

Nutrition News & Opportunities



Your Nutrition Resource Connection

March 9, 2015

IMPORTANT PA NEN LINKS

[PA NEN NEWS
NIBBLE ARCHIVE](#)

[PA NEN ANNUAL
CONFERENCE 2015](#)



PA NEN News:

PA NEN's Board Ballot – Vote Today!

PA NEN's 2015 Board Ballot is here! Simply click on [this link](#) to make your vote count. It should take no more than 10 minutes!

Bios for each of the six candidates are located on the front page of the ballot. The second page has two voting questions; once you hit "done," your vote will be counted. Voting is open to all PA NEN members. The ballot will close on Wednesday, April 8, 2015 by 5 PM.

If you have any questions or comments, please contact jbartol@phmc.org. Thank you for participating!

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:

[Just look to your ABC's to find 26 ideas to be active with your kids.](#)

[Any teacher can bring dance in the classroom with these awesome, creative activities.](#)

[Check the national update about summer meals program for hungry kids.](#)

[The North East United States remains a prominent figure in the fight for Genetically Modified Organism food labeling.](#)

[How can we handle toddlers picky eating habits? With these steps!](#)

Did you know all organs work together to maintain your circadian rhythm. This news brief brings the newest research regarding sleep and health to light. [Listen in.](#)

[Why is it so complicated to feed kids well in school?](#)

[Healthy innovations and business are brought to the forefront during this conference.](#)

[What are low-fat, low-calorie alternatives to certain foods?](#)

[Food Stamp reliance skyrocketed.](#)

[Breakfast after the bell would make breakfast at schools more common.](#)

How could you ever get up for a morning workout? [Give these tips a try.](#)

[Research shows that some parents think sugary drinks are healthier.](#)

[22 states pass farm to school legislation.](#)

[One fast food chain eliminates soft drinks from kids meals.](#)

[The US Department of agriculture allocates money for school lunch.](#)

[British parents support a junk food marketing ban.](#)

Do kids drink more soft drinks after a divorce? [See this correlation.](#) More research needs to be done.

[Exercise addiction can hurt us physically, emotionally and psychologically.](#)

[Richmond and 7 other school divisions will receive money to provide hungry children free meals at school with an extra \\$60 dollars given to their parents for food and nutrition assistance.](#)

[Have you heard of or used these health foods?](#)

[Calorie labels on restaurant menus mean something different to the poor.](#)

[The relation between depression, income, and obesity](#)

Local News:

Pennsylvania: For St. Patty's day, fit green in your diet with this [stuffed](#)

[cabbage](#) dish from Penn State Nutrition Links.

Pennsylvania: [The Irish Soda Bread from Giant Eagle has been recalled because of an undeclared milk allergen.](#)

Carlisle: Project SHARE's annual Canstruction competition is coming up! On March 27, check out all of the canned food sculptures! Visit canstructioncentralpa.org to learn more.

Carlisle: [Volunteers recollect on Project SHARE's 30 years of service.](#)

Lancaster: [Local businesses support the hungry!](#)

Spring Township: [Greater Berks community food bank grows into a new building. More space! More service!](#)

Social Media:

Use all the National Nutrition Month resources that dietitians are posting under the hashtag [#NNM](#) on Twitter!

The House Hunger Caucus re-launched and used the hashtag, [#EndHungeNow](#). You can watch the introduction speech to the initiative, [here](#).

Resources

The AARP Foundation published their research on food security in the older adult population. Click [here](#) to access their report entitled, "Food Insecurity Among Older Adults," and [here](#) to read, "Findings on Nutrition Knowledge Among Older Adults". Learn more about the the Foundation [here](#).

Check out No Kid Hungry's [new report](#) on hunger in schools to hear firsthand stories from teachers everywhere.

The UConn Rudd Center for Food Policy & Obesity produced a report showing that many kids are eating healthier because of the new nutrition standards in school. See the data in the [report](#).

The [following video](#) was produced by the Kids Safe and Healthful Food Project. It was made to get the message out to parents about the value of a healthier school lunch.

[This map](#) documents state-by-state Supplemental Nutrition Assistance Program reliance from 2000 until now.

These three research studies and infographics prove the benefits of healthier school food. Click the links within [this blog](#).

New release! The American Heart Association (AHA) launched Step Up to the Plate for School Meals, an educational and advocacy website that supports changes in school nutrition and the Healthy, Hunger-Free Kids Act (HHFKA). It records the latest news, success stories, and information on child nutrition. [Check it out!](#)

Created by the Kids Safe and Healthful Foods Project, [this infographic](#)

compares the nutritional value of the snack foods and beverages that had been available to students in the past to those that meet the Smart Snacks in School standards that went into effect at the beginning of the 2014-15 school year.

Webinar:

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

NEW-How much volume does it take for a food hub to be a viable and profitable? It depends on the context, region, management, and much more. Find out more by attending [this webinar](#) on March 19 at 3:30-4:45 PM (ET).

NEW-“Cooking and Childhood Nutrition” is a free, online class from Coursera that is presented by renowned Stanford professors. See the course outline [here](#). “Chemicals and Our Body” is another Coursera course put on by John Hopkins’ Bloomberg School of Public Health. See all the astute presenters and the subject matter [here](#).

NEW-Join the webinar, “CORD Project: Implementing Strategies across the Community to Help Families with Childhood Obesity,” on March 17 at 1:00 PM (ET). Starting in 2011, the Center of Disease Control and Prevention supported four grantees to conduct a 4-year Childhood Obesity Research Demonstration (CORD) project which looked to improve children’s nutrition and physical activity behaviors in the places where kids live, learn, and play. Register [here](#), and learn more about the project’s findings.

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.

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](#).

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.

On March 24, 2015, 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!

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](#).

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.

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:

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.

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](#).

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](#).

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.

Triyouthalon is providing training for kids' races this year. Join now by contacting 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-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.

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

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

NEW-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](#).

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](#).

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](#).

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.

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](#).

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