



Your Nutrition Resource Connection

March 30, 2015

**IMPORTANT
PA NEN LINKS**

[PA NEN NEWS
NIBBLE ARCHIVE](#)

[PA NEN ANNUAL
CONFERENCE 2015](#)



PA NEN News:

The Annual Conference has Reached Capacity, But....

...we're going to try to accommodate several more attendees.

We had a great response to registering for this year's Conference! We have actually reached our initial cap number of 235 attendees and have closed registration.

However, there is enough space to fit a couple more people into the conference. To register, please fill out the [PDF registration form](#), and [email](#) or fax (717.635.7478) it to Rose.

Note! If you choose to register today, we cannot guarantee that you will receive a pedometer or bag, as we only had enough for our original cap number.

International News:

[Embrace powerful storytelling to enhance your nutrition and dietetics practice.](#)

[Grocery stores will do anything to win back their customers. Just look at what they'll be enacting soon!](#)

Some [health advocates want the 2015 Dietary Guidelines to include environmental health recommendations](#). [Here](#) is another professional's view on the matter.

[One mommy and dietitian shares her alternatives to the "one-bite rule".](#)

[Ugly fruits and vegetables shouldn't be wasted but eaten, instead.](#)

We all have heard that salt affects blood pressure. But, look [here](#) to learn about theories of how salt might affect other parts of our body. Much more research is needed in this area.

[Cultural-friendly, school food makes the menu in New Jersey.](#)

[The American Medical Association sets a goal to reduce diabetes in the US.](#)

[A nutrition class for chefs spurs healthy culinary ideas.](#)

[Elementary school kids preorder their lunch which helps them to eat healthier.](#)

The [Academy of Nutrition and Dietetics defended itself for placing their "Kids Eat Right" logo on a cheese product](#). Another nutrition professional matter-of-factly explains what this means [here](#) and [there too](#). Now, the Academy of Nutrition and Dietetics has respectfully dealt with the public backlash and [retracted their logo](#).

[Can you set up your classroom to help kids move more without them knowing it?](#)

How can you squeeze in 30 minutes of exercise a day? [Take tips from these life hacks](#).

[One dietitian asks shoppers to help her with a cereal taste test challenge during National Nutrition Month](#).

[The Food Research and Action Center advocated for the Supplemental Nutrition Assistance Program](#).

[Sadly, more Americans don't know where their next meal is coming from](#).

[Cookie Monster brings healthy foods to life for Latino kids](#).

[One campaign battles for strong, healthy school lunch policy!](#)

[Food hubs collect and sell farmers' produce, meats, grains, and more. This concept continues to gain traction across the US](#).

[One nutrition researcher's tricks the brain into eating healthier](#).

[Would you participate in nutrition research over your smart phone?](#)

[Exercise affects the brain's function and body's mobility in older adults](#).

[As demand grows for grass-fed meat, a label and certification is being developed](#).

[Spring clean your kitchen](#).

[How to build a healthier neighborhood](#)

The debate over meat recommendations in the 2015 Dietary Guidelines continues. [Here](#) is the reason it's happening.

[Why is red meat not the enemy?](#)

[Do you know the difference between portion and serving size?](#)

[Why is it hard to eat well and be active, especially in this country?](#)

[A talking billboard cheers and claps for walkers and runners](#).

[12 ways to use up those leftovers](#).

[Dial back those treats in the Easter basket with these dietitian tips](#).

There is a place in the United States that placed a tax on junk food. [See the details](#).

[The World Health Organization \(WHO\) says that a commonly-used herbicide "probably" causes cancer](#).

