Media:

Dan Buettner is a New York Times bestselling author and fellow at National Geographic. He studies the world's longest-living population and tries to apply their best practices across America. Look to his interesting Twitter page, [@BlueZones](#), to find articles, his original research, and more!

Salud America! Growing Healthy Change's YouTube page has online resources and stories to help people maintain lasting, healthy changes in Latino communities. [See it here.](#)

Resources:

My Plate stands to undergo some big changes in the year ahead. The dietary guidelines will be published (SOON!), and they will show foods that are better for your health and the environment too. [The Scientific Report of the 2015 Dietary Guidelines Advisory Committee](#) was just released. This document explains the evidence-based approach the committee took to create the most useful advice to encourage individuals and families to eat healthily.

Check the updated stroke prevention guidelines [here](#).

The [Obesity Research Journal, an online research journal](#), opens to the public.

A new [Supplemental Nutrition Assistance Program \(SNAP\) report](#) hit the press with total participation numbers. [Here](#) is another budget report on lowering SNAP costs.

The US Department of Agriculture projects that we'll be eating more pork than red meat in the future. Find their data [here](#).

Are you interested in setting up a Farm to School program near you? Check this [great toolkit](#) for more information!

[City Walk](#) is a short film that shares the value of the construction of Atlanta's BeltLine construction.

The Supplemental Nutrition Program for Women Infants and Children's [infographic](#) shares how far-reaching this program actually is.

This [two page resource](#) walks you through how to best evaluate nutrition research.

Webinars:

NEW-"Food Matters for Families! Strategies to Foster Eating for Health and Cancer Prevention," is a free webinar hosted by the American Institute for Cancer Research and sponsored by the California Walnut Commission. Dietitians and Dietetic Technicians can gain continuing education credit for coming. [Register here](#).

NEW-"In the Eye of the Beholder: Critical Evaluation of Nutrition Research" is a webinar that will be held on Thursday, March 12, 2015 from 2:00-3:00 PM (ET). During the webinar, you'll look at potential bias in nutrition research, walk through the steps of critically evaluating, and identify the best ways for health professionals to translate this research for their clients. Continuing education credits are available for registered dietitians and dietetic technicians. Register now at [this website](#).

NEW-Nutrition Dimension is offering a free webinar series on healthy eating strategies, stress management ideas, and much more. Click on [this webpage](#) to get one free Continuing Education course, one free live webinar, and one free recorded webinar. Pick your favorites!

NEW-"Nutrition Education Intervention for Women with Breast Cancer: Effect on Nutritional Factors and Oxidative Stress," is a research article printed in the Journal of Nutrition Education and Behavior. It's also presented over this podcast interview. The researcher used nutrition education for Brazilian breast cancer patients to improve their dietary habits. [Listen the interview](#) and view the [abstract](#).

NEW-Nutrient dense versus energy dense food – who knows the difference? Hear this dietitian's straightforward explanation on [this podcast](#).

NEW-"Current Issues in Nutrition: Are Fats Back in Fashion? - Fads versus Science" is a webinar that will address the roll of fat in the diet. Head researchers in the area (including Penny Kris-Etherton from Penn State University!) will present about dietary fat recommendations, the supporting research, and ways of effectively translating the research-based message over what the media has presented. Register at [the website](#). The online presentations will be available on March 25 and throughout April. An interactive, online, question and answer session will be held on the recordings on Wednesday April 22, 2015, from 1:00-2:30 (ET). Find out all the details by registering.

NEW-"The Ecology of Breast Cancer: Evidence and Implications for RDNs" is a webinar slated for Wednesday, March 25, 2015, 3:00-4:00 PM (ET). Diet and nutrition throughout the life span might impact breast cancer risk. Chemical contaminants in food could play a role, but the jury is still out. This webinar will provide an overview of the literature establishing these connections. Registered dietitians can also use resources shared during this time. You must be a registered dietitian, dietetic technician, or nutrition student and member of the Academy of Nutrition and Dietetics to attend. Scroll down this website to click the [link](#) to register.

