



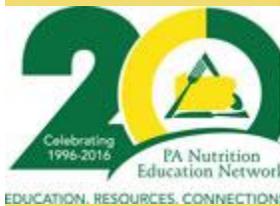
Your Nutrition Resource Connection

Nutrition News & Opportunities

November 30, 2015

IMPORTANT
PA NEN LINKS

[PA NEN NEWS](#)
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PA NEN News:

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, 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:

[Other parts of the world are eating more sugar-sweetened beverages and foods than Americans.](#)

Vermont stimulates their local food economy through early grant funding, technical assistance, community connection, and much more! Learn from their

strategies [here](#).

[The house passed a vote about the "Common Sense Nutrition Disclosure Act"](#) (H.R. 2017) that would change the final Food and Drug Administration menu-labeling requirements. It calls for altered calorie counts on food menus, along with exemptions for some restaurants and other food retailers from complying with menu rules. See the adjustments to this bill [here](#).

[Never underestimate the power of your words – 10 things not to say to your kids about food.](#)

[See how people's mindsets about food are changing.](#)

[Review all the behaviors of people who have never worried about their weight.](#) View a larger picture of the highlighted infographic [here](#).

\$2 million dollars has been awarded to the University of Tennessee, Knoxville and Utah State University to fund a Regional Nutrition Education and Obesity Prevention Center of Excellence (RNECE) through the Supplemental Nutrition Assistance Program and the Expanded Food and Nutrition Education Program (EFNEP). Learn more [here](#).

[Healthy tips to get you through the holiday](#)

[Sticking to healthful options doesn't mean deprivation through the holidays.](#)

[25 good-for-you recipes and holiday favorites from Registered Dietitians](#)

[Take these tips to get children to help you with holiday meal prep!](#)

[Eat well during the year, and you might eat less throughout the holiday.](#)

[Less sunlight during winter means that we're not getting as much Vitamin D. Beyond basking in the sun, what are other ways to absorb vitamin?](#)

[Hiking! It soothes the body, mind and heart!](#)

[One conference brought together leading health and nutrition professionals and researchers to form a consensus on nutrition recommendations.](#)

[One of our members contributed to this article about healthful eating during a stressful holiday.](#)

Local News:

Pennsylvania: Multiple chocolate products are being recalled because of a potential Salmonella contamination. See the listing [here](#).

Pennsylvania: The US Department of Agriculture announces 2016 Farm to School Grant Awards. The Pennsylvania Department of Education, Pennsylvania Department of Agriculture, and Pennsylvania State University were awarded \$25,000 to lead statewide training sessions to network farmer,

farmers markets, and various programs and institutions that could use local foods. Find out more by searching for Pennsylvania on [this long list of grant recipients!](#)

Allentown: [A distributor located in Pennsylvania is recalling pureed meats sent to Canada.](#)

Social Media

[This infographic shares key behaviors of people who have never worried about their weight.](#)

Resources:

“Walk this Way” is a toolkit that helps develop community or individual walking programs. Download it [here](#).

Check this awesome [food storage guide](#) from the North Dakota State University Extension.

Find a list of national food recalls [here](#). Not all warnings apply to Pennsylvania.

Have you heard about the research behind advanced glycation end products (AGEs)? These are compounds present in the body as a byproduct of normal metabolism and are linked to increased inflammation within the body. They usually accumulate over long periods of time. However, various high-fat and/or high-protein foods (like pork, beef, eggs, butter, cream cheese) cause faster accumulation. AGEs also occur in grilled or charred foods. Much more research is needed, but you can keep up-to-date with it all [here](#).

Keep a healthy holiday with [materials](#) from the University of Nebraska Cooperative Extension.

MyPlate strives to link registered dietitians with their clients through SuperTracker Groups. Prior to this point, SuperTracker - MyPlate’s diet and physical activity tracking tool - was intended for individuals. Now, users can join a group of people working towards a similar goal of getting healthier. The benefits of this tool include the additional encouragement of others and a new meal summary reporting sheet. Learn more about it, [here](#).

Webinar:

NEW- Be ready communities, policymakers, and practitioners! The National Collaborative on Childhood Obesity Research (NCCOR) is hosting a webinar on December 9 at 3:00 PM (ET). It will look at the novel findings from the Childhood Obesity Intervention Cost-Effectiveness Study (CHOICES) project.

The study shares first-of-its-kind estimates of the cost-effectiveness, impact, and other crucial information about interventions like taxes on sugar-sweetened beverages, elimination of the tax subsidy for advertising unhealthy food to children, nutrition standards for food and drinks in and outside of school meals, calorie labeling on menus, adolescent bariatric surgery, and better early care and education. Register and learn [more](#).

NEW- The House Agriculture Committee held their tenth hearing on the Supplemental Nutrition Assistance Program and related programs. The latest hearing reviewed the progress of effectively addressing domestic hunger through policies created by the National Commission on Hunger. Watch the archived hearing and read the testimony [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](#).

Events:

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](#).

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.

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.

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

Grants and Opportunities:

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](#).

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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