



Your Nutrition News Resource

Nutrition News Nibbles: December 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!

**International News**



**Why is It so Hard to Figure Out What to Eat?**

We all feel the tug and pull of figuring out what to eat and when. This [paper](#) calls for better research in the nutrition arena. Stronger outcomes in this research should support more appropriate dietary recommendation and a preventative approach to health and wellbeing.

**Flavorists In Charge of Making our Food Taste Good Are Taking People's Health into Their Hands.**

Chemistry is changing the flavors of our food, processed and unprocessed. Though that might scare most people, this article describes the journey of one flavorist changing the taste of what we eat and drink through chemistry. Now, she's on a new project: plant-based meat. [Learn more.](#)



**National News**



Resources for Health  
Pros

### **[A Large Foodservice Company and Swipe Out Hunger Work Together to Tackle Hunger on College Campuses](#)**

A [pilot program](#) is set to reduce food insecurity on college campuses. On 13 campuses, a "Meal Swipe Bank" will be created for students in need. Two free meals will be placed in this "bank" for every full-time meal plan sold, about 25,000 free meals will be provided annually.

### **[The Nutrition Pantry Program is Teaching Players of the Charitable Food System to Take a Trauma-Informed Approach](#)**

The [Nutrition Pantry Program](#) looks at 130 attendees completing trainings held in Los Angeles, Sacramento, and Riverside. County health departments, food banks, colleges, and pantries learned how to use a trauma-informed lens to create policy, system, and environment changes in pantries through the Nutrition Pantry Program.



Food Policy Updates

### **Local News**

#### **[Our State Ranked in the Top Ten for Childhood Obesity Rates](#)**

[Pennsylvania Ranks 9th](#) for Childhood Obesity in Robert Wood Johnson Foundation Report. 185,000 children, ages 10-17, carry an unhealthy amount of weight. Review the foundation's recommendations about how to handle this issue.

#### **[Schools Will Have Access to More Local Food, Thanks to PA Farm Bill's Farm to School Grant Program](#)**

Through the [Pennsylvania Farm Bill](#) - \$500,000 will be provided for a Farm to School Grant Program for Pennsylvania elementary schools. This money will improve access to healthy, local foods and increase agricultural education for pre-kindergarten through fifth grade.

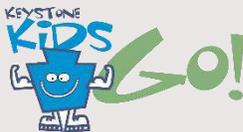


#### **[Pittsburgh Riverhounds Help Greater Pittsburgh Community Food Bank Fight Hunger](#)**

Pittsburgh's soccer team launches a campaign to fight hunger with the Greater Pittsburgh Community Food Bank. They hosted a Hunger Action Night. More details and a podcast on the release of this initiative can be found [here](#).

#### **[New Legislation Drafted to Fight Food Insecurity and Waste in Pennsylvania](#)**

Melissa Shusterman, State Representative from Chester/Montgomery Counties introduced a House Bill 1999, the [Donated Food Limited Liability Act](#). It would address food insecurity and food waste by allowing businesses to donate foods that are past their labeled dates signifying freshness. That allows donors to be free of liability.



#### **[Central Pennsylvania Food Bank Receives KidCents Grant](#)**

The \$30,000 [KidCents Regional Grant](#) from the Rite Aid Foundation was awarded to the Central PA Food Bank. It will be used to help advance the organization's youth programs, like Kids Café, Backpack Programs, and school pantries across the Midstate.

#### **["Travelin' Table" Brings Healthy Foods to Local Schools](#)**

Moshannon Valley YMCA is enacting an [anti-hunger program](#) in the form of a bus that travels through Centre and Clearfield Counties. It's

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a mobile food delivery and educational program that will bring fresh produce to students. This is a collaborative effort between lots of different innovative partners.

### **[A Supermarket Raised \\$343 Thousand for Community Hunger Relief Organizations](#)**

\$343,000 was provided to more than 150 community hunger-relief organizations as part of its [12th Annual Fight Hunger campaign](#). During this time, Weis Market shoppers donated money to support food banks and pantries across the market's area. Shelf-stable or canned food items were also donated.



### **[PACK for a Purpose: Robots Fighting Hunger Filled More than 6,000 bags of Food for Children](#)**

[Philanthropic robots you ask?](#) Yes! They're set to fill food into backpacks for hungry kids on March 3-5, 2020 at the Pennsylvania Convention Center in Philadelphia. Previously, these machines were able to fill 6,000 backpacks.

### **[Helping Harvest Food Bank Receives 500 Turkeys](#)**

In Berks county, food store employees in Berks and Schuylkill counties provide their time and 500 turkeys to the Helping Harvest, a food bank in Spring Township. Learn more about their experience [here](#).

