



Your Nutrition Resource Connection

Nutrition News & Opportunities



November 16, 2015

IMPORTANT
PA NEN LINKS

[PA NEN NEWS
NIBBLE ARCHIVE](#)



PA NEN News

Make the Most Out of This Week's Nutrition News Nibbles!

This, my friend, is a pretty extensive E-Newsletter! We want to make navigating it a little easier. Click on the following titles within the table to jump right to your favorite section of the News Nibbles!

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| PA NEN News | Nutrition Resources |
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Eat.Together.PA

We believe that cooking and **sharing snacks and meals together** will bring about a healthier Pennsylvania. Research shows the **benefits of eating with others**—better nutrition, improved communication skills, higher grades for school-age children, healthier eating habits and fewer incidences of substance abuse.

That's why PA NEN and their Social Marketing Committee are piloting a campaign called, "**Eat.Together.PA**" in Tioga, Lancaster and Allegheny counties! With the help of our resources, we hope that **YOU** will take a stand for meals and snacks with others!

How could you get involved?

We have collected a the best online education tools and resources on www.EatTogehterPA.org. You'll find snacks and meal ideas for people on a tight budget and so much more. Read, learn, and share!

Wine Tasting for PA NEN's 20th Anniversary!

YOU have worked so hard in providing **nutrition education** and healthy food

to low-income Pennsylvanians. It is that dedication and willingness to collaborate that grew PA NEN into what it is today. Now, amidst PA NEN's 20th Anniversary, we want to celebrate **YOU**, the members, through wine tasting and networking events. Various celebrations will be held at locations across the state. See more details [here](#)!

International News

[It's time to find common ground within the crazy world of nutrition.](#)

[To protect our food supply, the Food and Drug Administration released groundbreaking rules for imported produce.](#)

[A Wisconsin Senator wants to amend the Fresh Fruits and Vegetable Program for schools to include canned, frozen, dried and pureed fruits and vegetables too.](#)

[There is an association between parenting styles and obesity risk.](#)

[Have you heard of the "flexible dieting" trend? Here is what one dietitian has to say about it.](#)

[Preliminary research shows that signs of heart disease might develop in kids as young as 8. Much more research is needed.](#)

[8 reasons to chow down on beans](#)

[Grown-ups should take recess too!](#)

[Creating better access to healthier foods through Healthy Food Financing expands across the nation. To think, it all began in Philadelphia.](#)

[9 healthy strategies for the Holiday season](#)

[What's the deal with Vitamin C and the common cold?](#)

[Adult obesity rates continue to rise revealing disparities between gender and ethnicities.](#)

[Feeding America works with their partners to make fresh, healthy food available to the people who need it most.](#)

There have been rollbacks on parts of the Food and Drug Administration bill that requires establishments serving food to list the caloric content of their meals on menus. See what this means [here](#).

Local News:

Pennsylvania: [Food pantries continue to struggle without a state budget passed.](#)

Cumberland County: [Cumberland County Cooperative Extension printed their annual report. Make sure you review the nutrition education section.](#)

Pottstown: [Pottstown students received a visit from the Rock Star Dietitian, Jump with Jill.](#)

Social Media

On Facebook, Twitter, and SnapChat - @Team-FNV is holding #FNVLive. They'll be inviting celebrity guests to share the healthy benefits of their favorite fruits and vegetables. Follow the event with this hashtag #FNVLive on [Twitter](#) and [Facebook](#).

A local food store, Fair and Square, gave free holiday meals to their community. See the winners in the [Facebook post!](#)

The Oldways Finding Common Ground Conference invited health and nutrition scientists from around the world. They all listened to each other's opinions so that they could come to a consensus about a unified health message. Follow the conference hashtag [#OldwaysCommonGround](#) to learn more. Extra details can also be found on the conference website, [here](#).

The Greater Philadelphia Hunger Action Coalition's Fight Hunger Awards honored many food pantries and soup kitchen coordinators across the Philadelphia area. Check their [Facebook photo album](#) of the event!

Resources:

Kids Cook Monday presents great resources to encourage families and their kids to pick healthy foods. Start with a couple of the following:

- The Family Dinner Date [weekly newsletter](#)
- The [Family Dinner Date free e-cookbook](#)
- Family Cooking [Toolkits](#) for Parents and Educators

Email [Diana Rice](#) from the Kids Cook Monday campaign with any follow-up questions.

[Snacking, satiety and weight reduction](#)

Free Supplemental Nutrition Assistance Program Education (SNAP-Ed) Print Materials are available [here](#). Click through tool kits, posters, and SNAP

brochures!

The Food Research and Action Coalition released an newsletter issue titled, "[Reflections on the History, Development, and Current Use of the Food Security Module.](#)"

"Economies of Scale, the Lunch-Breakfast Ratio, and the Cost of USDA School Breakfasts and Lunches" is a study that researches how the balance between the cost of breakfast and lunch affects schools. Review [summary](#) and [full report](#).

The State Nutrition Action Committee of the University of California produced a holiday guide packed with healthy strategies. Find more details [here](#).

It's almost turkey time. During this Thanksgiving season, you can review this registered dietitian's [grocery list](#) and [holiday cooking checklist](#).

