

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of December 4, 2014

## IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)  
717.233.1791



## PA NEN News

### **Do You Have Nutrition Information or Product You Want to Share?**

If your answer is "Yes!" to the question above, then you need to sign up to be a vendor at PA NEN's 2015 Conference! PA NEN also wants to hear your suggestions for possible vendors! Space is limited to the first 20 accepted applicants. Click [here](#) for more vendor information.

## International and National News:

[One school shares the challenges and successes of their healthier school lunch program.](#)

[Follow these 40 food-based organizations that work for a better food system.](#)

Grab-n-go breakfasts served in the classrooms give educators the chance to "...use time constructively to make sure children are occupied while they take attendance, read announcements, and collect homework assignments." Learn more about the breakfasts, [here](#).

[Find Vitamin D where the sun don't shine! Discover it in these foods.](#)

[Fresh fruit and vegetable marketing increase Latino corner stores sales.](#)

[A pro football player turns into a farmer and donates his produce to a local food bank.](#)

Some dietitians assign new equations to predict weight-loss. Check their resources [here](#).

[Mobile health education proves to shift diabetes patients towards healthier behaviors.](#)

[Take quick ideas for bulk shopping club stores.](#)

[Obesity is a problem around the world.](#)

[It looks like our national food policy will cover more than just food. It will](#)

include issues like food access, nutrition, agriculture and more.

[One school garden feeds their students and the community.](#)

How do you handle the picky eaters in your family over the holidays? [Take these tips!](#)

[\\$100 million gives SNAP recipients the incentive to buy more fruits and vegetables.](#)

Kids learn what it takes to shop in a grocery store on a budget. Watch what they learned in [this video.](#)

Donate food to the hungry with [these tips](#) and [these ideas](#) in mind, and you'll change lives.

[Experience how one school kitchen gets kids to eating their vegetables.](#)

[How can you make your food donation count. What resources are food banks looking for?](#)

[A US Department of Agriculture press release shared that \\$5 million is going towards getting local farm to school foods in cafeterias.](#)

A doctor creatively encourages her community to stop drinking sugary beverages. Watch her in this [video!](#)

The Food and Drug Administration announces calorie guidelines for restaurants. Read more [here](#) and [there](#).

Food pantries struggle to give provisions to everyone. Read about it [here](#) and [there](#).

[There is no magical formula for better nutrition. It takes time and patience to figure out what works best for you or your clients.](#)

[Stop overeating by simplifying your food choices.](#)

[A map tracks various Thanksgiving recipes that were Googled in every state.](#)

[One dietitian wanted people to enjoy a plant-based Thanksgiving.](#)

[Eat well and being active all year round, so you can fret less about lapses over holiday.](#)

[Trick your mind into being healthier.](#)

[Quick, easy, healthy kitchen tips](#)

[Brazilian dietary guidelines look at cultural food patterns and meals, not particular nutrients.](#)

[One study shows that cooking could make us healthier.](#)

[The Food Safety Modernization Act affects farmers markets and those people who buy food from it.](#)

### Local:

**Pennsylvania:** [Political leaders call for tax incentives to help food banks.](#)

**Lancaster:** [Lancaster restaurants cook for the hungry.](#)

**Philadelphia:** Philabundance shares its heartfelt outreach over a [video](#).

**Philadelphia:** [Malnutrition in the elderly population](#)

**Philadelphia:** [Check this Q & A with the leader of the Share Food Program.](#)

**Pittsburgh:** [Hunger in Pennsylvania is still an issue.](#)

**Pottstown:** [Pottstown schools receive grants to complete walking and biking routes.](#)

**Somerset:** [A mobile food pantry needs votes from the community for a grant.](#)

### Social Media:

[Chef Solus' Nourish Interactive YouTube videos and cartoons share family meal tips!](#)

Find ways to boost healthy food sales in schools through these [short video clips](#).

Check this [TEDMed video](#) about culinary medicine in action.

Yesterday, there was a Twitter chat with leaders pushing for national food policy. Follow the [#NFPTalk](#) hashtag for all the details.

Gain resources from the American Diabetes Association's ([@ambiabetesAssn](#)) tweets.

