



Your Nutrition Resource Connection

Nutrition News & Opportunities

July 13, 2015

IMPORTANT PA NEN LINKS

[PA NEN NEWS](#)
[NIBBLE ARCHIVE](#)



PA NEN News:

Are You a PA NEN Member?

Do any of you receive this email as a forwarded message from your friend or coworker? PA NEN is all about sharing resources, so that's fine by us! But, if you like what you're reading, then we encourage you to join our FREE membership to receive these emails directly in your inbox. Consider everything we have to offer at this [membership link](#).

Posts from the Society of Nutrition Education and Behavior Conference

PA NEN staff is heading to the Society of Nutrition and Education and Behavior Annual Conference. Be ready for tons of top-notch resources to be posted in upcoming, Nutrition News Nibbles emails and regular posts on our [Facebook page](#). You must be signed into Facebook to see PA NEN's page.

International News:

[Consumers worry about the safety of their food.](#)

[Even with health claims and super foods, so-called, health foods can cause weight gain.](#)

[A health professional talks about mixing-up your diet for the best health outcomes.](#)

[Medical students jump into the kitchen to receive nutrition training.](#)

[Most adults do not eat the recommended amounts of fruits and vegetables.](#)

[How does California's drought affect cooking styles?](#)

[According to one study, adults are ready to reduce the sodium in their diet.](#)

[What causes people to love sugary, salty, or prepackaged foods? And, how can you inspire them to think outside the package?](#)

[A grocery store and hospital clinic join forces to treat patients.](#)

[Low-income seniors can receive grocery deliveries with Supplemental Nutrition](#)

[Assistance Program \(SNAP\).](#)

[Eat safely when you camp with these tips.](#)

Mexico implemented a higher tax on soda, and [see what resulted.](#)

[What digestive disorders affect the elderly? How can dietitian's help?](#)

[A new report calls for a healthier food systems in the tribal community.](#)

[Check this interesting view on fixing obesity and malnutrition.](#)

[Cool just begins to describe these weather snacks!](#)

[What are some dieting sabotages that seem healthful?](#)

[Americans are still not eating the recommended amount of fruits and vegetables.](#)

[Learn ways to change your mindset after you overindulge!](#)

[Risks come with obesity during pregnancy.](#)

[Sitting for seven or eight hours a day can be bad for your health. Here is the research behind it, along with tips to overcome sitting disease!](#)

[You can grow these foods indoors.](#)

Local News:

Lancaster: [A farmers market takes over South Queens Street.](#)

Lebanon: Murry's - a Lebanon, PA establishment - is recalling 12-oz. boxes of "[Bell & Evans Gluten Free Breaded Chicken Breast Nuggets](#)" with a "Best By" date of March 25, 2016. This product tested positive for *Staphylococcal enterotoxin*.

Philadelphia: The issue of hunger and malnutrition remains multifaceted. [The Food Trust is working to reduce the prevalence of these issues by tapping into the community.](#)

Philadelphia: [A Philadelphia dietitian shares what she keeps on hand for her no-cook meals.](#)

Pittsburgh: [New zoning laws allow for the urban chicken farm trend to spread.](#)

Social Media

You can go to the Walk Against Hunger [Facebook page](#) and view [videos](#) about what they accomplished.

Resources

What does 100 calories look like? Watch this [video](#).

"[Small Farmers Can Make Food Safety Work: The Group GAP Pilot Project in Michigan's Upper Peninsula](#)" is a case study that looks to the process of developing group-based, farm-based, food safety certification which could benefit small farmers.

Are you a registered dietitian nutritionist or dietetic technician in need of continuing education opportunities? This [website](#) archives many conferences, modules, reference books and self-study opportunities on anything from learning about healthy aging, sports nutrition, diabetes care, even renal dietetics. All these materials come with a cost.

"[Running a food hub – lessons learned from the field](#)" comes from the US Department of Agriculture.

[See the implications of the healthy meal standard implementation](#) in schools.

Check the [International Food Insecurity Assessment](#) from the US Department of Agriculture's Economic Research Service.

Farmers Market Week is just around the corner on August 3-8. Check these [tools and templates](#) which can be used to celebrate and educate during that week!

You can download the [Songs for a Healthier America](#). Make sure to check out the newest music videos!

[Here](#) is an informative website with a list of resources developing our food hub.

This [Farm to Preschool Guide](#) was just created, and it's listed with many other informative resources on the [Farm to Preschool website](#).

Webinar:

NEW-The National Collaborative on Childhood Obesity Research (NCCOR) archives webinars and slides about obesity reduction. See the presentation summaries, and watch all of their webinars [here](#)!

