



Your Nutrition Resource Connection

## Nutrition News & Opportunities

November 9, 2015

IMPORTANT  
PA NEN LINKS

[PA NEN NEWS](#)  
[NIBBLE ARCHIVE](#)

### PA NEN News:

#### **Email Error - 2016 Annual Conference Information Update**

We apologize for the email that was sent yesterday, November 11, 2015. This email was sent in error. Please disregard the information. PA NEN's 2016 Annual Conference will be held on May 2-3 in Harrisburg, PA at the Sheraton Harrisburg-Hershey Hotel. Please visit [this website](#) for more information.



 Find us on  
**Facebook**

#### **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 the best online education tools and resources on [www.EatTogetherPA.org](http://www.EatTogetherPA.org). You'll find snacks and meal ideas for people on a tight budget and so much more. Here are our new websites:

- What is [Eat.Together.PA?](#)
- [Why family meals?](#)
- [16 Quick Healthy Snacks](#)
- [16 Fruit or Vegetable Snacks](#)
- [100+ Healthy Recipes on Social Media](#)
- [Yummy Snack Handouts](#)
- Online Nutrition Games & Apps:
  - [for Kids & Teens](#)
  - [for Adults](#)
- [Cooking Terms and Measurements](#)
- [Food Stories from People like You!](#)

If you have any questions or comments about the Eat.Together.PA campaign,

call the office at 717-233-1791 or email [Eat.Together.PA@phmc.org](mailto:Eat.Together.PA@phmc.org).

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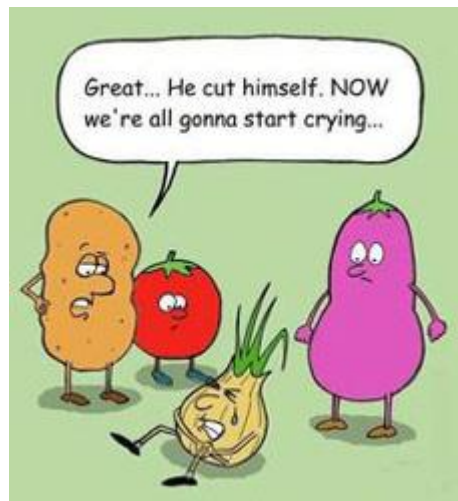
**Need a reason to be excited about PA NEN's 20th Anniversary? We have several ...**

PA NEN is celebrating its [20th Anniversary](#), and we want to APPLAUD and celebrate YOU - the members!

PA NEN will be hosting various events throughout the state to honor your contributions, achievements, dedication and support over the past 20 years and into the future. Click [here](#) to for locations and dates.

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**"Like" PA NEN on Facebook**



For more funny photos to brighten your day, "Like" PA NEN's [Facebook page](#). You'll also see member highlights, recipe videos, food pictures, sharable links, incredible nutrition messaging, and more!

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**International News:**

[So is a tax on soda going to affect how much people drink? We'll see.](#)

[Junk food is not the cause of obesity. Really?](#)

[5 tips for an allergy-friendly holiday gathering](#)

[Our genetics predict what we like or don't like to eat.](#)

Local foods grow enthusiasm for school lunch. Listen to [this story](#) to learn more.

[Know how long common foods can stay on your shelf with this guide.](#)

[The Supplemental Nutrition Assistance Program might benefit the community more than expected.](#)

[This woman worked for 50+ years and still needs the Supplemental Nutrition Program to help her make ends meet.](#)

[Researchers continue to study a single genetic variation that's linked to obesity. See their progress.](#)

[Turkey prices jump because of the bird flu outbreak across the US.](#)

[Brown or white? Can we judge an egg by its color?](#)

[Tackling childhood obesity is a collaborative cause – families, communities, teachers, doctors can all be involved! See how you can participate?](#)

[On the national level, a budget deal was struck. It will affect Commodity Supplemental Food Program, the Supplemental Nutrition Assistance Program for Woman Infants and Children \(WIC\), and other programs in 2016-2017.](#)

[Myth busted! Is it safe to refreeze thawed foods?](#)

[Add a grocery store with healthy options, ways to educate shoppers about these choices, and strategies to empower shoppers – you'll see all the difference.](#)

[A basketball player shares her story and defends the Supplemental Nutrition Assistance Program \(SNAP\) too.](#)

[8 seemingly healthful foods are not all they claim to be](#)

[10 factors to consider when creating an individualized meal plan](#)

[One school believes that their garden teaches so much!](#)

[No one claimed it was easy to get Supplemental Nutrition Assistance Benefits!](#)

### Local News:

**Pennsylvania:** Recall! Giant and Martin's is voluntarily recalling Nature's Promise Organic Edamame. See the details [here](#).

**Pennsylvania:** Hunger-Free Pennsylvania and numerous anti-hunger organizations signed this letter supporting a budget recommendation of \$21 million for the State Food Purchase Program and \$5 million for the

Pennsylvania Agricultural Surplus System in the Pennsylvania's fiscal year 2016-17. See more details about their recommendations [here](#).