NEW-"Benefits of Organically-Produced Foods: Review of Research and Implications for

Practice" will take place on Friday, April 17, 2015 at 2:00-3:30 PM (ET). Research is beginning to file-in supporting the benefits of organically-produced foods. The webinar will provide an overview of this discussion about organic and conventionally-grown food, along with tips and tools for registered dietitians to use when discussing this topic with clients. You must be a registered dietitian, dietetic technician, or nutrition student and member of the Academy of Nutrition and Dietetics to attend. Scroll down this website to click the [link](#) to register.

NEW-Doctor and preventative health advocate, David Katz, speaks in a series about whether calories actually count. Listen to the conversation [here](#).

The Food and Drug Administration (FDA) announced their [Food and Nutrition Webinar Series](#) for 2015. This is a combined effort between the FDA and the Joint Institute for Food Safety and Applied Nutrition (JIFSAN). Review [this information](#) that will assist you in understanding the content of the webinars. See future webinars [here](#).

Did you know that the Academy of Nutrition and Dietetics keeps podcasts and radio recordings on various nutrition topics. Check them all out [here](#), along with the registered dietitians who presented them.

"[Build, Prepare, Invest: Assessing Food Hub Businesses for Investment Readiness](#)" is a webinar that introduces the Food Hub Business Assessment Toolkit. This toolkit gives a framework to look at food hubs as business model and strategy; reviews their strengths and weaknesses; looks to their market overview, organization, management, risk mitigation, technology and systems, and finance. Also, you'll try a case study amidst the presentation! You can see the recording, slides and other resources.

Nutrigenetics (different than nutrigenomics) focuses on genetic variations' influence on dietary responses. This module introduces you genetic concepts and explores how genes can affect nutrient processing, metabolism and eating behavior. Watch the recording to find out more, [here](#).

February is Eating Disorder Awareness month. All webinars from the Institute for Contemporary Psychotherapy Center for the Study of Anorexia and Bulimia are free with a \$5 suggested donation. Topics will vary including the neurobiology and psychology behind eating disorders, male and female eating disorder behaviors, binge eating disorder and much more. [To register visit this website](#).

The "Edible Education 101" series starts next week at UC Berkeley, and lectures are streaming LIVE! You can see Michael Pollan, Mark Bittman, Marion Nestle, Eric Schlosser, Alice Waters, and more leaders who look critically at our food system and how to make it healthier, sustainable, and equitable. Learn more about the live streaming [here](#).

TEDxMANHATTAN, "Changing the Way we Eat" is a conference that will broadcast live on Saturday, March 7 at 10:30 AM – 6:30 PM (EST). You can join for free. [Sign up today!](#)

Events:

NEW-Start planning for National School Breakfast Week on March 2-6, 2015! Eating breakfast has been linked to better attention spans, memory, and test scores. The US Department of Agriculture's Team Nutrition provides [free posters, stickers, lessons, and event ideas](#) to help schools promote breakfast. Use the hashtag #NSBW on Facebook and Twitter to mark anything you post on the matter.

NEW-Triyouthalon is providing training for kids' races this year. Join now by contacting kerri@triyouthalon.org. And, look [here](#) for more details about Triyouthalon!

NEW-Are you near the Delaware Valley? Philabundance serves the people around you—75,000 people each week, that is. You can help "Spread the Love" from February 9-27 by donating plastic jars of peanut butter and jelly for your neighbors. See all the details about drop off locations, online donations, and more at [this website](#).

Westmoreland Community Action is holding a Designer Purse Bash! It runs from 6:00 PM-10:00 PM on April 11, 2015. Tickets cost \$30 dollars. All money goes toward supporting this center's work. See this [Facebook promotion](#) for more details.

[Food + Enterprise](#) is a 2015 conference taking place in Brooklyn, NY on March 1, 2015. The goal of this summit is "fostering community + collaboration among entrepreneurs, consultants and funders to finance a better food system."

