



Your Nutrition Resource Connection

Nutrition News & Opportunities

October 26, 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 with questions.

"Like" PA NEN on Facebook

Eat a different kind of apple a day for 7 years. Then, you would munch on all 2500 varieties grown across the USA (Can you believe that there are 8000 types harvested around the world?!).



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

International News:

[Pediatricians will now ask kids about hunger at their checkups.](#) Another [article](#) highlights the matter.

[Do stressed kids eat more cookies?](#)

[In order to support better nutrition worldwide, we need better data about global food systems.](#)

[Physical activity boosts brain activity.](#)

[A "grocery bus route" would stop at every food store and public housing location in this area.](#)

This [article](#) shares tips for taking food photography with your smart phone.

[The Farm to School census shows that local food purchasing for school food is increasing.](#)

Red and processed meats are linked to cancer. Now, how do you, as educators, talk about it?

- First, you can read the entire [report](#) and [summary](#).
- Follow up with the [question and answer page](#) directly from the agency who provided the designation.
- Then, make sure the message hits home with this [guide](#) on all things that cause cancer.
- You can listen to a researcher in this short [video](#) for an abbreviated but understandable description of the report.
- Then, broaden your understanding on the issue by reviewing what

other health professionals are saying [here](#) and [there](#).

[The last 10 things that were bought by someone using food stamps](#)

[Free and reduced lunches are served out of a food truck, and now students consider them cool!](#)

[Why do people give up on diet and health advice?](#)

[Community eligibility increased the number of schools offering free and reduced lunch by 20%.](#)

One kid advocates for healthy food in schools. Read her story [here](#).

[Shift into holiday gear with 10 tips for hosting a healthy dinner \(or lunch, even breakfast\) party!](#)

[Top chefs from across the nation advocate for healthy school lunch standards.](#)

[5 schools change lunch.](#)

[Added sugar – this list of articles covers the research and the politics behind it.](#)

[Keep Halloween from being scary with these foods safety tips!](#)

Local News:

Pennsylvania: [David Trail Mix Sweet & Salty has been recalled because of an undeclared dairy allergen.](#)

Pennsylvania: [Herr's potato chips announces a recall on their 1.875 oz. Sour Cream and Onion Potato Chips because of an incorrect "Gluten Free" label.](#)

Pennsylvania: Pennsylvania has a venison donation program! Hunters Sharing the Harvest will accept parts of a deer to share with food banks. Check out their [Facebook page](#) and [website](#) for more information!

Central Pennsylvania: [The Central PA Food Bank set some bold goals for next year including an increase in their Supplemental Nutrition Assistance Program outreach.](#)

Social Media

Chefs from around the country stand up for school lunch standards. To share how they did it, they used the hashtag [#EatLikeAKid](#) on Twitter and posted thousands of pictures on [Instagram](#). Read more about this event, [here](#).

On the [Pottstown School District Wellness' Facebook](#) page, you can see their

“Walking School Bus” where kids trek to school together with adult chaperones. Sign into Facebook in order to like the page.

The World Health Organization thinks there is enough evidence to support that red and processed meats are linked to cancer. Here are two infographics that might give you a better picture of the matter – [one](#) and [two](#).

Prepare for the holidays with this social media [infographic](#) about keeping your food safe and delicious for guests.

Resources:

SNAP-Ed Connection has a new website location. Revisit all their awesome resources at this [link](#).

Family resiliency, or how stress is handled or perceived within the family structure or routines, can significantly influence a child’s weight status. Food and nutrition, along with stress management skills, might bring about more behavior change than traditional nutrition education. Find more details look within this [literature review](#).

Dietetic Interns join food banks across the U.S. for their supervised practice concentration. Here is a resource that provides 12 activities for dietetic interns to accomplish over 120 hours. After which, they will be prepared for an entry level job at a food bank. Check out the resource [here](#).

The [End Rural Hunger Project](#) is striving to attain meaningful data supporting the progress of reducing hunger worldwide. This data will be the backbone for reform.

Farm to school census data was released. More kids purchase and consume school food when they have access to a farm-to-school program. Find more positive results at [this website](#).

Webinar:

NEW-The Tuft’s Friedman 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](#).

NEW-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](#).

NEW-Join US Department of Agriculture’s Institute of Food Safety and Nutrition (IFSN) on November 5 at 3:00 PM (ET) for a webinar focused on the best ways to communicate science and nutrition research to make the most

impact on your audience. Register [here](#).

NEW-In this [9 minute video](#) interview, Dr. David Katz shares why health should be a family value.

NEW-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!

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-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](#).

NEW-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.

NEW-Jump into your costumes for the Lancaster YMCA's "Trick or Trot" race on the morning of October 31, 2015. All race and registration details can be found [here](#).

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.

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.

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](#).

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 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.

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

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 Food 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 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](#).

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