NEW-Alice Henneman, a registered dietitian working for Nebraska's Cooperative Extension, led a webinar, "Pinning with a Purpose," on July 14. It focused on utilizing the social media website, Pinterest, to encourage healthy behavior change. A recording and the slides are available on her [website](#).

NEW-In a [short video](#), Dr. David Katz takes on the question, "Can you eat too much soy?"

NEW-"Rethink Your Drink: Implementation and Evaluation of a Multi-Level Intervention Targeting Sugar Sweetened Beverage Intake" is a Society of Nutrition Education and Behavior (SNEB) webinar happening at 12:00 PM (ET) on August 18. It will share the marketing techniques reaching the Rethink

Your Drink target audience, design of their campaign, and the implementation of various teaching methods. The webinar is free to SNEB members and costs \$25 to non-members. Catch all the details, [here](#).

"Professional Standards in School Foodservice: How Smarter Lunchrooms Can Help" is a webinar that will describe Professional Standards that are required for every school cafeteria under the Health Hunger Free Kids Act. It will then dive into how Smarter Lunchrooms can help these cafeterias meet those standards. Watch the thirty minute recording [here](#).

"Understanding and Communicating Biotechnology" is a webinar that provides continuing education credits for Registered Dietitian Nutritionists. During the webinar, you will learn about the safety, uses, impact on nutrition, and environmental effect of biotechnology in our food supply. Access the description, recording, and continuing education credit forms, [here](#).

The Team Up for School Nutrition [archive](#) contains webinars explaining the goals of this pilot program that makes sure healthier meals are being served in school cafeterias. The webinars cover financial tips, menu planning ideas, and display trainings for each pilot region.

The Center for American Progress, Food Research and Action Center, Feeding America, the Coalition on Human Needs and Witnesses to Hunger are working together to release a new campaign, "Community Voices: Why Nutrition Assistance Matters," to gather stories of those who took part in a nutrition assistance program, to share these stories to dismiss myths, and to increase the understanding of how these programs work and who they help. You can watch a recording of the kick off presentation. [Register here](#).

Events:

NEW-Tryouthalon is holding activities around the Philadelphia area. See the details by clicking on the links.

- Saturday, July 18 - [Annual Fairmount Park Family Triathlon and Duathlon](#)
- Saturday, August 1 - [Hunting Park Family Triathlon and Duathlon](#)
- Saturday, August 1 - [Hunting Park Splash N Dash](#)

August 2-8 is National Farmers Market Week. You can read the official proclamation of the celebration [here](#)!

Healthy Body Healthy Minds in Pottstown, PA will prep you with ideas for incorporating physical activity in your classroom. This event takes place on August 4-5. Click [here](#) to figure out what's happening.

The Institute of Medicine is holding a two-day workshop called, "Meeting the Dietary Needs of Older Adults." It's sponsored by the AARP Foundation and will be held on October 28-29, 2015 in Washington, DC. The workshop will examine the evidence on factors that influence older adults' ability to meet their daily dietary needs. See all the details at [this website](#).

Save the date! The 2015 National Conference on Health Communication, Marketing, and Media is set for August 11 - 13 in Atlanta, Georgia. As more information unfolds, it will be posted on [this website](#).

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

Grants and Opportunities:

NEW-Local Food, Local Places is a program supporting neighborhoods that want to build a local food system and a healthier community action plan for the families and others surrounding them. The program is run by a collaboration of US federal agencies, along with the Appalachian Regional Commission, the Delta Regional Authority and the White House Rural Council. Turn in an application by September 15, 2015. Review the funding and application information on this [website](#).

NEW-Sustainable Agriculture Research and Education grants invite farmers, ranchers, Extension agents, nonprofits, students, and communities to work towards a more sustainable community. Available grants will support a range of activities that are worth checking out on [this website](#). Click on Pennsylvania resources for more information and funding opportunities.

Do you know a colleague who is working for healthier behaviors throughout the Latino community? Then, you can nominate them for the Latino Caucus of the American Public Health Association Awards. Nominations are open until September 4, 2015. [Read more!](#)

Here is Request for Information (RFI) asking for a national vision for health disparities research. Information outlined on this website will help the National Institute on Minority Health and Health Disparities (NIMHD) define a vision that will guide the development of the science of health disparities research for the next decade. The RFI is due on July 31, 2015. Find all the information, [here](#).

Finding the right funding source for your project can be a challenge. [Pivot](#) helps you find the funding that suits you and your organization.

Check [this listing](#) of upcoming deadlines and descriptions for federal food and agriculture program funding.

School nutrition grants are available and can be found in this archive from [Grants.gov](#). Another childhood nutrition grant archive with opportunities from various sectors can be discovered on this Feeding America [website](#).

[GrantHelpers.com](#) lists a couple food and nutrition grants available.