**Chester County:** [Chester County Food Bank is holding a Thanksgiving food drive, and they're in need of donations.](#)

**Franklin County:** [Wilson College composts a local industry's food waste to use on their farm.](#)

**Lancaster:** [Non-profits and businesses pull together to fight hunger.](#)

**Lancaster:** [Hear one person's success story because of his partnership with staff at the Lancaster YMCA.](#)

**Pittsburgh:** This [extensive article](#) shares the history behind the food desserts in Pittsburgh, the web of inter-connectivity that helps reduce these issues, and other efforts being made to get rid hunger in this community.

### Social Media

Did you know that Sterlen Barr and Rapping for Prevention has a Facebook page? "Friend" [this page](#) to keep up with all the events they're attending!

The American College of Lifestyle Medicine (ACLM) hosted its annual conference on November 1-4, 2015. You can view their healthful, forward-thinking conversation about a diet and exercise as preventative medicine. See what's happening during the conference by following this hashtag - [#lifemed2015](#).

The True Health Initiative is looking to support a worldwide, coordinated, research-based message on healthfulness. Check what they're all about at this [website](#), and watch their [YouTube video](#) on the movement.

It's [Obesity Week 2015](#) in Las Angeles California. This conference brought together of nurses, physicians, dietitians, and other care providers to talk about ways of treating obesity and related conditions in their patients. See more about the event at their website. Get more resources by following the hashtag, #ow2015, on [Twitter](#) and [Facebook](#).

Bake something delicious, post a picture of it on Twitter with the hashtag #BakeItForward, and the Food Network will donate money toward a hungry child's meal. Find more details about the contest [here](#).

Empty Bowls was a fundraiser for the Second Harvest Food Bank of Lehigh Valley and North East Pennsylvania. Check out the [photos](#) from their Facebook Album to see the event, their new warehouse and everyone who attended.

The 5K Trick and Trot was held by the Lancaster YMCA. Wow, were the costumes show-stoppers! See their pictures [here](#)!

## Resources:

Take the [Penn State Hershey Pro Wellness Center quiz](#) to test whether you know about stretching and all of its benefits.

The Greater Pittsburgh Community Food Bank has a fabulous [general resource page](#). You'll find magazines with easy recipes using foods commonly found in the food bank, recipe cards picturing each step, and more storage and preservation tips.

This issue of *Health Affairs* lists [research studies](#) focusing on the cost of obesity, the implications of food insecurity, and policy that encourages for healthy behavior change.

Lower your risk of getting diabetes by reviewing these [common questions, answers and supplemental resources](#) about preventing the disease.

The Food Research and Action Center (FRAC) released their [FRAC Focus: Obesity and Poverty](#). In it, FRAC summarizes more than 24 studies on the latest research on the relationship between food insecurity and obesity.

Kids Cook Monday keeps a laundry list of free [downloadables and recipes](#) for eating healthy as a family.

Have you seen all these [resources](#) from the Academy of Nutrition and Dietetics regarding hunger and food security.

Organizations working towards a healthier, sustainable food system are listed on Food Tank's and The James Beard's Foundation's "Good Food Guide 2015". Find out more, [here](#).

The Secretary of Agriculture shared that 97 percent of schools report meeting the new federal nutrition standards. [Here](#) is the press release about it and the supporting [data](#) for each state.

The American Academy of Pediatrics released a [policy statement](#) calling for pediatricians across the country to play a role in reducing childhood food insecurity.

The National Association of Chronic Disease Directors (NACDD), along with the National Association of State Boards of Education (NASBE) and the Society of Health and Physical Educators (SHAPE America) worked to update the 2014 [State School Health Policy Matrix](#). It looks at state-level school health policies for topics like competitive foods and beverages, physical education and physical activity.

Find many abstracts from the [2015 European Nutrition Conference](#) in this document.

The study, "[Commercial Television Exposure, Fast Food Toy Collecting, and Family Visits to Fast Food Restaurants among Families Living in Rural Communities](#)," comes to you from the Journal of the Academy of Pediatrics.

### Webinar:

*NEW*-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](#).

*NEW*-On Thursday, November 19<sup>th</sup> at 12:00 PM, you can join Healthy People 2020 webinar, "[Who's Leading the Leading Health Indicators? Webinar: Nutrition, Physical Activity, and Obesity](#)". Come learn about King County's Communities Putting Prevention to Work Initiative which focuses on implementing policy, systems, environment, and infrastructure changes to address obesity by promoting healthy eating and active living (HEAL).

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](#).

Coursera is hosting a Child Nutrition and Cooking online course from Stanford University. You must sign up for Coursera to access this free course. View the syllabus and other course details [here](#).

The New York Times Food for Tomorrow Conference took place, and you can [watch the presentations](#) on subjects like Nutrition Label confusion, the disruption in the food industry, farm-driven food, public health nutrition and more!

### Events:

*NEW*-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.

*NEW*-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](#).

*NEW*-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](#).

Join The Gleaning Project of South Central PA at the Adams County Natural Research Center for their Empty Bowls 2015 fundraising event. On Saturday, November 15 from 2:00-4:00 PM, you can pay \$10 for a ticket to receive a brimming, handmade ceramic bowl filled with apple crisp with locally gleaned apples! All proceeds go to the Gleaning Project. Find more details [here](#). Sign into Facebook if you're interested in joining this event.

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*-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](#).

*NEW*-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.

Healthy People 2020's public comment period is open through November 13, 2015. Share your thoughts on proposed objectives today at this [website](#).

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

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