

# Nutrition in the News



Your Nutrition Resource Connection

March 2, 2015

## IMPORTANT PA NEN LINKS

[PA NEN NEWS  
NIBBLE ARCHIVE](#)

[PA NEN ANNUAL  
CONFERENCE 2015](#)



## PA NEN News:

### **PA NEN Membership Survey Summary - Available Now!**

At the end of 2014, PA NEN provided a survey to all PA NEN members. Questions were answered to understand the relevance of PA NEN, to figure out future opportunities for outreach, and to better our services for you ! You can review the summary of the survey results, [here](#)!

### **Annual Conference Highlight: The Undiscussables of Nutrition Education**

The breakfast keynote will be presented on May 05, 2015 at 8:00 AM by Dr. Chilton. **Mariana Chilton, PhD, MPH**, Associate Professor is the Director of the **Center for Hunger-Free Communities** at Drexel University. This presentation will identify and contextualize some of the greatest challenges to nutrition education, including deep poverty, exposure to violence and trauma, poor mental health, and housing insecurity and homelessness. Through the **photographs** and testimony from the participatory action research study, **Witnesses to Hunger**, the presenters will describe some of the systemic **hardships** experienced by many families experiencing **food insecurity**. For more information, click [here](#).

## International News:

[Keep it simple, and healthy eating does not have to break the bank.](#)

[Freeze, thaw and cook – create meals from frozen foods for a healthy, delicious treat!](#)

[The ink between obesity and cancer are almost confirmed through research.](#)

[Vending machines take on a new look with healthier selections.](#)

Dietitians can brand themselves as health experts. [Here are the steps.](#)

[Take tips to stop food marketing from swaying your food choice.](#)

[A couple schools across the nation opt out of the National School Lunch Program because of restrictive standards.](#)

[More children eat fruit in school because of the school lunch standards.](#)

[One low-income mother shares about her family's financial challenges and her](#)

[need for food assistance.](#)

[This school cafeteria opens with fresh, local foods.](#)

[These days, less money and time go towards food preparation than previous generations.](#)

[Being mindful while exercising can make it a habit that you can't resist.](#)

[Can healthy eating revitalize your skin?](#)

[Herbs and spices punch-up flavor without all that sodium.](#)

[What does one teacher dream up for a \\$1,000,000 grant? Amazing things!](#)

[Packaged food manufacturers feel the pinch with shrinking margins.](#)

[The Country of Origin Label ruling on meat packaging is revisited because of a lawsuit.](#)

[Weight loss surgery and how it might affect pregnancy](#)

[Preliminary animal studies look at how eating foods with emulsifiers \(the stuff that makes ice cream or mayonnaise creamy\) affect their microbiome.](#)

[Tips for parents trying to handle picky-eating-kids](#)

A [dietitian blogger criticizes](#) the articles about school meals from around the world. Take one example of the articles she's referring to at [this link](#).

[Healthy substitution ideas from Fruits and Veggies More Matters](#)

[Review time! Here are some nutrients and the whole foods their encased in.](#)

With the publication of the Dietary Guidelines around the corner, here are a few commentaries about them from the nutrition and dietetics community:

- Marion Nestle from [Food Politics](#)
- The [New York Times](#)
- The [Washington Post](#)
- The [Atlantic](#)
- The [Center of Science for the Public Interest](#)

Review time! [Who wants to know everything about pre and probiotics?](#)

[Abdominal obesity is associated to a higher risk of having a hip fracture](#)

[Consumers want less sugar in foods.](#)

[Toddlers \(Yes. . . toddlers!\) drink more coffee than you think!](#)

[The UN is calling for a worldwide sugar reduction by 10%.](#)

[Tom Vilsack, the Secretary of the U.S. Department of Agriculture brings to light programs addressing childhood hunger.](#)

[Snow days mean some students do not receive free and reduced lunches and](#)

[go without food. But school faculty is there to help.](#)

[Keep fit with the added benefit of strengthening your brain!](#)

[A set of twins were studied—one exercised and the other didn't. See what researchers observed.](#)

[Without money, it's like you have to let go of your health.](#)

[A college campaign urges students to eat healthy foods.](#)

### Local News:

**Pennsylvania:** Hunger Free PA met with Governor Tom Wolf and proposed a 16.6 percent increase in funding for the State Food Purchase Program (SFPP). In 2015-16, the program will hopefully give a proposed \$20.3 million for those organizations, food banks, individual, and others offering food provisions to the hungry. Fingers are crossed that the funds will come in. [Find out more.](#)

**Pittsburgh:** [The Pittsburgh Community Food Bank joins the troops to advocate for Supplemental Nutrition Assistance Program \(SNAP\) supporting the hungry.](#)

### Social Media:

*Let's Move* started a new campaign asking people to share 5 healthy changes they've made over the past five years. Share those five things on Twitter, Instagram, Vine, Facebook, or Tumblr using the hashtag, #GimmeFive. Then, pass on the challenge to your family, friends, and followers! And, don't forget to high five anyone you see making a healthy change. Find out more about the social media campaign at [this blog](#).

