



Your Nutrition Resource Connection

## Nutrition News & Opportunities

September 28, 2015

### IMPORTANT PA NEN LINKS

[PA NEN NEWS](#)  
[NIBBLE ARCHIVE](#)



### PA NEN News:

#### **Join Us! Volunteer for PA NEN!**

Are you in an undergrad, masters or PhD program? Are you a dietetic Intern or registered dietitian? Do you grow a garden? Are you a journalist? Do you work production, graphic design or have website programming skills?

We have welcomed all kinds of volunteers that positively impacted PA NEN and our membership. They have helped us provide original, attractive, and valuable content; worked behind the scenes during kitchen workshops; joined us in the everyday around the office; and more. Email [us](#), if you are interested in this opportunity.

#### **Save the Date!**

PA NEN's 2016 Annual Conference, "Nutrition Educators: Transforming Our Communities," is happening on May 2-3, 2016.

Come join your nutrition colleagues as they acquire new nutrition information designed to benefit clients by nourishing their minds to form healthy views on food, physical activity, obesity and diversity and encourage lifelong choices.

Highlights for the 2016 Conference include:

- Dr. Jim Painter is back by popular demand (Find all the wonderful things he does [here!](#))
- Gain knowledge about diversity within the Latino and African American communities.
- Get tips for working with the aging populations.
- Join in on NEW networking opportunities!

...and so much more!

Registration opens Winter 2016!

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

Does anyone want a heart healthy take on Paella for Hispanic Heritage Month?

You can play this recipe video on PA NEN's [Facebook page](#) (sign into Facebook before clicking this link)!



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

### **International News:**

[Water sports for every age bring exercise to a whole new level.](#)

[California looks to encourage Supplemental Nutrition Assistance Program recipients to shop the farmers market.](#)

[The UN sets a bold goal to end hunger in 2030 and calls young people to help.](#)

[Try the bulk aisle for affordable, healthy groceries.](#)

[Baltimore's Mayor vows to increase food availability for everyone around her city.](#)

Hot topic!

- [The British Medical Journal \(BMJ\) accused the US Dietary Guidelines of pushing the wrong nutrition paradigm.](#)
- [Dr. David Katz contests points made in the BMJ recording above.](#) He states that hyperbolic food headlines make good news, but science doesn't work that way. Research is about making incremental additions that build on what we knew before.
- Here is a [response](#) to the BMJ article with commentary from well-known nutrition professionals.
- Here is another [article](#) in support of the Dietary Guidelines.
- [The American College of Lifestyle Medicine supports the current](#)

[methods of developing the 2015 Dietary Guidelines.](#)

School lunches across the US are made with healthier, fresher food that tastes better too. [Here is one example.](#)

[Professionals share why it might be harder for people to lose weight now compared to previous years.](#)

[Stigma and weight bias remains prominent in our community.](#)

[Statistics show that healthier school meals are being served and eaten.](#)

[Food plates look very different depending on how much money people make.](#)

[Could everyone across the United States eat locally?](#)

[VA dietitians teach veterans what's healthy!](#)

[What foods can most likely be found in dietitian's kitchens?](#)

### Local News:

**Pennsylvania:** [The Wolf administration announces a renewed commitment to fighting hunger throughout Pennsylvania.](#) Find another article about the matter [here.](#)

**Pennsylvania:** Pennsylvania's Senator Casey presented the Healthy Young Kids Act. [See what it's about.](#)

**Pennsylvania:** [Penn State Extension encourages proper hand washing to prevent illnesses.](#)

**Berks County:** [Volunteers dig up 24,240 pounds of potatoes that will be donated to local food banks!](#)

**Harrisburg:** [The Central PA Food Bank gives food for hungry kids and their families throughout the Central Dauphin Middle School.](#)

**Pittsburgh:** [Check out all the people and places fighting childhood hunger in Pittsburgh.](#)

**Washington County:** [The Greater Washington County Food Bank looks forward to moving to a new location!](#)

### Social Media

Check out MyPlate's [tips](#) for sharing healthful ideas across social media.

Farm to School Month started yesterday, and you can join in the fun by looking at all the social media coverage, along with other ways to get involved from [this website](#).

The "Wild about Health" campaign encourages kids and their families to eat and exercise like the zoo animals do! Watch this success story [here](#)!

This [infographic](#) shows that diet and exercise are both necessary to stay healthy.

World Obesity Day is on October 11. Its goal is to share the impact that obesity has on the individual level, on health systems, and global systems. Find out more about it [here](#), and follow the [#WorldObesityDay hashtag](#) to see resources and links posted on Twitter from around the world.

This [infographic](#) shares the benefits of kids becoming physically active.

Did you know that Feeding Pennsylvania, an organization that supports food pantries and food banks to reduce hunger across the state, is on [Instagram](#) and [Facebook](#)?

The Partnership for Food Safety Education posts food safety tips and myth busters on their [Facebook page](#).

### Resources

The National Anti-Hunger Policy Conference happened in March of 2015 in Washington DC. You can download the PowerPoint slides from the presenters [here](#).

This report shares how Voices for Healthy Kids has transformed communities across the United States to ensure that children grow to a healthy weight. This impressive [report](#) shares innovative ideas to increase access to food and physical activity.

The Center of Disease Control and Prevention keeps a list of [breastfeeding resources](#) supporting this practice.

"The State of Obesity: Better Policies for a Healthier America," is a report released by the Trust for America's Health and the Robert Wood Johnson Foundation. In it, you'll find obesity rankings and ratings broken down by age, economic status, race, and food availability. The report also touches on the various initiatives, programs and policies that have impacted ratings in positive ways. [Find out more](#).

The US Department of Agriculture created a manual called, "[Procuring Local Foods for Childhood Nutrition Programs](#)."

Do you want more information about incorporating short activity bursts for kids in the classroom? You can sign up to use this manual [here](#).

### Webinar:

*NEW*-The Penn State Hershey Pro Wellness Center pairs seasonal, healthful [recipes with videos](#) that share simple cooking tips from well-trained chefs.

*NEW*-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:

*NEW*-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](#).

*NEW*-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](#).

*NEW*-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 Stroehmann'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](#).

The Harvest Festival for Project Share's 30th Anniversary is a one-time, anniversary event that will help preserve this organization's mission of serving sustainably sourced food to their community. It's happening on October 16 from 6:00-10:00 PM. All they have lined up, along with the price of the event, is listed at [this website](#).

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](#).

Carousel Garden runs "Carousel Cares." In this program, you can drop off excess garden produce donations on Fridays from 8:00 AM – 6:00 PM and Saturdays from 8 AM – 10 AM. It's located at 591 Durham Road, Newtown, PA 18940. [Dig into the details](#).

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 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](#).

