



Your Nutrition Resource Connection

Nutrition News & Opportunities

October 12, 2015

IMPORTANT PA NEN LINKS

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



PA NEN News:

PA NEN Conference Poster Display

Do you have a successful food project that you want to share with your colleagues?

If you answer, "YES," then you should be a part of the Resource Area at PA NEN's 2016 Annual Conference, "Nutrition Educators: Transforming Communities".

Find more information, and fill out an application [here](#).

Don't delay! Space is limited to 10 poster displays.

If you have any questions, please contact the PA NEN office at 717.233.1791 or email us at pa_nen@phmc.org.

"Like" PA NEN on Facebook

Indulge kids' cravings with snacks!
PA NEN's [Facebook page](#) (sign into Facebook before clicking this link) houses ideas like this one and more!



"Like" PA NEN's [Facebook page](#) to see recipe videos, food pictures, sharable links, incredible nutrition messaging, and more!

International News:

[This article archive shares developments in Farm to School across the nation.](#)

[Knowing what healthy eating looks like does not mean people will put it into practice.](#)

[What is the Food and Drug Administration's new labeling rule for Selenium on baby formula?](#)

[7 strategies to cook healthier Italian Food.](#)

"Organic," "Cage-Free," "Natural" – all these food claims catch our eyes. But, [what do they mean?](#)

[A school feeds breakfast, lunch, and dinner for their students and their community members who need it.](#)

[According to one study, what do you think was the most efficient exercise routine?](#)

Recycling at its best! [One food bank decides to put their food waste to good use by composting to make new soil for local farms.](#)

[Skip the gifts. These kids made sandwiches for the hungry on their birthday.](#)

[Learn the process one kitchen is taking to put the homeless to work, serve food to their community, utilize resources from local farmers, and so much more!](#)

[In Kansas, food bank supporters invest in land to plant food for the hungry.](#)

500+ pages of the Dietary Guideline recommendations are simplified into one paragraph within [this article](#).

[The Center of Disease Control and Prevention comments on their findings in their national obesity report and suggests ideas for reducing the statistics.](#)

[Know what triggers you to eat unhealthily.](#)

[More people visited emergency rooms because they misused dietary supplements.](#) Try these simple suggestions to prevent these ER visits:

- Keep dietary supplements out of the reach of children.
- If you have trouble swallowing, be aware of the size of the pills that you are taking.
- Speak with your doctor about using any supplements.

[Sure, we cannot overstate the importance of eating healthily; but healthy living also involves cooking, sleeping the right number of hours, and exercise.](#)

One historian outlines our love-hate relationship with leftovers over the years. Listen to her review over [radio podcast](#).

Local News:

Pennsylvania: [Penn State Nutrition Links shares their suggestions for dealing with picky eating.](#)

Pennsylvania: [Healthy behavior blossoms into positive emotions.](#)

Allentown: [Cooking Matters shares healthy, affordable meal ideas for families. One young mom shares how the program has impacted her.](#)

Pittsburgh: [Let's Move Pittsburgh created a resource about soda and sugar sweetened beverages.](#)

Philadelphia: [When life gives Philabundance apples, they make. . .](#)

Social Media

World Food Day was today! See what food, nutrition and agricultural resources are being shared with these hashtags [#WFD2015](#) and [#ZeroHunger](#).

Apples, apples, more apples! This [video](#) shows you how they're tested and harvested throughout Pennsylvania. Sign into Facebook before clicking this link.

As World Hunger Week comes to a close, check resources posted on this [Facebook page](#). Sign into Facebook before clicking this link.

Resources:

Registered Dietitians, Dietetic Technicians and Dietetic Students who are a part of the Academy of Nutrition and Dietetics can view their most recent [Journal](#) for articles like, "Dietary Research to Reduce Children's Oral Health Disparities: An Exploratory Cross-Sectional Analysis of Socioeconomic Status, Food Insecurity, and Fast-Food Consumption".

The Food Research & Action Center (FRAC) released, the "[Plan of Action to End Hunger in America](#)". The report outlines solutions for addressing hunger and poverty, especially as they relate to the political arena.

The US Department of Agriculture's Economic Research Service shared a report, "Food Choices and Store Proximity". It investigates the correlation between the distance of a low-income household from a grocery store and the purchase of 14 major food groups. This measurement allowed them to study diet quality of people living in low-income, low access areas. Check out the

study [here](#).