To open up the conversation about what doctors' and patients' needs, there was a Twitter chat with the hashtags, #Iwishmydoc (used by patients) and #Iwishmypatient (for doctors). Seeing requests from either side will hopefully increase empathy in the hospital system. See more information about it [here](#).

The Partnership for a Healthier America lead a national summit about active lifestyles and healthy eating habits. Follow #PHASummit is on [Twitter](#) to get ideas from the conference about funding, ideas for building relationships with the private sector, along with many more resources.

The Anti-Hunger Policy Conference was held by the Food Research Action Center (Twitter page: [@fractweets](#)), and attendees use the hashtag, #hungerpc15 to share resources, website links, pictures, and more from the conference. Follow the hashtag on [Twitter](#).

Teens teach teens to be healthy in this [music video](#).

You can share [these videos](#) to promote healthy living during National Nutrition Month.

### Resources

Scan over the numbers [National Eating Disorder Awareness Infographic](#).

Alice Henneman's hosted a webinar, "How to Use Images in Social Media Activities to Increase Engagement and Outreach!" Even without viewing the webinar, you can learn from her slides that posted [here](#) under "My Presentations." Or, access them directly at [this website](#).

A UConn Rudd Center [study](#) encourages students to eat more fruits and vegetables during school lunch.

The World Health Organization developed a model for nutrient profiling—"the science of classifying or ranking foods according to their nutritional composition for reasons related to preventing disease and promoting health." Their model will be used to set restrictions for food marketing to children. See the report, [here](#).

[Active kids learn better](#). See all the resources that prove it, [here](#).

Kids work to transform this community garden. Watch their hard work in [this video](#). #SaludHeros

MyPlate's "[Recipe Book for Healthy Kids Cookbook for Home](#)"

If you're a fruits and veggies fiend, then join Team FNV on [Facebook](#)! It's a new healthy advertising campaign that is challenging people to eat more fruits and vegetables! [Check it out](#).

To get kids excited about the school nutrition, this [Pen Pal activity](#) encourages kids to boast about their school's healthy changes while connecting with other students and programs across the United States.

MyPlate pushes the Academy of Nutrition and Dietetics' National Nutrition Month Message with these [resources](#).

The Lancet released a series of articles on obesity. The articles are introduced with this: "Today's food environments exploit people's biological, psychological, social, and economic vulnerabilities, making it easier for them to eat unhealthy foods." See the innovative community initiatives, research and much more on the matter at [this website](#).

Dream of next year's School Breakfast Week by reviewing this year's [resources](#)!

### **Webinar:**

*NEW*-The Stone Barns Center, the Rodale Institute and The National Young Farmers Coalition are speaking at the Sustainable Small Farm Summit, March 18-21! You can join the [free, online conference](#). Share this opportunity with your friends.

*NEW*-The Robert Wood Johnson Foundation holds First Friday Google Hangouts presentations about developing issues in health, nutrition, and food safety. The series started on February 6, 2015 and focused on food safety. This video is recorded and posted at the bottom of [this website](#), along with more information about the most recent Google Hangout held on March 6. During the live shows, all questions used the hashtag, #RWJF1stFri. Follow the Twitter Q/A conversation [here](#).

*NEW*-MyPlate lists tons of videos about eating healthy. Here is one called, "[Cook Once-Eat Twice](#)." You can watch a whole bunch of videos on that [website!](#)

*NEW*-Marketplace's "[I've Always Wondered Series](#)" looked into the definitions of "natural" and "natural flavoring" on the food ingredient list.

*NEW*-An open meeting about the Dietary Guidelines for 2015 will be held in Bethesda, MD and over the internet. Your comments regarding this document will be welcomed. There will also be a live webcast of the meeting at this [website](#). Everyone can take part!

*NEW*-One doctor talks about feasible, everyday exercise. Watch the recording [here](#).

