

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 27, 2014

## IMPORTANT PA NEN LINKS

[NEWS NIBBLE ARCHIVES](#)

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## PA NEN News:

### **S.N.A.C. Raffle! One More Prize Left!**

Presenting our newest SNAC Raffle winner - Sara Wingert! She's a pro working with the Lebanon Family Health Services WIC program for the past 19 years! Learn what her program offers [here](#).

She'll be enjoying, Karen Le Billon's new book, "Getting to Yum."

One more prize to go! [Find out more, and take the SNAC survey.](#)

## International and National News:

[As a part of the healthy Schools campaign, school kids compete to make the healthiest and most delicious \\$1.00 meal.](#)

[The number of children in poverty is staggeringly high.](#)

[Use these kitchen tricks to save fresh food.](#)

Are any of your clients on a gluten-free diet? Someday they might be able to forget the confusion of reading nutrition labels! [A gluten detecting device could help!](#)

[Gluten-free, dairy-free, nut-free! What is it like to live with so many dietary restrictions?](#)

[How did they turn a neighborhood pool into a greenhouse and a source for local produce?](#)

[Hunger relief comes in all shapes, sizes, and forms.](#)

[A food pantry services men and women who pledged their life for their country.](#)

[Over the past couple of years, fewer Latinos are affected by hunger. However, the numbers roll in showing that hunger is still disproportionately high in this population.](#)

[A 13-year-old farmers market runs strong, especially while collaborating with nutrition education professionals.](#)

Halloween. Many healthy moms wish the candies out of existence. [Read on for some healthy suggestions!](#)

[Food banks need food and other supplies too.](#)

[Breakfast happens around the world! Snacking does too!](#)

[Let's spotlight the need for worksite wellness.](#)

[Let's get real about eating disorders.](#)

Moving towards healthy school food is tall order. A tight budget, limited labor, and a three month summer break restrict food service workers and the food industry from taking a healthier approach toward school meals. Nevertheless, [read about model programs.](#)

## **Local:**

**Pennsylvania:** [Depending on who gets elected, asset testing for food stamp participants might be a thing of the past.](#)

**Pennsylvania:** [Recalling gluten-free, breaded chicken!](#)

**Pennsylvania:** [What does it take to feed 2 million hungry Pennsylvanians?](#)

**Harrisburg:** [Junior Council members work to fight hunger.](#)

**Philadelphia:** [Seven take-home tips toward better meal planning](#)

**Philadelphia:** [See how Green Light Food Pantries do it all - from nutrition education classes, to healthier food options, even application assistance for Supplemental Nutrition Assistance Program \(SNAP\).](#)

**Pittsburgh:** [The Canned Food Alliance observations show a relationship between kids eating more fruit and vegetables and the increase in canned food intake.](#)

**State College:** [Can certain nutrients affect our brain and mood?](#)

## Social Media:

Check these [Lunches from around the world](#). Then, you can share the video over Facebook!

[@healthyschools](#) shares stories about chefs in schools #cookingupchange. Read more about the campaign at [cookingupchange.org](#)

A #snap4SNAP chat on Twitter, Facebook, Instagram celebrated 50 years of food stamps. Click [here](#) to see who participated in the chat. Even if you didn't sign up, you can still follow the #snap4SNAP hashtag on [Twitter](#), Instagram, and [Facebook](#)

October 13-17th was National School Lunch Week. Get the scoop on what's going on in school cafeterias across the country by following the [#LunchWeekChat Twitter chat](#).

## Resources:

MyPlate generated a high school [curriculum](#).

An article in the Journal of Community Health shows the need for nutrition education catered to low-income males with children. [Check it out](#). The study is only available for one more week!

This [spice infographic](#) matches spices and foods (without any measurements). Maybe, it can help you build your next meal!

Bread for the World writes their Hunger Report which [outlines the plan](#) end world hunger by 2030.

[The Food Research Action Center and 1000 other nutrition organizations wrote a letter to the president about childhood nutrition programs.](#)

[Here is some proof that healthy vending machines are accepted.](#)

Have you seen the [Farm to School program toolkit](#)?

Do you want to learn more about the release of the 2015 Dietary Guidelines? Check out the planning meeting timeline [here](#). Find an overview, list of planning meetings and recordings, supplementary resources, commentary from people like you, and more. [Click here](#).

## Webinars:

*NEW*-Free continuing education is presented by Nutrition Dimension. Sign up for alerts from them [here](#).

*NEW*-[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](#).

"[Best Practices and Solutions for Addressing Food Waste](#)" will share forward-thinking ideas to deal with 40% of food that's wasted around the world. Find out more about the webinar, [here](#). It starts November 4th from 3:00-4:00 PM (ET).

On November 6th at 2:00 PM (ET), you can listen in on a presentation about the evolution of sodium recommendations and research during this webinar, "Sodium (Too much, Too little or Just right?)." Click [here](#) to learn more.

Hear Michael Pollen talk food on this [BBC broadcast](#).

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

### Events:

*NEW*-The MacDonald Center for Obesity Prevention and Education, Villanova University College of Nursing Continuing Education, and the Philadelphia Dietetics Association has October and 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:

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.

The Academy of Nutrition and Dietetics, through the Academy Positions Committee (APC), is soliciting for authors, content advisors and reviewers for the position paper on Food Insecurity in the United States. You must be a dietitian in this focus area to participate. Look [here](#) for a detailed

explanation of the subject matter and qualifications.

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