

PA NEN - Weekly Food & Nutrition News Nibbles



Week of November 3, 2014

IMPORTANT PA NEN LINKS

[PA NEN ANNUAL CONFERENCE](#)

[NEWS NIBBLE ARCHIVES](#)

[NEWSLETTERS](#)

[CONTACT PA NEN](#)
717.233.1791



PA NEN News

Ooooooh....Ahhhhh! We've got a Grand Prize SNAC Raffle Winner!

Thank you - Heather Tressler, MEd, RD, LDN, MCHES - for giving feedback for our SNAC survey! For doing so, she's won our grand prize—Brian Wansink's book, "Slim by Design: Mindless Eating Solutions for Everyday Life!"

Heather serves as the Health Management Implementation Specialist at Capital BlueCross. She consults about and implements worksite wellness programming.

Thank you to everyone who participated in the survey! Your feedback will guide us as we develop and edit the [SNAC fruit and vegetable materials](#).

See all the prizes and SNAC raffle winners [here!](#)

International and National News:

[A mom speaks to the healthy tips she's learned over the years. She sees the importance of feeding her family right.](#)

[Parents can help guide schools and communities in a healthier direction!](#)

[Babies from varying socioeconomic statuses eat very differently.](#)

[In certain areas of Kansas, people struggle to find healthy options because of barriers like few food stores, limited fruits and vegetables, pricy healthy options in the grocery store and more.](#)

The World Trade Organization rules that the beef and pork package labels that show where cows and pigs were born, raised, and slaughtered (also known as the Country of Origin Labeling - COOL) discriminated against other countries' meat producers. Farmers around the world say it is too costly to separate and track animals until slaughter. Additionally, other countries have sold less meat in the U.S. since the adoption of COOL. The U.S. is looking to appeal this ruling. Read more in [this article](#).

[Read more about the politics behind the school lunch debate and where it's moving next.](#)

[We're about to jump into holiday season! Look at these healthy holiday tips!](#)

[Berkley is the first city to pass a tax on soda. See what that means.](#)

Local:

Pennsylvania: [A Nutrition Educator from Penn State talks about spending less money on healthy groceries.](#)

Pennsylvania: [See if you can find any Pennsylvania based organizations listed in James Beard's Good Food Guide.](#)

Philadelphia: A local dietitian thinks that having a better relationship with food can happen with [these tips](#)

Philadelphia: [This big-time football player fights to reduce hunger in his community.](#)

Philadelphia: [Here is a food drive in which can select and donate healthy food from an online selection. Pick anything from a fresh produce box to apple sauce.](#)

Social Media:

Doc Mike Evans created researched-based video clips about preventative medicine. They're inspiring and worth watching. See them here:

- [23 and 1/2 hours: What's the single thing we could do for our health](#)
- [Let's Make our Day Harder](#)
- [ABCs of Diabetes](#)

The #snap4SNAP conversation was held over social media venues like Twitter, Facebook and Instagram. Participants used the #snap4SNAP hashtag to share the importance of the [Supplemental Nutrition Assistance Program \(SNAP\)](#) in their lives, agencies, and beyond. There were over 1,800 tweets that were sent using that hashtag and more than 600 people from across the country who attended. See the full conversation that happened at this [website](#). Continue using #snap4SNAP hashtag over social media, so that the [Center for Hunger Free Communities](#) collect resources, proof and support for SNAP.

Resources:

The White House Conference on Aging (WHCoA) is slated for 2015. It is a once-a-decade conference which makes policy recommendations to the president and congress regarding the health and care for the aging population. The focus areas of this conference include dignity, health and economic security. The WHCoA's new [website](#) will provide you with information about the forthcoming meeting. Also, you'll find the [National Prevention Strategy website](#) resource with actionable steps to help increase the number of Americans who are healthy at every stage of life.

The Food Research & Action Center gives a [preview of the new research](#) focusing on food insecurity and food access for people of various ages.