Join the Food Waste and Hunger Summit on April 18-19, 2015 at the University of Georgia. It brings together students and other leaders creating solutions for the interrelated problems of food insecurity and food waste. For the schedule, speakers, and more information, visit [their website](#).

Join in on the Pennsylvania Department of Aging Annual Nutrition Conference, "Too Much.....Not Enough.....Just Right: The Inconsistencies of Seniors' Food Choices." During the event, you'll watch international and regional speakers offer their expertise about healthy eating, nutritional challenges related to aging, food safety and targeted marketing. All this and more will be presented at the conference at the Holiday Inn in Grantville, PA on March 16 and 17, 2015. See more information, including the event agenda, [here](#). Send Mona Lemanski, RD, LDN, CDE any of your questions at (717) 772-0371, or email her at c-mlemanski@pa.gov.

Everybody Walk Across PA! On March 30 until May 30 teams will take a virtual walk of the scenic route across Pennsylvania. People can do this by exercising and recording the equivalent of ten miles per week for eight weeks. See more information and register on [this page](#).

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

On February 28, 2015, you can join "Rooting DC" in Washington D.C. This free forum brings 80 sessions about food and farming. Learn about cooking programs, how urban agriculture revitalizes communities, about eating well on a budget, how food banks are creating community gardens with low-cost equipment, and more! [Find out more](#).

On April 11, the Stroehman's Walk Against Hunger is a 5K race. Get more details [here](#).

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 to learn about other happenings around Pennsylvania. Registration will open on Monday, February 2, 2015. Please [contact](#) with questions.

Grants and Opportunities:

New-[Vote](#) for one of these ten, eye-opening short films on some of the invisible aspects of the food movement.

NEW-The Scholarship of Teaching and Learning Nutrition in Higher Education Award is presented to recognize an outstanding Society of Nutrition Education and Behavior (SNEB) member for their contributions to higher education. This award is designed to honor food and nutrition faculty who encourage innovative learning with up-to-date teaching methods. The application and more information is available [here](#). There is March 1 deadline for nominations. This message only pertains to SNEB members.

NEW-[Apply](#) for your school today for a chance to receive a playground makeover. Enter everyday until March 19 to increase your chances!

NEW-Cooking Matters is offering small grants for local organizations interested teaching families in their community to shop for and cook healthy meals on a budget. Find out more at [this website](#).

NEW-Vote by February 25 for your favorite #SaludHero, and you'll be entered to win a free T-shirt and jump rope. Click [this link](#) to watch a video and learn more about the healthy initiatives that @Saludheroes are enacting.

You can have the opportunity to present at the 9th Annual Future of Food Nutrition Conference that's put on by the Friedman School of Nutrition Science & Policy at Tufts University in Boston, Massachusetts. It will be held on April 11, 2015. If you (a student or working professional) are involved in multidisciplinary food and nutrition research, course or thesis work, internships, capstone papers, or directed studies; you could be qualified to present. For more information, click [here](#).

"[The Touchdown School Award](#)" is given to schools by the Fuel Up to Play 60 program. There are six steps to accomplish by April 1, in order to be eligible to receive a display banner or helmet decal that show off your school's achievements.

In July, First Fruits will fund youth-run charities based on your votes! Criteria, nomination guidelines and funding details are available on [this website](#). Start voting for your favorite on May 4.

You can volunteer to make schools in your community healthier. Through Action for Healthier Kids, join the action! Look [here](#) for volunteer details.

The Food and Drug Administration presents grants that focuses on food safety education for small farms and processors. Read more about the available grants [here](#) and [there](#).

Did you know that the Academy of Nutrition and Dietetics presents awards to dietetic professionals, students, and graduate students in these various areas: continuing education, recognition, program development, and international studies. See how you might [apply or nominate](#) a dietitian or dietetic technician of your choice.

If you're in college and interested in health and wellness blogging, then Be Well Philly is now accepting summer Intern applications. Look [here](#) for details.

Public health, summer opportunities are available for collegiate students through the Center of Disease Control and Prevention. See the listing [here](#).

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