



Your Nutrition News Resource

## Nutrition News Nibbles: June 2019



[Archive](#)

### PA NEN News

#### **Have Some News?**

Do you have nutrition news, articles, research, grants, or other opportunities to share? We would love to highlight your information. Email [PA NEN](#) today!

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### International News

#### [Why do some think fruit is unhealthy?](#)

Foodborne illness outbreaks (like the ones affecting people who eat leafy greens) are taking their toll. [See](#) how restrictions on the Food and Drug Administration's regulatory power affects what can be done to prevent these outbreaks.

#### [Why food recalls have increased over the years](#)

[What is osteoporosis and how can you introduce strategies of prevention?](#)

#### [The healthiest trends of 2019](#)

[A poor diet is responsible for more deaths than smoking.](#) Another hot-take on this research can be found [here](#).

[The medical system is trying to capture a broader picture of health – taking into account the psychological, physical, financial, and spiritual.](#) Think how that might affect their practices, their community efforts and beyond.

#### [Is there power in a 22 minute workout?](#)

This [article](#) ties a healthy diet to better farming practices and food waste reduction.

See this enthralling [article](#) about all we know about eating healthy and how that knowledge doesn't fully impact our





## Resources for Health Pros



## Food Policy Updates



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choices.

[Prescribing fruits and vegetables could save billions and prevent chronic disease.](#)

Did you know that drinking fluoridated water is associated with less tooth decay? [Find out more on fluoride!](#)

[Canada is trying to solve their food insecurity issues.](#)

## National News

[3 safety tips to keep in mind when selecting your favorite farmer's market produce.](#)

[A dietitians take on Intermittent Fasting, the latest fad diet](#)

[Kids at a Rhode Island school received peanut butter and jelly sandwiches when they had school lunch debt.](#)

The nutrition facts of [plant-based milk verses regular milk](#)

[Instances of hunger and malnutrition are rising in the senior community.](#)

[Spring clean that fridge!](#)

[This summer, NYC school employees are marching for healthier school food.](#)

[What do you do when the food you purchased is recalled?](#)

[The American Academy of Pediatrics and the Heart Association endorse taxes on sugar sweetened beverages.](#)

Spring break can be a blast, but many kids worry about their next meal. That's why After School Meal Program is here. Find out [more](#).

How is the media glorifying unhealthy behaviors? Learn simple [solutions](#) parents are using to decrease their children's screen time.

[The Government Accountability Office gives their 40-year plea for better food safety.](#)

A dietetic intern shares [her story](#) as a recipient of the Supplemental Nutrition Assistance Program Benefits.

[Not spending enough time in the kitchen? That's ok. Your](#)

[pa\\_nen@phmc.org](mailto:pa_nen@phmc.org)

[family can still be healthy.](#)

[One school offers their kids meals three times a day.](#)

[What's the trick to creating a food movement? Build coalitions.](#)

[The Dean of Tufts University Friedman School of Nutrition and Science Policy speaks on how academic institutions can position themselves within the food movement.](#)

[It's all the craze and we love it! Food markets are going mobile and available in low-income neighborhoods.](#)

[Stay healthy while aging with these tips.](#)

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### Local News

**Pennsylvania:** Pennsylvania's [food insecurity statistics](#) based on Feeding America's Map the Meal Gap report. This [map](#) breaks down these statistics by county.

**Pennsylvania:** [A Pennsylvania dietitian corrected the facts in this TIME article on eggs!](#)

**Central Pennsylvania:** The Central PA Food Bank shares what's going on in their neck of the woods. See more in their [Newsletter](#).

**Indiana County:** [The Student Nutrition Association makes big moves at the Indiana University of Pennsylvania.](#)

**Montgomery County:** [21,000 kids in Montgomery County don't have enough to eat.](#)

**Philadelphia:** This [computer game](#) is training the mind to consume less sugar. Participants noticed positive results within eight weeks!

