

## PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 8, 2015

### IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)  
717.233.1791



### PA NEN News

#### **PA NEN 2014 Membership Survey Summary is Now Available**

Thank you to everyone who completed this survey! The information that the staff and committee collected is invaluable as we move forward. Look for the summary's link on the right-hand-side of the [website](#).

#### **Refer a Friend, and We All WIN!**

PA NEN's Membership Campaign is in full swing! The first round of top recruiters will be announced on Monday, February 16th! Keep up the awesome work, continue referring people to our [membership](#), and see what you could [win](#)!

#### **PA NEN Wants to Know - Who Doesn't Like a Bargain?**

Are you planning on sending 10 or more staff to the PA NEN annual meeting? If so, the 11th attendee will receive a FREE registration! Contact Rose at [rcleland@phmc.org](mailto:rcleland@phmc.org) or 717.233.1791 for more information.

### International and National News:

Glimpse at how school lunches in the United States compare to plates from around the world. See the pictures to compare, [here](#)!

[Ten women improve nutrition of thousands.](#)

[Laugh at some food allergy humor, especially for people who struggle with them.](#)

Who wants to find out more about the FODMAP diet? Learn more, [here](#).

[The Perishable Donation Manager for a large grocer partners with a food bank to make sure the hungry get fed.](#)

[Do you wonder how much caffeine your kids should eat or drink?](#)

[Viewing a healthier fast food menu emboldens parents to order their family healthier choices.](#)

[How much fat is the "right" amount to eat? The jury is out.](#)

[A celebrity chef mixes up delicious, flavorful and healthy recipes for cancer patients.](#)

Plan for a healthy Valentine's Day with these [dietitian's tips](#) and these [active date ideas](#).

[Get paid to use a grocery store health app and workout? These people agree to it!](#)

[Have we dumbed down kid's taste preferences and contributed to their picky eating? Watch the entertaining video in this article too!](#)

[One school district goes healthy and texts parents to follow up with their kids.](#)

[Regular exercise and less stress does wonders for heart health.](#)

This [video](#) shares an awesome community day called, Life is Living 2014. It's supported by a collaboration of sooo many different organizations.

[You can eat healthier at work with some of these tips.](#)

[Getting everyone healthy will take a national movement.](#)

[One urban farmer keeps her entire community in mind as she works.](#)

[Soda-makers reduce portion sizes. What a move!](#)

[The Federal Government announces funding, \\$500 million for childhood obesity.](#)

[Let's shine light on women's risk for heart disease.](#)

[Some people resort to eating road kill.](#)

[Here is a reasonable argument for finding middle ground between the need for profitable businesses and accurate supplement labels.](#)

[Did you know that the president's 2016 budget supports sustainable agriculture?](#)

[Kids can go candy-free this Valentine's Day.](#)

[Exercise stimulates kids' minds and bodies.](#)

[Research begins to compare the health of our gut's bacteria and how it relates to diabetes risk.](#)

[Calorie basics: What is a calorie? How does it apply to losing weight?](#)

### Local:

**Pennsylvania:** [The Pennsylvania Association for Sustainable Agriculture gets an honorable mention for providing money and education to new farmers!](#)

**Pennsylvania:** [A local grocery delivery service begins in the mid-state.](#)

**Central Pennsylvania:** [A dietitian shares ways to boost immunity during flue season!](#)

**Hershey:** [Dietitians and doctors team up to fight heart disease.](#)

### Social Media:

Chop Chop Magazine buys into adults cooking and eating healthier with kids. They have a [Facebook](#), [Instagram](#), and [Pinterest](#) page. Gawk at all their beautiful recipes, pictures, and research.

For online resources, videos, funding sources, and more focused on the health of American children; look to Twitter under the Robert Wood Johnson Foundation hashtag, [#RWJFHealthyWeight](#).

### Resources:

[Print out some Heart Healthy handouts and other information from the Food and Drug Administration.](#)

Heart healthy kids' activities, strategies, videos, recipes, games and more are available at the [American Heart Association website!](#)

The Academy of Nutrition and Dietetics provides [nutrition information for seniors](#).

Check out the [National Nutrition Month website](#) to start planning healthy activities for March. It's is less than a month away!

Kids and adults can learn from watching a [cartoon movie about the heart!](#)

A great [infographic](#) informs women about cancer prevention.

This interesting program focuses on reducing food waste and feeding the hungry in Manchester. It's called, "[The Real Junk Food Project](#)."

This new [food system course material](#) is reviewed and presented by Marion Nestle.

It's African American History Month. The [American Diabetes Association website](#) has resources, articles and educational pieces to celebrate.

Review this [educational handbook](#) for women about heart health.

In honor of American Heart Month, the Journal of Nutrition Education and Behavior will provide a [heart healthy collection](#) of FREE research articles throughout February.

This "[Make Menus Matter](#)" report focuses on New Brunswick schools' healthy food and how to get access to it. It's informative and beautifully done.

### Webinars:

*NEW*-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](#).

*NEW*-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.

*NEW*-Grasshoppers, a food hub in Kentucky, modified their business model and leadership to become pioneers in promoting and providing regional foods in Kentucky. Learn about their story and evolution, the challenges they faced, and much more in [this webinar](#), "A Look Back, A Path Forward: Lessons Learned from the Food Hub Vanguard - Grasshoppers Distribution" on February 19th at 3:00-4:00 PM (ET).

*NEW*-"[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! See the recording, slides and other resources here.

On February 23, 2015 at 1:00 PM – 2:00 PM (ET), a [webinar](#) will review nutrigenomics which looks to figure out the molecular interaction between dietary nutrients and other food component within the genome. The presenter will show how nutrigenomics

could be used in clinical practice. It will also provide tips on what to look for in a genetic test focused on personalized nutrition, how to make sure that you're adequately trained and how you could provide it in your practice.

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 DC Walking Summit recorded their assortment of speakers. They're listed [here](#).

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 7th at 10:30 AM – 6:30 PM (EST). You can join for free. [Sign up today!](#)

There is a free, live webcast offered on February 19th, 2015 from 9:00-10:00 AM. It's titled "Confronting Health Disparities: Obesity and Prevention in African American Communities." This program will focus on the reality of African-American health disparities, why they exist and the impact of environment, income and other determinants on health. For more information, go to [this website](#).

### **Events:**

*NEW-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.

*NEW-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."

*NEW*-Join the Food Waste and Hunger Summit on April 18-19th, 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](#).

Donate your food-safe pottery bowls for the Central PA Food Bank's Soup or Bowls event. Learn [more](#) about it.

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](mailto:c-mlemanski@pa.gov).

The Central PA Food Bank is holding their 9th annual "Soup Or Bowl" event in Williamsport, PA on February 20th. For more information and to order tickets, visit [this website](#).

Everybody Walk Across PA! On March 30th until May 30th 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 11th, 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.

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*-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](#).

*NEW*-"[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.

*NEW*-A press release announced that the US Department of Agriculture is giving over \$9 million to support socially disadvantaged and veteran farmers and ranchers. [Find out more!](#)

*NEW*-On Monday, February 1, the US Department of Agriculture's National Institute for Food and Agriculture (NIFA) released a Request for Applications for the Agriculture and Food Research Initiative's (AFRI) Food Security Challenge Area. The AFRI Food Security Program grants money to research, education, and extension projects with the long-term goal toward agricultural productivity and sustainability. They also support programs that seek to make safe, nutritious food available and accessible for all. This program will now support projects that seek to support local crop cultivators and livestock breeders that contribute to rural economic development and prosperity while supporting food security. See more at this [website](#).

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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