When someone drops and re-enters the program Supplemental Nutrition Assistance Program (SNAP) within a couple of months' time, it's a burden for both the participant and the agency administering the food assistance. This [study](#) outlines the cost of this financial and administrative cost of this occurrence for both parties.

The Chef Ann Foundation has encouraged healthier food choices in schools for years. As school meals become healthier, Chef Ann shares some of her ideas about what's coming next. Watch [her video](#) to find out more.

A national survey finds that people on both sides of the political fence look to government to help against hunger. Read about it, [here](#).

Webinars:

NEW-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.

NEW-"A Closer Look at Dairy: Alternative Beverages, Antibiotics and GMOs" is a Society of Nutrition Education and Behavior webinar on December 3 at 12:00 PM (ET). During this time, you will learn about the nutritional benefits of dairy products beyond bone strengthening. Presenters will also compare milk's nutrients to alternative milk beverages (like soy or almond milk). Also, they'll focus on cow farming practices involving antibiotics and Genetically Modified Organisms (GMOs). All SNEB members and the first 200 non-members of SNEB to register will receive this webinar for free. If you miss this cut-off, it will be a \$25 fee. [You can register here](#). This session is sponsored by St. Louis District Dairy Council.

NEW-This Society of Nutrition Education and Behavior (SNEB) webinar, "Leveraging Social Media in Delivering Successful Nutrition Programs" is taking place on November 13th from 2:00 – 3:00 PM (ET). Featured nutrition programs will share their social media strategies that have an evaluation piece too. The term, "social media" includes their texting,

Twitter tags, blogs and Facebook promotions. SNEB & ASNNA members can attend the webinar for free. Non-members will need to pay \$25. [You can sign up today.](#)

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.](#)

[These clips](#) show the impact of all our food wasted in America.

This free, online course started on October 6th-November 14th. You can catch up by watching to recordings about the cutting-edge science behind the bacteria in your gut! You can observe the online class or gain an online certificate for free. Find out more about this class at [this website.](#)

Did you know that the Academy of Nutrition and Dietetics has an archive of food insecurity webinars? See [the list.](#)

Events:

NEW-Are you a Partner Agency of the Central PA Food Bank? Then you can join the Central PA Food Bank during their "Bountiful Produce: Storage, Preservation and Recipes" event on Friday, November 14, 2014 from 11:30-2:30 PM. This will be an interactive session focusing on understanding how long foods can safely stay on your shelf before being eaten, handling autumn produce, and other food safety tips. Be ready for recipes made from inventory at the Food Bank that your clients will love! Register by November 12 for free. There is a 30 person limit. You can register [here.](#)

NEW-Take another event hosted by the Central PA Food Bank for their Partner Agencies, "Diabetes: Learning the Basics." It's taught by a dietitian and PA NEN member, Heather Tressler. Registration will be open until November 13. Learn more about it, and register [here.](#)

The MacDonald Center for Obesity Prevention and Education, Villanova University College of Nursing Continuing Education, and the Philadelphia Dietetics Association has November events and webinars lined up. See the listings [here.](#)

The Allegheny County Health Department is seeking feedback about health issues from Allegheny County residents. This is being done through meetings organized according to County Council districts that will be held throughout Allegheny County. The theme of the public outreach campaign is "Our Health, Our Voice." The goals are to share key information about the local population's health and to hear from residents about what issues are affecting their community health. Meetings will be held on September 22-November 12. All residents are invited to attend. This [press release](#)

provides the details concerning date, time and location for each community meeting.

Grants and Opportunities:

NEW-The Sackler Institute is offering grants for academic and non-profit research focused on the nutrition of adolescent women. The deadline for submission is November 21st, 2014. Find out more information on this topic, specific requirements, and previous winners by [clicking 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.

A [press release](#) announced that \$2.5 million is available to establish the U.S. Department of Agriculture's Rural Child Poverty Nutrition Center which would support strategies for a healthier next generation in rural areas.