*NEW*-Here is a Podcast from Inside School Food. Many school cafeterias have hit a sales slump among students who don't qualify for free or reduced-priced meals. Some foodservice personnel blame it on the fact that kids don't like the school menu, so they don't buy it. But, according to the Food Resource and Action Center, the circumstance is a little more complicated than that reasoning. [Listen to this podcast](#) scheduled for March 19, 2015 at 3:30-4:45 PM (ET).

"Food Matters for Families! Strategies to Foster Eating for Health and Cancer Prevention," is a free webinar hosted by the American Institute for Cancer Research and sponsored by the California Walnut Commission. Dietitians and Dietetic Technicians can gain continuing education credit for coming. [Register here](#).

"In the Eye of the Beholder: Critical Evaluation of Nutrition Research" is a webinar that will be held on Thursday, March 12, 2015 from 2:00-3:00 PM (ET). During the webinar, you'll look at potential bias in nutrition research, walk through the steps of critically evaluating, and identify the best ways for health professionals to translate this research for their clients. Continuing education credits are available for registered dietitians and dietetic technicians. Register now at [this website](#).

Nutrition Dimension is offering a free webinar series on healthy eating strategies, stress management ideas, and much more. Click on [this webpage](#) to get one free Continuing Education course, one free live webinar, and one free recorded webinar. Pick your favorites!

"Current Issues in Nutrition: Are Fats Back in Fashion? - Fads versus Science" is a webinar that will address the roll of fat in the diet. Head researchers in the area (including Penny Kris-Etherton from Penn State University!) will present about dietary fat recommendations, the supporting research, and ways of effectively translating the research-based message over what the media has presented. Register at [the website](#). The online presentations will be available on March 25 and throughout April. An interactive, online, question and answer session will be held on the recordings on Wednesday April 22, 2015, from 1:00-2:30 (ET). Find out all the details by registering.

"The Ecology of Breast Cancer: Evidence and Implications for RDNs" is a webinar slated for Wednesday, March 25, 2015, 3:00-4:00 PM (ET). Diet and nutrition throughout the life span might impact breast cancer risk. Chemical contaminants in food could play a role, but the jury is still out. This webinar will provide an overview of the literature establishing these connections. Registered dietitians can also use resources shared during this time. You must

be a registered dietitian, dietetic technician, or nutrition student and member of the Academy of Nutrition and Dietetics to attend. Scroll down this website to click the [link](#) to register.

“Benefits of Organically-Produced Foods: Review of Research and Implications for Practice” will take place on Friday, April 17, 2015 at 2:00-3:30 PM (ET). Research is beginning to file-in supporting the benefits of organically-produced foods. The webinar will provide an overview of this discussion about organic and conventionally-grown food, along with tips and tools for registered dietitians to use when discussing this topic with clients. You must be a registered dietitian, dietetic technician, or nutrition student and member of the Academy of Nutrition and Dietetics to attend. Scroll down this website to click the [link](#) to register.

The Food and Drug Administration (FDA) announced their [Food and Nutrition Webinar Series](#) for 2015. This is a combined effort between the FDA and the Joint Institute for Food Safety and Applied Nutrition (JIFSAN). Review [this information](#) that will assist you in understanding the content of the webinars. See future webinars [here](#).

Did you know that the Academy of Nutrition and Dietetics keeps podcasts and radio recordings on various nutrition topics. Check them all out [here](#), along with the registered dietitians who presented them.

February is Eating Disorder Awareness month. All webinars from the Institute for Contemporary Psychotherapy Center for the Study of Anorexia and Bulimia are free with a \$5 suggested donation. Topics will vary including the neurobiology and psychology behind eating disorders, male and female eating disorder behaviors, binge eating disorder and much more. [To register visit this website.](#)

The “Edible Education 101” series starts next week at UC Berkeley, and lectures are streaming LIVE! You can see Michael Pollan, Mark Bittman, Marion Nestle, Eric Schlosser, Alice Waters, and more leaders who look critically at our food system and how to make it healthier, sustainable, and equitable. Learn more about the live streaming [here](#).

### **Events:**

*NEW*-The Philadelphia Hunger Coalition opened registration for the second Pennsylvania School Breakfast Challenge. The goal is to increase school breakfast participation, statewide. Click this [link](#) to learn more about the Challenge, and register your school to participate during the 2015-2016 school year.

*NEW*-On March 29th, 2015 from 2:00-6:00 PM at the Rodef Shalom Congregation in Pittsburgh, PA—you can join Just Harvest and the Pittsburgh Community Food Bank for their Empty Bowl Dinner. It’s a community meal to fight hunger. Find out all the details at [their website](#).

