



Your Nutrition Resource Connection

Nutrition News & Opportunities

October 4, 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](#).

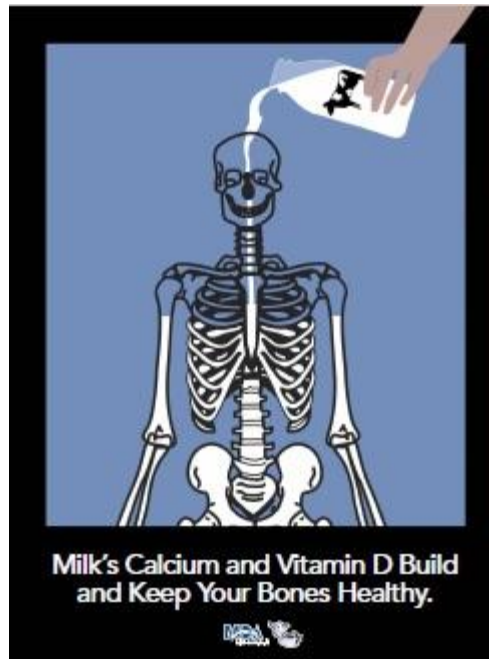
Don't delay! Space is limited to 10 poster displays.

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

Seeing skeletons all around lately? How about a healthy bones message this Halloween? Email the Mid Atlantic Dairy Association's Megan Rosenberg at mrosenberg@milk4u.org for up to 5 free copies of the poster below.

This opportunity and so much more is posted on PA NEN's [Facebook page](#) (sign into Facebook before clicking this link)!



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

International News:

[See the national awards for local food system promotion and food security.](#)

[What are natural and artificial flavors?](#)

[Are late nights disrupting teens circadian rhythm and metabolism? Much more research needs to be done.](#)

[What is "epigenetics," and how does nutrition play a major role in this research?](#)

[Check out the fall harvest at the White House.](#)

The House Agriculture Committee held a [hearing](#) on the proposed 2015 Dietary Guidelines for Americans. [Here](#) is a summary of what resulted.

[One special garden connects education, health, and community in a place that needs it.](#)

[What are the politics behind the negative outlook on the 2015 Dietary Guidelines?](#)

Local News:

Pennsylvania: [A certain kind of granola was recalled in Trader Joe outlets](#)

[because of unlabeled food allergens.](#)

Pennsylvania: [A strain of Listeria was discovered in Papillon Organic Roquefort Cheese sold in Whole Foods Market. This item has been recalled.](#)

Philadelphia: [You can discover food assistance available throughout Philadelphia by using this updated map.](#)

Philadelphia: [What will this woman feed her family?](#)

Pittsburgh: [If you are from the area, you can nominate innovative schools encouraging healthier kids for the Let's Move Healthy School Award.](#)

Social Media:

You can follow the National Farm to School Day's [Instagram account](#).

Feeding Pennsylvania attended Feeding America's National Conference and calls Pennsylvania's local food banks to unite. See their inspiring message on this [Facebook post](#).

Iowa State University's Cooperative Extension shares how to safely handle and cook winter squash over this [YouTube video](#).

An [app](#) connects a community to all their healthy, local activities!

Resources:

"Healthy Cities Food Banks: Case Studies" describes a pilot project by Feeding America and the Academy of Nutrition and Dietetics! Throughout this document you will see how various food banks were transformed to serve as community health hubs, involving four components: food distribution, nutrition education, health screenings, and the opportunity for physical activity. Find out more [here](#).

National Walk to School Day has already come and gone, but here are some great [resources](#) to celebrate it all year long!

According to this [new report](#) from the Congressional Budget Office (CBO), child nutrition program (like the School Breakfast Program or Lunch Program) spending has more than doubled since 1990—to \$20 billion in 2014.

Webinar:

NEW-The Go40orBelow campaign will be introduced during a webinar on October 15, 2016 at 3:00 PM (ET). It's all about the importance of correct food storage in the fridge and how doing it improperly might contribute to a risk of food poisoning. You can register [here](#).

NEW-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.

We know what's healthy. Now, why are we still arguing about it. Watch this [video](#) to see more.

The Society of Nutrition Education and Behavior's (SNEB) Journal Club webinars are back to start the school year. Grab a group of students to listen to the most up-to-date research from the community nutrition field. Then, ask those researchers questions directly over the webinar! The session is free to SNEB members but is \$25 dollars for non-members. Plan these Journal Clubs into your lesson plan by looking at [the list of webinars](#) and the time they'll be presented throughout this Fall.

The National Collaborative on Childhood Obesity Research (NCCOR) archives webinars and slides about obesity reduction. See the presentation summaries, and watch all of their webinars [here](#)!

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-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 Society of Nutrition Education and Behavior is asking for proposals for their 2016 Annual Conference in San Diego, California. [See](#) the criteria to apply. Applications are due on October 9th.

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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Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP).

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