

Nutrition News & Opportunities



Your Nutrition Resource Connection

May 4, 2015

IMPORTANT PA NEN LINKS

[PA NEN NEWS
NIBBLE ARCHIVE](#)

[PA NEN ANNUAL
CONFERENCE 2015](#)



International News:

[A readjusted, kids menu means healthier food for children.](#)

[16 ideas to handle picky eaters.](#)

[Let's dig deep into the issues within our food system.](#)

[School food develops standards for antibiotics in the poultry they serve.](#)

[Take a peek at a county with seniors at high risk for becoming hungry.](#)

[Yoga rooms pop up at hospitals.](#)

[Weight loss might reduce the possibility of getting diabetes after a transplant. More research needs to be done.](#)

[A large food retailer is ridding of food additives](#)

[Is obesity affecting the physical abilities of our troops?](#)

[How does being underweight relate to the risk of dementia?](#)

[Feeding 10,000 people can be done from three acres of growing space.](#)

[The number of kids eligible for free or reduced school meals continues to increase.](#)

[Cook with kids!](#)

[A startup helps people use their new, wearable, workout devices and trackers.](#)

[Check the top 15 school gardens in Jersey.](#)

[Reduce water and food waste with these tricks.](#)

[Parents don't see their children as overweight, though the numbers show differently.](#)

Kids can eat too much because of stress. Find out more about it [here](#) and [there](#).

[Children gain awesome behaviors from parents who workout.](#)

[Snacks can be good or bad for your waistline.](#)

[Would you choose an orange or its juice?](#)

[What is "vegetarian-fed" chicken?](#)

Local News:

Philadelphia: [Spring clean your kitchen and your diet.](#)

Philadelphia: [This article about the high cost of being poor refers to the Fresh Food Financing Initiative developed in Pennsylvania.](#)

Philadelphia: [There was a Mayoral forum in Philadelphia on hunger and homelessness.](#)

State College: [Penny Kris-Etherton, a nutrition researcher at Penn State, recommends making the healthier choice the easier choice.](#)

York: [A dietitian stands up for the profession.](#)

Social Media

#ChopChop magazine's edible gift ideas on [Pinterest](#)

Resources

The Self Sufficiency Research Clearing House posts research on hunger and poverty. Find it in [their library](#).

Register for the Journal of Preventative Medicine for [free](#). Then, find applicable articles about healthcare utilization associated with obesity, community health surveillance of childhood obesity, and much more.

This [infographic](#) will help you use that fridge to reduce food waste.

Chocolate-dipped fruit cones are a cooling, summer treat. [Here](#) is the recipe and a video for some direction.

Find out how cauliflower is grown in [this video!](#)

Have you heard of the [Philadelphia Orchard Project](#)?

Watch, Jim Painter—a presenter at PA NEN's Annual Conference—in action during this [video](#).

Ivan Juzang of MEE Productions presented at PA NEN's Annual Conference. You can see the extra reports he distributed or mentioned:

- Ivan Juzang's [Annual Reports](#)
- The [report](#) about E-Technologies with the Robert Wood Johnson Foundation
- "[Obesity: A Key Part of the Healthcare Dialogue](#)"
- "[Engaging and Mobilizing the Grassroots Community: How to Work with CBOs](#)"

Webinar:

NEW-Listen to [this radio podcasts](#) about pig behaviors and how smart they are. That way, you can know your food before you eat it.

NEW-Join a webinar on May 27, 2015 from 3:00-4:00 PM (ET) to learn about new national menu labeling regulations, their importance, and how you can help the consumers understand them. Dietitians and dietetic technicians will receive one credit hour for participating. It's free for the Society of Nutrition Education and Behavior members and \$25 for non-members. Find out more, and [register here](#).

Watch this webinar on May 13, 2015 from 1:00-2:00 PM (ET) to begin to understand relationship between food, exercise, and our environment and how they determine the make-up of our gut microbe. [See what regimen is healthiest for you!](#)

Watch this really interesting TeDEx recording given by Michael Kuczala. He speaks to physical activity in the classroom in his presentation called, "[Kinesthetic Classroom - Teaching and Learning through Movement.](#)"

Herbal remedies are an answer for those who are not interested in typical pharmaceutical remedies. But, can these herbs be good for kids? What supplement is best for them to take, how much, how often, and which brands? Listen and learn from health professionals in this webinar. You can register [here](#). To view in other time zones or languages, please click the [link](#). The webinar will take place on May 13 from 1:00-2:00 PM (ET) and is available to registered dietitians who are a part of the Academy of Nutrition and Dietetics.

On the "Meal Make Over Moms" podcast, you'll hear one dietitian sum up the 500-page, Dietary Guidelines report. Listen to the recording [here](#).

Is red meat good or bad for you? The debate rages on. Hear what one researcher has to say about it over this [radio recording](#).

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](#).

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!

Events:

NEW-Tonight, bring canned food items and non-perishables to the Harrisburg Senators Game for a [food drive](#) supporting the Central PA Food Bank.

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](#).

The Pennsylvania Food Defense meeting is slated for May 12, 2015 in the banquet hall of the Harrisburg Farm Show Complex. Registration is from 8:00-8:45 AM, and the symposium starts at 8:45 AM-3:00 PM. Attendees will take part in discussion topics like potential terrorist threats on the food supply, intentional tampering, emerging diseases, and much more. See all the information on this [invitation](#).

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-\$3.3 million is available to support the acceptance of Supplemental Nutrition Assistance Program (SNAP) benefits at farmers markets. Applications are due on June 18. Find more [here](#).

NEW-The U.S. Department of Agriculture's Nutrition Evidence Library is searching out an Abstractor. Applicants will assist in the development of evidence portfolios to inform Federal nutrition policies and programs, such as the *Dietary Guidance Development Project for Infants and Toddlers from Birth to 24 Months and Women Who are Pregnant*. This item will provide an evidence base for the 2020 Dietary Guidelines for Americans and Federal nutrition programs. Find out more about his opportunity [here](#).

[Join the 4th Annual Healthy Lunchtime Challenge!](#) 8 to 12-year-old kids are invited to develop a MyPlate-inspired recipe with a parent or guardian! The winner from each U.S. state, territory, and the District of Columbia will be selected to attend the annual "Kids' State Dinner" at the White House this summer. Each winner's recipe will be served.

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.

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 meal and stay active in a song, skit, or how-to video! Visit [this website](#) to learn more.

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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