**Philadelphia:** Healthy News Works, a program teaching nutrition throughout schools across the south east region of PA, won a [\\$40K grant to continue all that they're doing](#). Check [this article](#) to see how they're movin' in schools!

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### Food Policy

In December, the [final rule](#) provided flexibility to the national

school meal nutrition standards. Low fat, flavored milk is allowed in school, sodium restrictions are postponed, and half the servings of weekly grains must be whole grain-rich.

Check this [awesome summary](#) of the rollback of the healthful school lunch standards outlined by the Healthy Hunger Free Kids Act.

In January, the House Agriculture leaders [filed a bill](#) to allow flavored and unflavored whole milk into school meals. Nothing came from this proposal.

Curious to learn about the recent happenings in the Child Nutrition Reauthorization Bill? Click on the Food Research and Action Center [page](#) for an update.

[Here](#) is how many felt about the final rule on school lunch.

This [report](#) describes a number of child nutrition program policy issues including the standards for school meals and snacks; offerings in the Fresh Fruit and Vegetable Program (FFVP); unpaid meal costs and “lunch shaming” and “Buy American” standards.

This Congressional Research Service [report](#) will help you get to know numerous federal child nutrition programs.

During the government shutdown earlier this year, [SNAP benefits were offered earlier than usual](#), just in case the shutdown would have lasted even longer. It was [estimated](#) that benefits could have been provided through March, if the government stayed shut down.

At the beginning of March, the [2019 Agricultural Appropriation Bill \(Farm Bill\)](#) implementation started with input from all the stakeholders. Listening sessions and subject matter is listed [here](#).

[Check](#) the House Agriculture committee roster which includes 6 subcommittees, one titled, “Nutrition, Oversight, and Department Operations”.

[Here](#) are a list of changes that affect the Supplemental Nutrition Assistance Program (SNAP) changes and other programs under the Nutrition Title.

[Click](#) to see what’s in the 2018 Farm Bill.

The [proposed rule](#) written by the U.S. Department of Agriculture tightens work requirements for people who are capable of working and without dependents on the Supplemental Nutrition Assistance Program (SNAP). According to [this study](#), these changes would mainly hurt people suffering from extreme poverty.

Here are more details and financials behind the move.

[Here](#) is a hard look at the efficiencies of this move. It includes results from states that implemented the work restrictions.

House Nutrition Subcommittee Chair, Marcia Fudge (D-OH) sent this letter to USDA about the work requirement restrictions. In her [letter](#), she noted that language similar to the current proposal was considered during the Farm Bill negotiations and rejected.

[The Supplemental Nutrition Assistance Program \(SNAP\) recipients can still use their benefits at farmers markets without interruption because of a tech firm's investment.](#) Read [more](#) about what could have gone wrong without this support.

Components of local food being highlighted in the new Farm Bill can be found [here](#). Pertinent items that cover SNAP and food insecurity issues follow:

- Local Agricultural Market Program could increase the need for proper food safety practices at local farmers markets, increase food hubs and accessibility of local foods for all, and much [more](#).
- [Farming Opportunities Training and Outreach \(FOTO\) Program](#) will train the disadvantaged, underserved populations how to farm for their community.
- The [Food Insecurity Nutrition Incentive program \(FINI\)](#) became a permanent part of the Farm Bill allowing for SNAP incentives at farmers markets, fruit and vegetable prescriptions, and technical assistance for the incentive program.

Recipients of the Supplemental Nutrition Assistance Program for Women Infants and Children (WIC) are backing out because of the fear of deportation. [This fear remains for those who came to this country legally but are still waiting on citizenship. WIC fears that this ruling will hurt the next generation of kids.](#)

The U.S. Department of Agriculture (USDA) has released [the 2019/2020 income eligibility guidelines](#) for those who applying to participate in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

[Lowering estimates of inflation can estimate how many people would be consider in poverty and eligible food assistance programs.](#)

Using Supplemental Nutrition Assistance Program benefits for [online grocery](#) shopping could alter shopping behaviors and the schematic of the grocery store.