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

*NEW*-If you are a registered dietitian nutritionist, dietetic technician, or nutrition student and member of the Northeast Pennsylvania Academy of Nutrition and Dietetics, you’re invited to the Fourth Legislative Breakfast! It

will be held in Scranton, PA on April 10 from 8:15-10:00 AM. You must RSVP to go. See the person to contact and more information, [here](#).

*NEW*-The Central PA Academy of Nutrition and Dietetics Association is holding their spring meeting and cooking event in Mechanicsburg, PA at Messiah Lifeways on March 11 from 4:00-7:00 PM. Hear the most up-to-date research, information about the newest dietary guidelines and initiatives creating a sustainable food system. For more information about the speakers, agenda, and location – go [here](#)!

*NEW*-The Philadelphia Farm and Food Fest happens on April 12 from 11:00 AM-4:00 PM. See their [website](#) for ticket information and more details. Go enjoy local foods, farmers, and fun.

Triyouthalon is providing training for kids' races this year. Join now by contacting [kerri@triyouthalon.org](mailto:kerri@triyouthalon.org). And, look [here](#) for more details about Triyouthalon!

Westmoreland Community Action is holding a Designer Purse Bash! It runs from 6:00 PM-10:00 PM on April 11, 2015. Tickets cost \$30 dollars. All money goes toward supporting this center's work. See this [Facebook promotion](#) for more details.

Join the Food Waste and Hunger Summit on April 18-19, 2015 at the University of Georgia. It brings together students and other leaders creating solutions for the interrelated problems of food insecurity and food waste. For the schedule, speakers, and more information, visit [their website](#).

Everybody Walk Across PA! On March 30 until May 30 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 April 11, 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. Please [contact](#) with questions.

### **Grants and Opportunities:**

*NEW*-Exito is a scholarship offered by the National Cancer Institute for someone interested in moving the Latino community toward healthier lifestyle while preventing cancer. Check out the strategies of [last year's winner](#) and more information about this year's [application](#).

*NEW*-The HPA Department at the University of Pittsburgh is seeking masters-level graduate student assistants (GSAs). The applicants should have a background in exercise sciences, nutrition, athletic training, and will be able to demonstrate team building in the athletic arena. The GSAs would be to help with teaching in the physical education program, the faculty and staff

health and fitness program, student fitness or aquatics center, and in the research lab. The Department will also provide a Master of Science Degree with a research or clinical focus in one of the following areas: Health and Chronic Disease and Health and Fitness. 36 credits will be completed in three academic terms over a period of 12 to 15 months. The program is certified by the American College of Sports Medicine. Information related to the Department of Health and Physical Activity can be found at [this website](#). Information related to the Physical Activity and Weight Management Research Center, a center within the Department of Health and Physical Activity, can be found at the [site](#).

*NEW*-The Northeast Regional Nutrition Education Center of Excellence (NE-RNECE) at Cornell University is announcing a new award program to support implementation research projects in the northeast region of the United States (Pennsylvania included). Their goal is to assess the additive effect of policy, system and environmental (PSE) interventions that support behavior changes towards a healthier lifestyle. These system changes must be done alongside nutrition education to low-income participants. Approximately \$200,000 is available to support 4-5 proposals of up to \$50,000 each. The Letter of Intent deadline is March 16. The proposal deadline is April 16. For more information and application instructions, click [here](#).

[Apply](#) for your school today for a chance to receive a playground makeover. Enter everyday until March 19 to increase your chances!

Cooking Matters is offering small grants for local organizations interested teaching families in their community to shop for and cook healthy meals on a budget. Find out more at [this website](#).

You can have the opportunity to present at the 9th Annual Future of Food Nutrition Conference that's put on by the Friedman School of Nutrition Science & Policy at Tufts University in Boston, Massachusetts. It will be held on April 11, 2015. If you (a student or working professional) are involved in multidisciplinary food and nutrition research, course or thesis work, internships, capstone papers, or directed studies; you could be qualified to present. For more information, click [here](#).

"[The Touchdown School Award](#)" is given to schools by the Fuel Up to Play 60 program. There are six steps to accomplish by April 1, in order to be eligible to receive a display banner or helmet decal that show off your school's achievements.

In July, First Fruits will fund youth-run charities based on your votes! Criteria, nomination guidelines and funding details are available on [this website](#). Start voting for your favorite on May 4.

You can volunteer to make schools in your community healthier. Through Action for Healthier Kids, join the action! Look [here](#) for volunteer details.

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](#).