### **[Penn State vs. Ohio State University 'Tackle Hunger' Giving Challenge](#)**

These two schools were not only [facing off](#) on the football field, they were also challenging each other while supporting their college food pantries. Over 1/3 of college students are suffering from food insecurity, and the support from campaigns like this one will help stock collegiate food pantries.

## **[Food Policy](#)**

### **[Nutrition Supports will be Given for the Children Affected by the Opioid Epidemic](#)**

Senator Bob Casey proposes a [CARE for Kids Act](#) that would expand

free school meals for opioid-impacted children. According to Casey, "More than 2.6 million children are being raised by grandparents who have often stepped up unexpectedly stretching their resources and with little time to prepare. They need access to services and supports for the children in their care to thrive."

### **What Federal Nutrition Programs will get the Money?**

In late October, congress adopted the [2020 Agriculture appropriations bill \(H.R. 3055\)](#) as part of a package of appropriations bills. Still, an agreement has yet to be reached on how much money is available for spending across all federal agencies. Since most nutrition programs, including SNAP and WIC, are mandatory spending programs. Their funding is projected to meet the estimated need. Funding for all federal programs expired on November 21. [Learn more.](#)

### **Fresh Produce Price Incentives Boost Supplemental Nutrition Assistance Program (SNAP) Purchases**

The US Department of Agriculture funded a [program](#) designed to incentivize low-income Americans to buy more fresh fruits and vegetables. It's showing signs of success in Michigan supermarkets. This program matches up to \$20 a day in fresh produce purchases by SNAP participants. SNAP participants spent 7.2% more on fresh produce in 2015 at stores offering the subsidy, and 2016 purchases were 2.2% higher.

### **Philadelphia's Social Safety Net Subcommittee outlines a plan to get Philadelphians out of Poverty**

The Social Safety Net Subcommittee of Philadelphia City Council's Special Committee on Poverty Reduction and Prevention has been charged with developing an action plan to move 100,000 Philadelphians out of poverty by 2024. Preliminary recommendations to strengthen the social safety net have been created. Learn more about the committee and their next steps [here.](#)

### **The US Department of Agriculture Proposes New Standard Utility Allowance to Cut the Number of People Using the Supplemental Nutrition Assistance Program**

The U.S. Department of Agriculture (USDA) [proposes](#) to apply a lesser assessment of Supplemental Nutrition Assistance Program (SNAP) households' utility costs. The standardized way to measure how the cost of utilities impacts a family budget is known as Standard Utility Allowances (SUA). It's defined by the USDA [here.](#) Essentially, this proposal would set SUAs at a level below what many energy consumers pay. That means fewer people who are choosing between food and paying energy bills will have access to SNAP benefits. A more detailed explanation of what's happening can be found [here.](#) This adjustment would cut SNAP food benefits nationally by \$4.5 billion over five years. For our state, this means that more than half of Pennsylvania households who use SNAP to put food on the table - nearly half a million households - will lose an average of \$40 per month. Total SNAP benefits received would drop 9.3%, a loss of over \$237 million to buy food each year.

## **Resources**

### **[The Supplemental Nutrition Assistance Program Education \(SNAP-Ed\) Framework is Demonstrating Its Impact on Vulnerable Populations](#)**

This [article](#) focuses on the SNAP-Ed Evaluation Framework published in the Journal of Translational Behavioral Medicine. It looks at national framework's impact on obesity prevention in low-income populations.

### **[A Preventative Services Task Force Looks at the Social Determinants of Health](#)**

The task force is looking to evaluate and set a road map to spark ingenuity and purpose for social and preventative research. This journal [article](#), published in the American Journal of Preventative Medicine (AJPM), clearly outlines goals and next steps.

### **[A Journal Article Identifies Gaps in Social Needs Interventions that Impact People's Health](#)**

"[Improving Social Needs Intervention Research: Key Questions for Advancing the Field](#)" was a paper published in AJPM. This research question looks at the most cost-effective and impactful ways to influence peoples' health outcomes. Given the keen interest in social needs interventions from healthcare organizations and policy makers, there is urgency to understanding whether social interventions work, how, and which interventions work best for which patient populations and settings.

### **[The Food Research and Action Center and the Think Babies Campaign Issues State Fact Sheets](#)**

Nutrition for toddlers and infants should be front-of-mind. During these critical developmental stages, tracking hunger and poverty is important too. That's why the Food Research & Action Center and the Think Babies™ joined forces to create state [fact sheets](#) on these critical statistics.

### **[The Supplemental Nutrition Assistance Program \(SNAP\) was Featured in the American Journal of Public Health \(AJPH\)](#)**

The December issue of the AJPH features SNAP, including articles on the [program's history, politics, and public health implications](#) and its [links to food insecurity and poverty](#).