Local News:

Pennsylvania: [Macadamia nuts are causing a salmonella contamination.](#)

Pennsylvania: [The governor supports Pennsylvania Preferred and the State Food Purchasing Program.](#)

Pennsylvania: [Get Outdoors PA posts a fabulous calendar with a list of upcoming outdoor activities happening across the state.](#)

Pennsylvania: [A Seed Change grant supports Farm to School activities in Pennsylvania!](#)

Pennsylvania: [Kraft Mac and Cheese is being called off the shelf because metal pieces were found in the product.](#)

Central Pennsylvania: Central PA has a gleaning project. [Check it out!](#)

East Pennsboro: [Through the work of the Central PA Food Bank and those running the Panther Pack Program, hungry children are getting fed.](#)

Lancaster: [Check out the Lancaster Y's Cancer Rehabilitation Program!](#)

Lancaster: [Donors offer money to keep a soup kitchen serving its clients!](#)

Lancaster: [Project Share does so many wonderful things to feed the hungry throughout Carlisle and beyond.](#)

Lancaster: By 2018, [hunger will subside throughout Lancaster County.](#)

Philadelphia: [Awesome work to feed the hungry is being done throughout Philadelphia. Some of our members are in the front lines!](#)

Philadelphia: "Faces of the Farm Bill" shares how the Farm Bill impacts real people and communities. Common Market, a food hub in Philadelphia, is highlighted [here](#) and in the USDA's Common Market [blog post](#).

Pittsburgh: [The Greater Pittsburgh Community Food Bank advocates for senior boxes.](#)

Pittsburgh: [Chef Bill Fuller of Big Burrito shares his hunger story.](#)

Pottstown: Have you heard about the Walking Bus Program? [What an idea!](#)

State College: [Penn State just received grant money from the US Department of Agriculture to research Childhood Obesity Prevention Programs.](#)

State College and Lancaster: [Farming and food safety is quite the issue.](#)

State College: [A Penn State researcher looks at how outsourcing affects foodservice.](#)

Social Media:

[#VivaFresh](#) was the hashtag used at a Texas-based, produce conference. Following this [hashtag](#), you'll see how retailers, packers, and farmers connect to sell healthier foods. Also, you can check out their links and resources.

A tremendous Robert Wood Johnson Project asks kids to tape and share their stories behind what makes them healthy and what hinders them from doing so. See all the [YouTube videos](#) behind this project, here.

On March 23 the Obesity Action Coalition and Health Central did a National Nutrition Month Twitter chat about the basics of #nutrition with [@marionnestle](#) and [@BerkeleyWell](#)! Follow the [hashtag, #HealthTipsChat](#), and scroll down to see all the resources.

You can see Produce for Health Kid's [#MakeHealthyFun](#) Twitter Party to get tips and ideas for making fruits and veggies fun for kids.

Resources

[Kid-friendly kitchen tasks from Kids Eat Right](#)

For many years, much of Europe tried to track childhood obesity. Researchers conducted a literature search in 2007 and 2014 which sought to establish why the surveillance of children's nutrition and physical activity behavior has been a challenge. Answers like inconsistent measurements and other gaps can be found in [their study](#).

Produce for Better Health Foundation and Fruits and Vegetables More Matters conducted research and created the "[State of the Plate: A 2015 Study on America's Consumption of Fruits and Vegetables](#)."

"How People Interpret Healthy Eating: Contributions of Qualitative Research" is a study that amasses all the qualitative research and citations about how people define "healthy eating" in the developed world. See the abstract and full text [here](#).

Check out the most recent Supplemental Nutrition Assistance Program community [characteristics for each state](#).

These nutrition lesson plans from the California Dairy Council follow the Common Core Standards and can be used by teachers in the classroom. See these resources, online trainings for teachers and more at the [website](#).

The Center for Disease Control and Prevention's Division of Nutrition, Physical Activity and Obesity just released a new resource, "[Healthier Food Retail: An Action Guide for Public Health Practitioners](#)." It provides guidance on how to develop, implement and partner on initiatives in food retail settings.

[SNAP-Ed Connection keeps a list of healthy, low-cost recipes](#).

[Consumer Reports provided a balanced update on pesticides in the produce we](#)

[eat](#).

"[Mealtime is Family Time](#)" is now available as a smartphone app for Android and iOS phones. This resource educates parents, caregivers and teachers about just how important mealtime is for feeding your child.

