



Your Nutrition Resource Connection

## Nutrition News & Opportunities

July 21, 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.

#### **Linking Cultural Diversity and Nutrition Through Technology: Summer Workshop**

Time is running out to register for the summer workshops! The last day to register is Tuesday, July 28. Don't forget about the 'Bill Me' option once you check out, if you are waiting on a payment. Click [here](#) for more information.

### International News:

[Healthy food is becoming more available to everyone \(even those receiving Supplemental Nutrition Assistance\), all the while supporting the local economy.](#)

[Europe's Scientific Advisory Committee on Nutrition \(SACN\) recommends 5% of calories come from sugar.](#) You can their report reviewing the impact of carbohydrates, sugar, starches and fiber on health. In comparison, [America's Food and Drug Association proposes a recommendation of 10% of calories from sugar.](#)

[A student-led project grows food to scarf down during their school's lunch.](#)

Check 10, in-season fruit and vegetables. [Figure out their health benefits, when their best to buy and how to use them!](#)

[Getting healthier food and better access to it down south proves to be trickier issue than expected.](#)

[Worksite wellness continues to be a growing trend.](#)

[A proposed rule could provide poor, disabled seniors on Supplemental Nutrition Assistance Program with grocery deliveries.](#)

[This smartphone app sets up a system to feed the hungry and homeless.](#)

[Review this really good read about the summer meals program](#)—whether your family would like to be in the program, you know of a meal location who might want to serve food, you're a farmer ready to use his or her produce to alleviate hunger, or you just want to know the politics behind it all.

[In Mexico city, doing squats on the subway could get you a free train ticket.](#)

[One way to reduce food waste is to hold a Climathon](#) - A George Washington University event invited researchers, entrepreneurs, sustainability gurus, food workers, programmers, and many other people from different sectors. Together, they worked to develop a cross-sector path to reduce the impact of climate change and reduce and reuse food that would have been wasted!

Good Food Cheep: Eating On 4 Dollars a Day creates awesome recipes from scratch on a food stamp budget. [Watch this news brief.](#)

Dine on healthy-for-you snacks with this dietitian's [video clip!](#)

[Click through this slideshow of impactful health advice.](#)

[Read why this researcher believes there is no, one, best diet!](#)

[Might standing desks be one solution to childhood obesity?](#)

Half of all children who are under three-years-old live in poverty. [And, this is why meals and snacks served at childcare are so important.](#)

[Use these ten tips to plant your own vegetable garden whether you live in an urban or rural area.](#)

[New York City's Food Bank serves frittatas and egg-white omelets in their Harlem Senior Center breakfast program. They serve 1,200 meals in a month.](#)

[Searching for a healthy breakfast for your kids? Try whole wheat toast; then, mix-and-match these unreal toppings.](#)

[Rethink exercise with tips like - take exercise in strides; try the stairs, gardening, or dancing.](#)

#### **Local News:**

**Bucks and Montgomery Counties:** [A local congressmen visited local Summer Meals sites to share his support for the Summer Meal Legislation.](#)

**Philadelphia:** [During the summer one out of six Philadelphia children go without](#)

[food at some point.](#)

**Philadelphia:** [Philabundance printed an article taking tips to reduce food waste from a T.V. comedian. Boy, is it good!](#)

**Pittsburgh:** [An urban gardener expands on autumn vegetable planting.](#)

### Social Media

Salud America is holding a social media, recipe contest requesting healthy summer meal ideas. To contend, you can follow them on [Twitter](#), [Facebook](#) or [Instagram](#). When you post a photo of your recipe on social media add the hashtag, #SaludSummer. Find out more about the contest [here!](#)

Remember, Jump with Jill from PA NEN's annual conference? See what she's been up to now by checking her [Instagram feed](#) at this website.

Find a whole bunch of Registered Dietitian Nutritionists' ideas for making the kitchen a little simpler by clicking the links labeled by this hashtag, [#HealthyKitchenHacks](#).

### Resources

ABE fitness includes [researched-based, FREE, short videos](#) of physical activity bursts to do in the office, at home, or (Oh my!) in the waiting room.

Food and Agriculture Policy Collaborative is a collection of public and private partnerships working to fund and build stronger, healthier, locally-based initiatives to serve communities healthier food. Look at [this listing](#) of networks, foundations, and so many others involved. And, check all the community-based programs they support.

According to this research brief, 64 percent of eligible children participate in the National School Lunch Program and 52 percent in the Breakfast Program. Read all participation details in [this report](#).

The [White House Conference on Aging](#) held last week. During this time, the US Department of Agriculture issued this [press release](#) outlining the federal government's support for better food access and supplemental nutrition assistance programs for older Americans.

Members of the House Hunger Caucus released a [Guide to Domestic Hunger and Federal Nutrition Programs](#).

Are you working to lose weight in a certain amount of time? Figure out the amount you need to eat, drink and exercise to reach your goal with the new National Institutes of Health (NIH) Body Weight Planner. Then, take advantage of SuperTracker to stay on track! Find the links to these resources on the US Department of Agriculture blog about this resource, [here](#).

### Webinar:

*NEW*-This is a video about food waste across the United States. It reveals how tricky it is to receive and collect "food waste" for the hungry. Focusing on this good

(safe) food that would have been thrown away seems to be a smart venture for grocery stores, food pantries and food banks. See more [here](#)!

*NEW*-Hans R. Herren won the Right Livelihood Award. In this [video](#), he asks for everyone to recognize the need to alter food production and distribution for a healthier environment and lifestyle for all.

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](#)!

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](#).

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

"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](#).

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.

### Events:

*NEW*-The Philadelphia Hunger Coalition is sponsoring the "Eat Healthy, Give Healthy Food Drive" at two Philadelphia-based farmers markets on July 25 and July 26. Find out all the details scrolling down this website and clicking [related links](#).

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

- 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*-The World Health Organization is holding an online consultation called, "Clarification and guidance on inappropriate promotion of foods for infants and young children." They are asking for comments on the draft of the report listed on this [website](#). If you choose to participate, your comments will be taken into consideration prior to informal dialogue with civil society and private sector. Your comments are welcomed until August 10, 2015.

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](#).

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.

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