The 2020 Dietary Guidelines Committee has been [selected](#).

They will help create and guide all Americans to a healthier tomorrow. The 2020 development process is outlined [here](#).

A [block grant program](#) in West Virginia would allow for \$10,000 per year to eligible farmers who commit to growing fruits and vegetables that serve community health initiatives. Foods would be delivered straight to hospitals, senior food services, "farmacies," kid's markets, nutrition programs, and neighborhood wellness programs.

A federal court [blocks](#) San Francisco from placing warnings on soda and other sugar-sweetened beverage ads.

The Academy of Nutrition and Dietetics' President Mary Russell, MS, RDN, LDN, FAND, represented the Academy at the Fourth International Day of Women and Girls in Science Forum. Her speech focused on "Investing in Science and Technology Education for Shaping Society's Future." Find her 1 hour and 51 minutes into this [online recording](#).

The [proposed budget](#) looks to cut the US Department of Agriculture's Economic Research Service. They did lots of research in the food sector including the analysis of how we spend our food dollar.

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### Resources

New Supplemental Nutrition Assistance Program for Women Infants and Children (WIC) [research](#) shares a recent analysis estimates that investing \$1 in prenatal WIC saves \$2.48 in medical, educational, and productivity costs.

Senior Hunger is pervasive, and this [article](#) shares the background, those at-risk, how to offer assistance, resources, and so much more.

FRAC's [School Breakfast Scorecard](#) analyzes participation in the school breakfast in the 2017 and 2018. "[FRAC's School Breakfast: Making it Work in Large School Districts](#)" acts as a companion report. It examines school breakfast participation rates and trends in 76 of the nation's largest school districts.

Clancy Cash Harrison, a Pennsylvania Dietitian aiming to provide good food for all, shares her 5 steps for improving food access during a positive food insecurity screening during healthcare visit. Learn more and download her [document](#).

The US Department of Agriculture's Food and Nutrition Services created "[Fueling My Healthy Life](#)," an online nutrition education module for 6th graders. It meets standards for English and Health with lessons on healthy breakfasts and

eating choices.

The Economic Research Service's (ERS) research in food and nutrition assistance was placed in an interactive [database](#). Over 1,100 peer-reviewed reports and articles are available.

Feeding America's "Map the Meal Gap" came out with a [new report](#) and national food insecurity statistics. The mapping tool that outlines hunger and poverty across the nation can be found [here](#).

A group of the world's leading public health agencies outlined a Proposed Draft Guidelines for Front-of-Pack Nutrition Labeling. It's called, "[The Statement of Common Concerns of Public Health and Consumer Groups](#)".

Food and Health focused coalitions exist nationally. Here is a [list](#)!

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### **Social Media**

The 2019 Breakfast in the Classroom summit was just held. Find resources from the meeting by following their hashtag [#PBICSummit](#).

[#PBHCC2019](#) was the annual conference sent from Produce for Better Health Foundation. Find more resources, highlights and information by following their [hashtag](#) on Twitter.

The Academy of Nutrition and Dietetics Dietetic Practice Group called Sports Cardiovascular Nutrition held their annual convention. Find lots of resources by following their [#SCAN2019](#) hashtag on Twitter.

National Public Health Week came to a close with over with over 600 public health initiatives enacted across the nation. Follow their hashtag [#NPHW2019](#) to learn more about all that went down!

Anyone posting about nutrition over social media over the next couple months? Check out some of Food Hero's Food [Calendar ideas](#), the [University of Nebraska Lincoln's](#), and the [Academy of Nutrition and Dietetics'](#).

Produce for Healthy Kid's shows what's in season in [May](#) and [June](#)

Track all Pennsylvania SNAP-Ed nutrition education programs as they post with this hashtag, [#PASNAPEd](#). See all the good things their doing on Facebook.