The American Heart Association has released a couple creative videos pushing the healthy message. The first is about [making your own baby food](#). The second is a humorous one about [salt](#).

Food prices in the grocery store are up 3.5% since last year. See the chart, [here](#).

Look to freeze food to save money. Learn what blanching fruits and vegetables does to preserve their quality and how to do it correctly on the National Center for Home Food Preservation [website](#).

Do you use your foods' unit price to get the most food for your money? [MyPlate sheds light on the matter](#).

For aging adults, you can find informative nutrition websites posted at the Pennsylvania Department of Aging [website](#)!

Webinar:

NEW-Dietitian, Marion Nestle, talks about the food politics of 2015 in her presentation called, "From Personal Responsibility to Policy Advocacy." The presentation was streamed and recorded during Columbia's School of Public Health's Grand Rounds. Listen to it on [this page](#).

NEW-Recordings of TedExManhattan 2015 focused on changing the food system and the way we eat. Some speakers spoke about world hunger, others about sustainability, even others spoke on so much more. To find video recordings of the conference, click [here](#). They're free!

NEW-The Society of Nutrition Education and Behavior (SNEB) is holding a webinar to help you learn how to keep your credibility when disclosing about your corporate ties, especially when you're making food and nutrition recommendations over various media. From this presentation, you'll understand the ramifications of non-disclosure and learn from the personal experience of an industry dietitian. Everything will take place on April 14 at 12:00-1:00 PM (ET). SNEB members can attend webinars free. The cost to attend as a non-member is \$25. Find out more, [here](#).

What if the hospital dug deeper than healthcare and focused on what patients needed to get healthy? Listen to the radio recording [here](#).

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](#)!

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

"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](#).

"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.

"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.

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.

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-In Washington DC, the Institute of Medicine is holding an workshop, open to the public, focusing on "Physical Activity: Moving Toward Obesity Solutions." It will be held on April 14-15 at 9:00 AM. Look [here](#) for all the details.

NEW-2015 registration is open for the Hunting Park's Family Triathlon and Duathlon. Proceeds benefit the March of Dimes. Find the details, and [register now](#)! Check out all Triyouthalon's events, [here](#).

NEW-On Sunday, April 19, you can eat from 30 different local vendors at the Taste of Lancaster County event! It will be held at the Lancaster Convention Center. Proceeds support the Central PA Food Bank. Get more information and reserve your spot [here](#).

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.

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](#).

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](#).

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.

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](#).

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-Let's Move Pittsburgh wants to award funding to school championing new and existing nutrition and health programs in school. Go to [this link](#) to learn more about the available grants money. The application can be found at the bottom of [this page](#).

NEW-Robert Wood Johnson Foundation Sports Award wants to highlight individuals and organizations that make their communities healthier through sports. This award places emphasis on collaboration across communities and sectors. To find out all the details, click [here](#).

NEW-The "Check Out MyPlate Video Search" is asking parents and teachers (with parents' permission) to help kids (ages 2-18 years) tell MyPlate how they build a healthy plate and stay active in a song, skit, or how-to video! Visit [this website](#) to learn more.

NEW-Do you live in the Pottstown School District? The district needs volunteers to build the "walking bus," a corps of trained volunteers to escort children to school. For those interested in becoming a walking school bus volunteer, contact David Genova via [email](#), or call him at 610-763-1466. Also, find out more details [here](#) and [there](#).

NEW-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](#).

This grant opportunity might support the garden at your school. The U.S. Department of Agriculture's National Institute of Food and Agriculture (NIFA) presented grants for low-income individuals and communities that are developing local and independent food systems. Grants will provide \$300-10,000 to eligible, private, or nonprofit entities in need of a one-time installment of federal assistance to establish and carry out community food projects. Find out if [this opportunity](#) applies to you.

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

US Department of Agriculture training grants are [here](#) to help schools serve healthier meals.

The Action for Healthy Kids grant portal opened this week and will close on May 1. There is a listing of them on this [web address](#).

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](#).

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.