Webinar:

NEW-The Society of Nutrition Education and Behavior (SNEB) is hosting a webinar called, "Parent-reported Social Support for Child's Fruit and Vegetable Intake: Validity of Measures" on Monday, November 30 at 12:00 PM (ET). Attend and learn the principle "exploratory factor analysis" and its implications. SNEB members can join for free, and non-member pricing is \$25. Click [here](#) for more information and to register.

Registered Dietitians, Dietetic Technicians and other Academy of Nutrition and Dietetics Members—the Sports, Cardiovascular, and Wellness Nutrition Dietetic Practice Group (SCAN) from the Academy of Nutrition and Dietetics is holding a webinar about increasing access to various nutrients through pairing certain foods together. The webinar is free to SCAN members but costs \$15 for non-members. You can receive one continuing education credit for attending. Find more details [here](#).

The Tuft's Freidman School of Nutrition and Science Policy held an hour-long seminar on sustainability and how this topic related to the development of the 2015 Dietary Guidelines for Americans. Both speakers presenting played a key role in the development of the Dietary Guidelines. Watch the presentation [here](#).

Registered Dietitians, Dietetic Technicians and dietetic students – were you able to make all of this year's presentations from the Academy of Nutrition and Dietetics' Food and Nutrition Conference and Expo? You can watch recordings from the conference and earn Continuing Education Credits to boot. View the learning opportunities and pricing information [here](#).

Events:

NEW-Until December 19, you can drop off a frozen turkey and all the fixings for a family in-need at select locations and times outlined on [this website](#).

NEW-Throughout Penn State men's basketball season, Feeding PA and the Pennsylvania Pork Producers Council are hosting their annual [BLOCK HUNGER](#) event! For every blocked shot by PSU, the pork producers will donate 25 pounds of pork to Feeding PA and the hungry people they support.

Do you live from Erie to Greene County or anywhere in between? Then, you can donate most needed foods to a food pantry near you. Giant Eagle & Citizens Bank are joining together fight child hunger by making a donation during Fall Food Share. Scroll down [this article](#) to find more information about the event and volunteer opportunities.

The Philadelphia Eagles, Green Partners and the Coalition Against Hunger are teaming together to provide healthy food for the hungry. They're leading an online food drive. Find out more [here](#).

NEW-On Tuesday, January 12, 2016 9:00 am-3:00 pm at the Phipps Conservatory and Botanical Gardens the Pennsylvania Action for Healthy Kids, Let's Move Pittsburgh, Greater Pittsburgh Community Food Bank, and Phipps Conservatory and Botanical Gardens for a School Health Team are holding free training to get your school staff to encourage a healthy school environment, provide ideas for community collaborations to improve school wellness policies, and to share best practices to move the student body toward a healthier diet. Allegheny County schools and district staff is invited to attend—including principals, teachers, school nurses, counselors, PTA members, Food Service Directors and staff, and Health and Physical Education Coordinators. Schools are strongly encouraged to bring two representatives. Participants will receive Act 48 credit. Find more details [here](#).

Check [this listing](#) of Holiday volunteer opportunities at food pantries across Philadelphia.

Paint Nite @ the Food Bank is an event hosted by the Greater Pittsburgh Community Food Bank on December 1st. Paint a pear, eat, drink and be merry! Click here for more details. You can see ticket pricing and other information [here](#).

The Berks County Food Bank will be receiving a \$5 donation for every "silver level" ticket sold for the Reading Royals game on Saturday, November 28. Watch them rival against the Greenville Swamp Rabbits. Details are [here](#)!

Have you heard of the "Real Food Drive"? It's an online food drive that YOU can set up and run to provide food for your local community from September 15-November 22, 2015. See the details [here](#).

National Food, Nutrition, and anti-hunger conferences are all listed [here](#) for 2015.

Grants and Opportunities:

NEW-After thousands of people filed three Citizen Petitions, the Food and Drug Administration is asking for public comment regarding the "Natural" label on various foods. Commentary is accepted until February 10, 2016. You can find

it [here](#).

NEW-What fruit or vegetable are you?! Share some imperfect fruit and vegetables that show off your personality in this contest. By doing this, you could win \$100 to a food store near you while spreading awareness about the incredible amount of the “ugly” (yet edible) produce that goes to waste every day. Share your picture on Facebook and Twitter with the hashtag, #UglyFruitandVeg. Find out more about the contest [here](#).

The National Cancer Institute (NCI), National Heart, Lung, and Blood Institute (NHLBI), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) are looking for Randomized Controlled Trials (RCTs) of lifestyle weight loss interventions to discover genetic variants associated with intentional weight loss. Submissions must be done by December 4th. Much more information is described at [this link](#).

You can tell your story about volunteering, donating, advocating, or receiving food assistance from your local food pantry, food bank, or food distribution center. Submit it to Feeding America [here](#), and see how your words have power.

The Lights Camera Breakfast Contest asks eligible schools to highlight their school's alternative breakfast program in a 1 minute video. The most innovative ideas could receive up to \$5000 dollars. Entries will be accepted until January 8, 2016. Check [the website](#) for contest and eligibility details.

The National Center for Childhood Obesity Research keeps a running list of grants available. Review all of them [here](#).

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