The #RecipeRainbow app made by a collaboration between the Greater Pittsburgh Community Food Bank and UPMC Health Plan is available for iPhone and Android platforms. [See what the hype is about.](#)

## Resources:

[A plan for screening and interventions for overweight and obese kids](#)

How does exercise relate to better brain function? [This website](#) and [this one too](#) explain the research for teachers.

[Gain food safety resources from the National Food Safety Educator's Network](#)

As a health professional, you can learn more about the safety of our food supply through this "[Farming 101](#)" infographic

[A US Department of Agriculture's Economic Research Service report shows how time management influences fast food purchasing patterns in the United States.](#)

[Dive into these holiday diabetes tips and recipes.](#)

Food banks, pantries, and other food distribution organizations can look to this Feeding America [resource](#) for healthier recipes.

[Dietary recommendations for seniors](#)

Knowing what and how to feed children (from infancy to the early years of development) is important for families and other caregivers. That's why Penn State Cooperative Extension has [handouts and web resources](#) that walk through eating suggestions for each stage.

Take this [toolkit](#) to meet MyPlate Goals on a Budget.

## Webinars:

*NEW*-How can we shape food policy with community efforts? Listen to this [Google Hangout](#) recording to see how it's done.

"Nutritional Comparison of Packed and School Lunches in Pre-Kindergarten and Kindergarten Children following the Implementation of the 2012-2013 National School Lunch Program (NSLP) Standards" is a dietitian authored study printed in the Journal of Nutrition Education and Behavior. It looks at how nutrition education and school policy provides a strong backing for better food choices. Join the 9:00 minute radio podcast interview with the lead researcher here. [Listen now.](#)

Are you a member of the Academy of Nutrition and Dietetics? Then you can attend this free webinar, "Production and Our Environmental Responsibility" on Monday, December 8, 2014 from 2:00-3:00 PM (ET). During this presentation, you will learn about the agricultural connection between the environment and our food supply, current farming innovations that directly impact food costs, and much more! Click [here](#) for more information.

"Energy Balance: the Crossroads of Translating Science into Action" is a recorded webinar created by the collaboration of The American College of Sports Medicine, the Academy of Nutrition and Dietetics, the International Life Sciences Institute of North America, and the International Food Information Council Foundation. You can listen to this webinar about lifestyle, biological, and environmental changes that can help families and their kids maintain or lose weight. Find out more by clicking [here](#).

You can fulfill your state's continuing education requirements through online webinars. Whether you're an athletic trainer, respiratory tech, or social worker - go to [this website](#) to find webinars focused on your area of expertise. Click on the "Find My Profession" tab to see if your area is covered. They offer free webinars specifically for those people interested in nutrition. Click on the "free" tab on [this website](#) to find out what free continuing education webinars are available.

Are you a member of the Academy of Nutrition and Dietetics? Then you can attend this free webinar, "Production and Our Environmental Responsibility" on Monday, December 8, 2014 from 2:00-3:00 PM (ET). During this presentation, you will learn about the agricultural connection between the environment and our food supply. Current farming innovations directly impact the reduction of food costs. Learn more at [this website](#).

### Events:

Have you heard of the 2015 National Physical Activity Plan Congress? It's an event being held on February 23-24, 2015 in Washington, DC focusing on The National Physical Activity Plan (NPAP). This is a set of policies, programs, and initiatives to get all people more active across America. See what this event has in store, and [register today!](#)

### Grants and Opportunities:

*NEW*-Registered Dietitians Nutritionists, Dietetic Technicians, students, and other members of the Academy of Nutrition and Dietetics Association—are you interested in presenting your research, project or educational innovations at the FNCE 2015? There is a Call for Abstracts, Posters, Innovations, and Short Oral Presentations opening January 1, 2015. See more about it [here](#).

The US Department of Agriculture's National Institute of Food and Agriculture (NIFA) is offering multi-year grants to applicants with a community based strategy to empower Supplemental Nutrition Assistance Program (SNAP) participants to buy more fruits and vegetables. See if your program matches the guidelines at this [website](#). If your program is eligible, applications are due on December 15th.