### **[The Food and Nutrition Services \(FNS\) Report Finder Available](#)**

Evidence-based analysis and evaluation are critical tools to promote policies and strong management in the federal nutrition assistance programs. To access the U.S. Food and Nutrition Service research reports and studies, visit the [FNS Report Finder](#).

### **[The World Loses \\$400 Billion Worth of Food Before It Reaches Stores](#)**

14% of all food produced is lost each year according to the UN's Food and Agriculture Organization said in a [report](#). Issues within the supply chain, environmental impacts, reduced food access, and increased

food prices are all issues to tackle the problem. Scroll through a summary [here](#).



### **[50 Years After the 1969 White House Conference on Nutrition](#)**

A two-day meeting was held in October honoring the 50th anniversary of Nixon's White House Conference on Food, Nutrition, and Health. Nixon's conference first addressed malnutrition, hunger and food insecurity around the world. It looked at issues like scurvy, malnutrition, rickets, distended bellies, and more. Watch a nine-minute [video](#) (including archival material) to learn more about this historic event. The anniversary encouraged today's leaders to come together in agreement about what the current food, nutrition and health priorities are now

## **Webinars and Podcasts**

### **"Plant Powerhouses for Happier, Healthier Lives"**

You can view this [free webinar](#) by Have a Plant. It dives into the health benefits of fruits and vegetables, how they improve our quality of life, and you'll learn creative ways to get 5 servings of fruits and vegetables daily. Earn 1 continuing education credit as a Registered Dietitians Nutritionists and Dietetic Technicians.

### **"Getting to Know the Tastes and Preferences of Produce Consumers"**

This [free webinar](#), by Have a Plant, discusses trends and challenges influencing consumer demand for quality tasting fruits and vegetables. Earn 1 continuing education credit as a Registered Dietitians Nutritionists and Dietetic Technicians.

### **"Journal Club 8 – Validity and Reliability of Behavior and Theory-Based Psychosocial Determinants Measures, Using Audience Response System Technology in Urban Upper-Elementary School Children."**

This Society for Nutrition Education and Behavior (SNEB) [webinar recording](#) looks at a study examining the validity and reliability of a questionnaire assessing energy balance-related behaviors and theory-based psychosocial factors. It looks at audience response system (ARS) to assess outcomes of elementary school children and how this can be used to evaluate nutrition education interventions. The webinar costs \$25 for non-SNEB members and is free for members.

**[“Body Quest Parent: A Text Message Parent Education Intervention to Supplement a School-Based Obesity Prevention Initiative for Third-Graders”](#)**

This Society for Nutrition Education and Behavior (SNEB) [webinar recording](#) describes a SNAP-Ed text-based nutrition intervention called Body Quest, that is a school-based obesity prevention initiative. The webinar costs \$25 for non-SNEB members and is free for members.

**[“Childhood Obesity Through the Eyes of Hispanic Families: The Impact of Feeding Practices”](#)**

Join Today’s Dietitian on December 18 from 2:00-3:00 PM (ET) for a free webinar. The webinar focuses Hispanic culinary culture and best practices for nutrition professionals to promote healthier behaviors among Latin American families. Find out more information, and register [here](#).

**Events**



**[National Anti-Hunger Policy Conference](#)**

The Food Research and Action Center and Feeding America are teaming up for their annual Anti-Hunger Conference in Washington, D.C. on March 1-3, 2020. This conference will highlight numerous federal nutrition programs and other safety net programs, as well as charitable food providers, retailers, and the overarching food economy. [Learn more](#) about the event.

**[PA Academy of Nutrition and Dietetics \(PAND\) Annual Conference](#)**

To all our Registered Dietitians and Dietetic Technicians, PAND is hosting its Annual Conference & Exhibits in King of Prussia on Friday, March 27, 2020. Save the date! Registration will open in December.

**[National Good Food Network Conference on March 2020](#)**

This conference brings together change-makers in various fields working toward food system transformation. Moving to food that is healthy, fair and affordable is a huge challenge, and this conference acts as a nexus for everyone involved. Learn more about the conference and its cost at [this site](#).

**Grants & Opportunities**

### **National Collaborative on Childhood Obesity Research (NCCOR) Funding Opportunities**

The NCCOR grants for 2019-2022 are posted [here](#). Check out which grants you are eligible for, and apply today!

### **Action for Healthy Kids School Grants**

[Find](#) school food and nutrition grants available in your state for the 2019 school year.

### **Agriculture Projects Funded in Pennsylvania by USDA's SARE Program**

The Sustainable Agriculture Research and Education (SARE) program has funded various grants to Pennsylvania since 1988. Review the grants list, project leaders, and funding levels [here](#).

### **The Robert Wood Johnson Foundation Grants**

RWJF 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 Grant Opportunities**

Food and nutrition grant opportunities can be found in [this archive](#).

### **Federal Nutrition Grants**

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

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

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