

PA NEN - Weekly Food & Nutrition News Nibbles



Week of October 6, 2014

IMPORTANT PA NEN LINKS

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PA NEN News

One Simple SNAC Survey, Four Chances to Win!

The State Nutrition Action Committee (SNAC) committee wants to develop new and effective fruit and vegetable materials, and they need your help! Take brief [survey](#) that will take you 3 minutes or less! Afterward, you'll have a chance to win COWORKER-ENVY PRIZES like a funny-food coffee mug, office décor, and hot-off-the press nutrition books! See the prize list [here](#)! Find out all the details about this survey, [here](#)!

*NOTE: You must be a [PA NEN member](#) to participate.

International and National News:

[These whole grains can fit in a gluten free diet.](#)

[Healthy school policy ensures that kids across a multiple school districts get gym class.](#)

[How can urban areas be more walkable?](#)

A "[We Love Eating](#)" campaign shares a positive, healthy message in multiple cities across Europe.

Priorities were set to reduce obesity in the Western Hemisphere. See [all the tactics](#) outlined.

[Hungry kids from low-income families draw pictures of how they envision their world.](#)

[Fruit and vegetables will be marketed in a whole new way.](#)

[University of Maryland sets up a food bank for hungry college students.](#)

Child Health Day is the first Monday in October. The [presidential proclamation](#) tells us what it entails.

Local:

Philadelphia: [Tanya Thampi-Sen, MPH, RD](#) has almost 20 years of experience in the fields of health, hunger and nutrition. She resides at the [Greater Philadelphia Coalition Against Hunger](#) since 2000. Her job includes teaching community members how to eat healthy on a budget. She advises food pantries and soup kitchens on ways to provide healthier food to their clients. In 2013, she helped develop the Green Light Pantries which provide nutritious food to their clients with nutrition workshops, health screenings and more. She is one of the 16 semi-finalists chosen from 530 nominees. You can vote today at [this website!](#)

Pottstown: [Pottstown Elementary students get fit with their families through a fun night of yoga, palates, blood pressure screenings and more!](#)

Social Media:

Promote your work over the internet with a [free word image](#). Check out the [pumpkin word image](#) created by Alice Henneman of Nebraska-Lincoln Cooperative Extension. Her art is being used to promote the [October Food Calendar of National Days, Weeks and Months](#).

Pottstown School District Wellness started a [Facebook page](#) with awesome ideas to get kids moving in their school and community.

Resources:

The World Health Organization adopted a food and nutrition action plan for 2015-2020. Learn more by watching the video to the right of this [webpage](#). Find the report, [here](#).

Check out and share this [Calorie Balance infographic](#) from MyPlate.

According to the Food Research Action Center, the Supplemental Nutrition Assistance Program for Women, Infants, and Children (WIC) has an impact on what mom's eat. Review this [news article](#) and the [report brief](#).

[Here](#) is a government resource about Non-nutritive sweeteners

Check out this [simple, straightforward visual aid](#) about storing fresh food in the kitchen.

[Learn more about food allergies from this government resource list.](#)

The University of Minnesota Cooperative Extension has created [recipe cards for seniors!](#)

Webinars:

NEW-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](#).

NEW-"[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).

NEW-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.

NEW-"Making Healthful Eating Behaviors Stick: Using Consumer Insights to Identify What Works" is a [webinar](#) on October 28th from 1:00-2:00 PM (ET). Find out the research behind making health messages that stick with clients.

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](#).

Science Friday presented a podcast with a researcher who published the article about how artificial sweeteners might negatively affect your microbiome. [Listen in](#).

This Science Friday's [webcast](#) brings to light the new explorations in gut bacteria.

Check out the [list of 2014-2015 Journal Club webinars](#) from the Society of Nutrition Education and Behavior. These webinars are based off of current, nutrition research pertinent to people studying dietetics, dietitians in the field, and other health providers.

- October 13th at 1:00 PM (ET): "Environmental Factors That Impact the Eating Behaviors of Low-income African American Adolescents in Baltimore City"

Events:

NEW-You can tour the Central Pennsylvania Food Bank on the 2nd Tuesday and 4th Thursday of each month at specific times. Look [here](#) for details.

NEW-South Central Pennsylvania – The South Central PA Food Systems

Alliance's roundtable networking session is slated for Tuesday, October 28th from 2:00-4:00 PM at the Broad Street Market in Harrisburg, PA. Presenters from around the region will focus on the local food system development. Please let them know if you're able to participate by sending an email to [Cheryl Burns](#) or through their [Facebook Event page](#).

Save your receipts (for food and gas) from GIANT food stores, and donate to Project SHARE. \$1 for each receipt will be collected throughout the month of October. The goal is to reach the \$5,000 mark. You can drop the receipts off here at Project SHARE between 8:00 AM-4:00 PM on Monday through Friday. Or, mail them to Project Share. Find their address on this [website](#). You can also drop the receipts off at the Carlisle YWCA, Whistlestop Bookshop, Carlisle Chamber of Commerce, Fairground Diner, Dream Maker's Tanning Salon, Kimberly's Cafe or Susquehanna Bank on York Road.

You can join the Central PA Food Bank in October for their Taste Event on Sunday, October 27th. It goes from 1:00-3:30 PM at Strawberry Square in Harrisburg, PA. For more information, [click 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.

FNCE, October 18-21, 2014: Save the date for this year's Food and Nutrition Conference & Expo located in Atlanta, Georgia. [Click here](#) for more information regarding the event and speakers.

Grants and Opportunities:

NEW-During the month of October, Farm to School is offering an opportunity for people who join their [membership](#) and/or fill out a "[Share Form](#)" on their website. If you choose to participate, you will be entered to win a drawing for \$1,000 to spend on a Farm to School or Farm to Preschool project in your community! Check out the full [contest details](#).

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.

\$52 million will be available for organic and local food economies through five different grant programs. [See if any of this money could be utilized by your program.](#)

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.

\$5.7 million will be made available for Team Nutrition Grants. Money will be given to National School Lunch and Child and Adult Care Food Programs to help them provide healthier lunches to kids. Recipients will focus on [Smart Lunchroom strategies](#). See more about this opportunity at this [website](#).

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