



Your Nutrition Resource Connection

## Nutrition News & Opportunities

October 19, 2015

### IMPORTANT PA NEN LINKS

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

#### **PA NEN 2016 Annual Conference Speakers**

Join PA NEN's Annual Conference to expand your views on health, food, physical activity, obesity and diversity. What you learn will help you encourage lifelong, healthy choices for your clients.

Here is the start of our 2016 speaker and topic lineup!

- Jim Painter will be the featured dietitian and food psychologist at our opening reception!
- Jose Garcia-Pabon looks at ways to increase Latino participation in nutrition programs.
- Scott Lesnick brings ideas for motivating, managing and mentoring multi-generations and cultures in the workplace.
- Julie Miller Jones investigates the craze behind wheat, gluten and health.

The remaining speakers will be announced next week!

Email us at [pa\\_nen@phmc.org](mailto:pa_nen@phmc.org) with questions.

#### **"Like" PA NEN on Facebook**

PANEN Member [Facebook](#) Highlight!

Julia and Kelly - PA NEN members and Messiah College Dietetic Interns in their Central Pennsylvania Food Bank rotation - share local apples with the locals in Harrisburg, PA! Looks beautifully delicious, ladies!



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

#### **International News:**

[Cash-strapped volunteers get discounts on groceries.](#)

[A Gallup poll reveals that more Americans are avoiding soda.](#)

[One person defends their usage of SNAP benefits or food stamps.](#)

With so many smartphone apps and other handheld devices, registered dietitians can communicate with their clients in real time. [See why virtual nutrition counseling and telehealth are trending.](#)

[An NFL player leaves his 29 million dollar contract to farm and feed the hungry.](#)

[According to this PA NEN member, these 5 food and drinks might make you feel older.](#)

[Four autumn treats to boost your energy!](#)

[In Missouri, food-filled, "mustang packs" go to kids to satisfy weekend hunger.](#)

[Seniors heal faster because they receive registered-dietitian-approved meal delivery.](#)

Yesterday was the Farm to School Day of Action. See what that means and all

the activities that took place [here](#).

[An observational study shows that exercising during your forties and fifties might reduce medical costs and cardiovascular events later in life.](#)

[One study shows that anorexics' brains function differently than normal people.](#)

[A UK supermarket chain will reduce food waste by shipping their fruits and vegetables to the store two days earlier than usual!](#)

### Local News:

**Pennsylvania:** [Hershey Pro Wellness posted a body mass index screening letter for parents on the Pennsylvania Department of Health website.](#)

**Pennsylvania:** [Penn State Nutrition Links shares the peppery flavors of watercress on their blog.](#)

**Pittsburgh:** [One study reinforces avoiding alcohol while pregnant.](#)

**Wilkes-Barre:** [During the Wilkes-Barre/Scranton Penguins' home games, every goal scored by the home-team means that Dunkin' Donuts will donate five pounds of coffee to a local food bank.](#)

### Social Media

Many Pennsylvania organizations, food banks, food pantries, and other anti-hunger agencies have a Facebook page where they post local events, articles, and resources. Check them out. Sign into Facebook in order to "like" these pages.

- [Hunger-Free Pennsylvania](#)
- [The Center for Hunger-Free Communities](#)
- [Philabundance](#)
- [The Central Pennsylvania Food Bank](#)
- [Penn State Nutrition Links](#)
- [The Food Trust](#)
- [The Greater Philadelphia Coalition Against Hunger](#)
- [Penn State Pro Wellness](#)
- [The Pennsylvania Academy of Nutrition and Dietetics](#)
- [The Central Pennsylvania Academy of Nutrition and Dietetics](#)
- [The Pennsylvania Nutrition Education Network](#)

MyPlate created an [infographic](#) with statistics about food waste across the U.S.

This [YouTube video](#) tests 6 ideas to save an avocado from browning.

[#FoodDay2015](#) happens this Saturday, October 24. Keep an eye on this [Twitter hashtag](#) to see awesome links, resources, and who is celebrating.

The New York Times held their second annual New York Times Food for Tomorrow Conference. See resources, speaker videos, and more by following this hashtag - [#NYTFFT](#)

You can repost this Facebook [infographic](#) to share Halloween treats that are safe for kids with food allergies.

What do you think about a standing desk for every school kid? This [Facebook video](#) shows you what this might look like.

### Resources:

MyPlate developed a [website](#) with tips and tricks to reduce food waste in U.S. households. It's called, "Let's Talk Trash".

[Myplate lists their healthy recipe booklets and menus](#). Don't miss the ones for people on a slim budget!

To celebrate World Food Day, EAT and Sustainia released a [publication](#) that outlines the challenges, opportunities and developments within the changing, global food systems. They want better food, consumer health and a sustainable environment.

A new ne/Frame is available in English and Spanish that is directed to parents/caregivers who are concerned about their child's weight. The program, "My Child's Weight," is based on the Health at Every Size and Satter's Division of Responsibility models. An evaluation report is also included with the program. All materials can be found [here](#).

### Webinar:

*NEW*-One registered dietitian interviews health professionals, farmers, and others involved in changing our food system. Her radio podcast resides [here](#).

*NEW*-The US Department of Agriculture's Professional Standards for School Nutrition Professionals [website](#) houses a webinar archive on various topics pertinent to their field.

*NEW*-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!

*NEW*-On Monday, Nov 02, 2015 at 12:00 PM (EST), the Society of Nutrition Education and Behavior (SNEB) is holding a webinar about a research article titled, "Validation of 5 Stage-of-Change Measures for Parental Support of

Healthy Eating and Activity". It will cover the behavior change theory and how to measure the various stages of change within the nutrition arena. You can register [here](#). SNEB members will be able to attend for free; non-members will be charged \$25.

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](#).

### Events:

*NEW*-Food Day is Saturday, October 24! Check what people are doing to celebrate from presentations, cooking demos, social media and more!

- Find more about Food Day [here](#).
- Get involved by looking [here](#)!
- Learn more about those already participating in National Food Day [here](#).
- Utilize [these guides and resources](#) to prepare an event.

*NEW*-A Fun Run will be held on Tuesday, November 3 from 5:30-7:30 PM in Duquesne, PA to support the Greater Pittsburgh Community Food Bank. Find out more in this [Facebook invite](#). Sign into Facebook before viewing this link, if you would like to RSVP.

*NEW*-Until October 30, the Philadelphia's Septa system is collecting food donations at 43 locations throughout Philadelphia. Click [here](#) for more information about what food to donate, drop-off locations and more.

*NEW*-The author of "Good Food Cheap," a recipe booklet for participants of the Supplemental Nutrition Assistance Program, is visiting the Free Library of Philadelphia on Tuesday, October 27. To find out more information, scroll through [this article](#).

*NEW*- 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](#)!

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](#).

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:**

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](#).

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](#).

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](#).

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

