

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 12, 2015

## IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

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## PA NEN News:

### The Wait is Over!

The list of [speakers](#) and [sessions](#) for the 2015 Annual Conference, Piecing it All Together, is available online. Registration will open February 2, 2015!

### Interested in becoming a PA NEN Board Member? Place your name on the Ballot!

The PA NEN Board is looking to fill five seats come May of 2015. And, you may be a perfect fit!

If you are interested or would like more details, please contact [Julie](#) by January 30th.

### Updates to the PA NEN Bylaws:

Two updates are being made to the bylaws. The mission statement and the Chair-Elect language.

- A New PA NEN Mission Statement has been approved and needs to replace the former one in the Bylaws. The statement in the Bylaws will now read as: PA NEN Mission Statement: The Pennsylvania Nutrition Education Network (PA NEN) facilitates communication among individuals and organizations engaged with improving nutrition in our communities. We work to ensure that effective, appropriate and evidence-based nutrition resources, primarily for low-income populations, are available across the state.
- Chair-Elect position: In order to clarify the process of electing a Chair-elect position, the language in the bylaws will change to the following:  
The Executive Committee will reorganize immediately after the PA NEN annual business meeting. The Executive Committee will select a Chair-elect from within the Executive Committee's members who will serve a one-year term and will automatically assume the Chair the following year for a one-year term.

If you have any questions or comments regarding these updates to the Bylaws, please contact [Julie](#) by January 30th.

## International and National News:

[Are there more Supplemental Nutrition Assistance Program \(SNAP\) cuts ahead?](#) Here's another [article](#) on the matter.

[Kids play at recess before lunch. Then, they eat more fruits and vegetables.](#) Here is an [opinion piece](#) about the research.

[Identical twins decide to go on a month long diet. One will focus on not eating sugar, the other fat.](#) You will be able to watch their journey through the BBC's show Two Horizon.

[The upcoming dietary guidelines will probably ask people to eat and drink less sugar.](#)

[Why do we now eat what we previously disliked?](#)

[Do you remember what you ate last week? One researcher believes food recall should not be used in dietary research.](#)

[Kids can like school lunch with healthier options.](#) Here is [the report](#) to prove that it's becoming a national trend.

[These "healthy" trends might not be so good for our bodies.](#)

[Nutrition research does not speak exact truths about how to eat. See for yourself in this laymen's guide to judging nutrition news stories.](#)

This Food pantry volunteer found herself without food, so now has take advantage of the resource she formerly provided. [Hear her story.](#)

The previous Executive Director, Sam Kass, of Let's Move! resigned. [Meet his replacement!](#) [Here](#) is Marion Nestle's take on the matter.

[Registered Dietitians give strategies for gestational diabetes.](#)

My Plate stands to undergo some big changes as the dietary guidelines will be presented next year. They might show foods that are better for your health and the environment too. These guidelines will also affect federal eating feeding programs by encouraging more fruits, vegetables, nuts whole grains, and other plant-based foods and less meat. See articles about the predicted changes [here](#) and [there](#).

Follow through with your New Year's resolution by using the US Department of Agriculture's Super Tracker. [Read all that this dietary resource can do!](#)

Researchers from the National Institute of Health talk shop about how people can lose weight and maintain the weight loss. [Find out their views by flipping through this three page article.](#)

### **Local:**

**Harrisburg:** [Master Gardeners and food safety experts share information at the Farm Show.](#)

**Lancaster:** [Dive into recipe booklets created by Lighten-Up Lancaster.](#)

### Resources:

The Academy of Nutrition and Dietetics released resources to help nutrition educators start setting up for National Nutrition Month! Find them [here](#).

This Minnesota governor speaks out about Supplemental Nutrition Assistance Program Education (SNAP-Ed).

[See what kind of praise he gives to his state nutrition educators!](#)

[The Food and Drug Administration gives recommendations to avoid weight loss supplements and their fraudulent claims.](#)

[See how food stays fresh on your counter, in the fridge, or freezer with this simple chart.](#)

Hot off the press, see the science-based meal patterns for preschool and adult feeding programs! The public has 90 days to comment on the guidelines. [You can join the conversation.](#)

### Webinars:

*NEW*-The Healthy Food Bank Hub, a part of Feeding America, outlines the various resources, recipes, and other web platforms encouraging healthy, affordable food purchases. Watch this video-walk-through of the [website](#).

*NEW*-Go to this webinar on January 22, from 2:00-3:00 PM (EST) to figure out how to get funding for a healthy food project from the US Department of Agriculture. This webinar will give examples of funded programs that improve access to healthy foods and support local food system development in low-income urban communities. Find out more information [here](#).

*NEW*-Learn the steps of how to write a systematic review for the Journal of Nutrition Education and Behavior and other professional journals by attending [this webinar](#) slated for, January 28th, 2015 from 10:00 AM-12:00 PM.

*NEW*-The National Institute of Health created a webcast of professionals who speak to improving health and fitness for people with disabilities. Watch the recording [here](#).

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](#).

Are you a member of the Academy of Nutrition and Dietetics? This free, online learning module is available to members. It addresses skills and resources needed to foster the mentor-mentee relationship, develop successful partnerships and solidify effective communications. Click [here](#) for more information.

What are 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](#).

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](#).

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

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.

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

*NEW*-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](#).

*NEW*-On Jan 29th there will be a discussion group with Mark Bittman a New York Times writer. He'll be talking about ways to "Save Money and Eat Better." Read more about the post, [here](#).

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*-Whether you're a parent or a school foodservice professional, you can apply for a grant to get a salad bar in your kids' school! Look at Chef Ann's Cooper's Salad Bars 2 School program [here](#).

*NEW*-The U.S. Department of Agriculture's National Institute of Food and Agriculture announced the availability of more than \$15 million for undergraduate, pre- and post-doctoral fellowships. They will be awarded to innovators involved in research, education, and extension who are ready to address the challenges in the agricultural, environmental, natural resources, and food systems arenas. Pre- and post-doctoral fellowships are due February 11. February 18 is the due date for undergraduate's letter of intent, and the full application is due May 6th. [Learn more](#).

*NEW*-The Society of Nutrition Education and Behavior (SNEB) is holding their Annual Conference in Pittsburgh, PA on July 25 - 28, 2015 focusing on "Creativity & Innovation in Nutrition Education." You can submit abstracts for presentations about research, and/or programs that relate to behavior change and food choice, regardless of whether or not the desired behavior occurred. The due date for the application is January 25, 2015. You can apply [here](#)!

*NEW*-U.S. Department of Health and Human Services' Office of Disease Prevention and Promotion will host a Healthy Aging Summit on July 27 and 28, 2015. They are looking for abstracts that focus on the science of healthy aging, identifying knowledge gaps in the geriatric field, promoting preventative services to improve the elderly's life and more. If this opportunity matches your field of work, submit abstracts and participate. Abstracts are due by February 2, 2015. Click [here](#) to see more!

*NEW*-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.

*NEW*-Calling all school educators, those in food service, families and students to enter the "Smart Snacks Roundup" contest to win up to \$300. The contest is designed for sharing the successes and challenges with

providing healthy options (that meet the Smart Snack guidelines) in vending machines, cafeteria à la carte, school stores, and fundraisers. Look [here](#) for more details.

*NEW*-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.

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

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 16, you can apply for a service grant to hold youth-led hunger relief activities. Or, you can simply take time to learn about hunger in your community. Find more details [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](mailto:KidsEatRight@eatright.org). Find out more about previous award recipients and find application information [here](#).

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