[The 42nd session of the Committee on World Food Security occurred throughout this week](#). Delegates from around the world gathered to discuss world hunger, along with issues regarding agriculture and the shrinking water supply. Watch recordings on this [website](#).

Webinar:

NEW-This [hour and a half long presentation](#) was given by a Harvard-trained Doctor and epidemiologist, David Katz. He speaks about how nutrition and diet can prevent a majority of chronic diseases. If you skip to 1 hour and 12 minutes into the presentation, he reveals innovative strategies to encourage healthier eating for families with limited resources.

The Institute of Medicine Workshop, "Meeting the Dietary Needs of Older Adults," will describe the unique dietary guidelines of those over 50 years of age. During the workshop, you will learn strategies to encourage this population to be fit and healthy; along with ways to encourage collaboration between the healthcare, private, and public sectors to assist in meeting that goal. The event will be held October 28-29, in Washington, DC but is available as a webcast for people who choose to attend offsite. Learn more about it [here](#). View the agenda [here](#). Register [here](#).

The Penn State Hershey Pro Wellness Center pairs seasonal, healthful [recipes with videos](#) that share simple cooking tips from well-trained chefs.

A series of [videos](#) looks into various topics involved with sustainable agriculture and healthy eating. The series was produced in a collaboration between the New York Times and the [Global Food Initiative](#) at the University of California.

The Society of Nutrition Education and Behavior (SNEB) is holding a webinar called, "Flavor with Less Sodium" on Thursday, Oct 22 at 2:30 PM (ET). Find out more details, and register at [this website](#). It is free to all SNEB members and costs \$25 for nonmembers.

Events:

Track your steps on November 2 for the United We Step Pedometer Challenge. The goal is raise awareness of obesity across the United States by asking Americans to track their steps over a 24 hour period. Find out all the details, [here](#).

On October 24 from 6:00-9:00 PM, the Empty Bowls event for the Second Harvest Food Bank is taking place! You can show support by buying tickets to a reception, dinner and silent auction. Check out the information [here](#).

The Philadelphia Hunger Coalition supports food banks and food pantries throughout the Greater Philadelphia area, especially during their Nourishing Neighbor Campaign. If you live in and around Philadelphia, you can shop for

the cause by going to a participating ACME and Giant near you. These stores are giving \$.10 for each purchase of Strohmann's bread toward the Nourishing Neighbor Campaign. Find out more information [here](#).

On October 25 from 11:00 AM-3:00 PM, the Central PA Food Bank is hosting its 28th Annual Central Pennsylvania Taste fundraising event. If you attend, 50 local food venues will draw you in by their delectable eats. Take a bite, and join the fun! Learn more by clicking [this link](#).

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](#).

The Institute of Medicine is holding a two-day workshop called, "Meeting the Dietary Needs of Older Adults." It's sponsored by the AARP Foundation and will be held on October 28-29, 2015 in Washington, DC. The workshop will examine the evidence on factors that influence older adults' ability to meet their daily dietary needs. See all the details at [this website](#).

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

Grants and Opportunities:

NEW-You, your kids, your grandchildren, you name it - can draw a solution for helping the hungry for Food Lion, and your art might end up on a Dood Lion shopping bag. See contest details [here](#).

NEW-You can apply for a \$4000 grant to start healthy changes at your school with Fuel Up to Play 60! The application deadline is November 4. Find more about it [here](#).

NEW-Money is available to implement Cooking Matters in the grocery store! Get the overview of this program, grant requirements, implementation strategies, and download the application [here](#). Grant amounts will vary depending on your reach.

The 2016 National Food Hub Conference is being held in Atlanta, Georgia on March 29-April 1. They are now looking for conference speakers. You can find an application on [this website](#), along with supplemental resources like audience expectations, suggested speaking subjects, registration and travel costs, and much more. Applications are due October 25.

The Penn State Hershey Pro-Wellness Center [archives grant opportunities](#). See webinars about some of these opportunities on their [YouTube page](#).

You can submit short films or videos about obesity, its consequences, the prejudice against it, and other topics on the matter. The American Society for Metabolic and Bariatric Surgery (ASMBS) sponsored this "It Starts Now" national video contest. Winners will receive \$5,000 and a trip to Los Angeles, where winning entries will premiere during Obesity Week 2015. Submit your piece by October 23, 2015. Find out more [here](#).

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

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