

PA NEN - Weekly Food & Nutrition News Nibbles



Week of January 19, 2015

IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)
717.233.1791



PA NEN News

There are 5 remaining Resource Area Tables for PA NEN's 2015 Annual Conference

Click [here](#) to learn more to see if you want to participate.

The deadline for abstract submission for PA NEN's Annual Conference is February 1st

Apply [here](#), if you have an exciting project that you would like to share at the conference.

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:

This [video](#) dives into the most recent nutrition trends and gives you the realities behind their claims.

[One mom shares her struggle with a picky eater for a kid](#). Can anyone relate or does anyone have any suggestions for the writer? Leave a comment on the website.

[Finger prick no more! A temporary tattoo for blood glucose monitoring doesn't require it](#).

[Is inactivity is more deadly than obesity?](#) Check Dr. David Katz's wise observations on this [assertion](#).

[These healthy food staples can be cheap yet delicious](#).

Did you know about the healthy daycare food proposal? Learn more about it [here](#) and [there](#).

Now that we the [most popular diet for 2014](#) were chosen, a professional who helped with creating this list process comments on the [final decision](#).

[Antibiotic free chicken appears on the menu of certain large school districts across the United States](#).

[Food safety is a matter of national security](#). This concept was pu in print in 2014 in [this Executive Order](#).

[A survey shows that younger consumers buy into health claims more than previous generations](#).

[The predictions are that antibiotic resistant infections, specifically those associated with foodborne illness, will occur more often in the future](#).

[The healthcare cost of obesity and related diseases remains sky-high-high-high!](#)

[The elderly are at higher risk for being malnourished increasing medical costs](#).

[This research center goes unnoticed while leading questionable, potentially harmful experiments to animals involved in our food supply](#).

[More on the meat debate in the dietary guidelines](#)

[Eat with family and friends to gain a lot!](#)

[Weight correlates to restricted social mobility. Remember, one doesn't cause the other.](#)

Local:

Pennsylvania: What is Nutrition Links and all that they provide? Take a look at this awesome [video](#)!

Philadelphia: [One man quit a job on Wall Street to create a pizza joint in Center City. He feeds the locals and donates to the hungry.](#)

Pottstown: [Film crew films a workout performance in Pottstown Middles School, and the school was able to show off all their fitness initiatives.](#)

Hershey: [What's so good about beet juice? Find out from Penn State research!](#)

Social Media:

Hunters for Sharing Harvest donate their game meat to food banks. See their [Facebook page](#) and resource website [here](#).

Food Tank ([@Food Tank](#)) is striving to changes to our global food system for healthy eaters and growers, is holding a the first annual Food Tank Summit. If you want to learn about their speaking topics and more about the professional speakers, search these hashtags on [www.Twitter.com](#) or click the following links: [#FoodTank](#) and [#FoodTankSummit](#).

Resources:

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

The Food and Drug Administration released their current view of Bisphenol-A (BPA) in the food supply. Read about it [here](#).

[Here is an updated egg label guide.](#)

Try [MyPlate's tips for increasing physical activity](#) and [ideas for active celebrations](#).

[Here](#) is an awesome learning experiences that involves physical activity within the classroom.

Print out "[20 Ways to Cut the Grocery Bill](#)."

Now Available on Your Mobile Device, you can find the US Department of

Agriculture's Dietary Reference Intakes (DRI) Calculator for Healthcare Professionals. This resources allows you to calculate Body Mass Index, calorie needs, and nutrient recommendations right at your fingertips. For more information on the DRIs or the DRI app, click [here](#).

The Food and Agriculture Organization of the United Nations (FAO) launched a Dietary Guidelines [website](#) which serves as an information exchange on dietary guidelines around the world. It contains a growing collection of guidelines from 67 countries!

Data and Research to [Improve the U.S. Food Availability System and Estimates of Food Loss](#) is the summary of a workshop convened to discuss how the data of the [USDA Economic Research Service's Food Availability Data System \(FADS\)](#) can be upgraded. Go to [their website](#), and look to the right hand side for a free download of this material.

From the Academy of Nutrition and Dietetics, [here](#) is an article about the ins-and-outs of gluten free labeling. It contains what every nutrition professional should know.

Webinars:

NEW-The 2015 White House Conference on Aging has identified Healthy Aging and Long-Term Services and Supports as two of their four priority areas. The Role of Nutrition in Healthy Aging webinar on January 29th at 2:00 PM (EST). You'll hear how effective nutrition interventions can prevent costly medical issues and chronic disease. [Register here](#).

NEW-Join the Food Research Action Center and US Department of Agriculture for a webinar on the proposed healthier meal standards for the Child and Adult Care Food Program and other related food programs. Register [here](#) for a January 29th webinar at 1:30 PM (EST).

NEW-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!](#)

NEW-These [Cooking Channel YouTube videos](#) share fascinating facts about all fruits and vegetables from around the world.

NEW-On February 5 from 12:00 - 12:30 PM (EST), you can register for a Society of Nutrition Education and Behavior webinar with Dr. Barbara Lohse, a professor and researcher from Penn State. You'll learn about her research behind successful communication strategies behind nutrition education and opportunities for students to get involved in this field. [Register today](#).

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](#).

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.

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-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](#).

NEW-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 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-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](#).

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](#).

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.](#)

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!](#)

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!

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.

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.

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](#).

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. Find out more about previous award recipients and find application information [here](#).

© Copyright 2009 PA NEN | www.panen.org | 717.233.1791

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks,
a part of USDA's Supplemental Nutrition Assistance Program (SNAP).
This institution is an equal opportunity provider and employer.