## Webinars and Podcasts

**NEW**-The National Good Food Network (NGFN) hosts webinars every third Thursday of the month, 3:30-4:45 ET. On their website, information to register for upcoming webinars is shared, as well as [past webinars](#).

**NEW**-Policy, system and environmental change to encourage healthful behavior change in a childcare setting can happen. In this webinar, you'll learn about the research behind the six indicators showing that early childcare settings are ready for it. The webinar was hosted by the Society of Nutrition Education and Behavior (SNEB). Members of SNEB can join for free. Non-members must pay a \$25 fee to watch the [recording](#).

**NEW**-Watch the 2019 National Anti-Hunger Policy Conference plenary speakers on [this recording](#) that lasts about 25 minutes. In it, you'll hear from national leaders looking to reduce hunger and food insecurity through proven nutrition programs.

**NEW**-The US Department of Agriculture's Food and Nutrition Service lists webinars and trainings available to all health professionals involved with various government food assistance programs. Check [the list](#) for more information.

**NEW**-The Food Research and Action Center is hosting the following webinar on April 30 at 3:00 PM (ET), "Community Eligibility Provision 30-Minute-Deep-Dive Webinar: Collecting Household Income Data". Learn more and register [here](#).

The Harvard Chan, "[This Week in Health](#)" [podcast archive](#) shares health and wellness headlines, wellness, and insights from Harvard experts.

Food Tank started a [podcast](#) asking movers and shakers in our food system sharing 20 minutes of insight.

Villanova's College of Nursing hosts nutrition and wellness webinars through their McDonalds Center for Obesity Prevention and Education. Upcoming webinars are listed [here](#). Previous ones are archived [here](#).

Check out this [podcast list](#) for every foodie from the Society of Nutrition Education and Behavior.

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## Events

**NEW**-The Food Tank is hosting their annual food summits in San Francisco, Los Angeles, Boston, New York, and DC. You can [purchase tickets](#) to see some of the world's most



impactful food system leaders.

**NEW**-The Central Pennsylvania Food Bank is hosting a family packing event on Wednesday, May 29 in Williamsport, PA. The event will take place from 6:00-7:00 PM at Williamsport Area School District (WASD). More information can be found [here](#).

**NEW**-The Food Trust has partnered with Aetna to host Philadelphia's largest open-air market on waterfront of the Cherry Street Pier. This event combines the traditional farmer's market with local retailers, creative sellers, and visual artists. The event begins July 13 and will continue until November 16. More details can be found [here](#).

"EPIC® - Pediatric Obesity: evaluation, treatment and prevention in community settings" is a 1-1 and 1/2 hour-long, on-site training that offers an update on current obesity prevention research and the American Academy of Pediatrics Expert Committee recommendations on obesity. It's a free, interactive program providing continuing education for doctors and dietitians within the Pediatric or Family Medicine Practice. Presenters include a physician and registered dietitian. Find more information about these trainings [here](#).

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### **Grants & Opportunities**

**NEW**-Are you a registered dietitian who is a part of the Academy of Nutrition and Dietetics? Then, you can apply for funding opportunities and scholarships. Find out more about all the opportunities [here](#).

**NEW**-The Team Nutrition E-STAR Training Grant's purpose is to support States in the implementation and evaluation of an enhanced version of the Institute of Child Nutrition's School Nutrition Strategies, Training, Action Plans, and Resources (STAR) training program. Find out more information [here](#).

The Robert Wood Johnson Foundation works to improve health and health care for all. To do this, they provide grants across the United States. Browse their [database](#) for current and past grants.

The Administration for Community Living shares food and nutrition grant opportunities in [this archive](#).

Government food and nutrition grants are all listed on [Grants.gov](#).

The National Collaborative on Childhood Obesity Research has many funding opportunities available to universities and nonprofits. See all of them and the application deadlines [here](#).

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