

PA NEN - Weekly Food & Nutrition News Nibbles



Week of September 29, 2014

IMPORTANT PA NEN LINKS

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PA NEN News

Your Invitation to Attend a PANEN Board Meeting

Here's your chance to attend a PA NEN Board Meeting. Learn how the Network operates, about its committees and what plans are on the horizon. The upcoming meeting will take place on October 16th at the Sheraton Harrisburg-Hershey hotel. RSVP by October 1st. For further details, click [here](#). You must be member of PA NEN to attend.

Be a Vendor at the PA NEN 2015 Annual Conference!

Would your organization like to be a vendor at our 2015 Annual Conference? Do you have any suggestions for possible vendors? If so, PA NEN wants to hear from you! Click [here](#) for more information. Please RSVP by Wednesday, December 17, 2014.

International and National News:

[View pictures of hospital meals from around the world!](#)

Shedding pounds without much effort sounds idyllic. But, it's the motto of this researcher. Read a compelling [article](#) that explains his theory.

[Food insecurity leads to increased violence, strains on the water supply and an increase in poverty around the world.](#)

[The Bronx grows a garden movement!](#)

How do we save all that [wasted food](#)? [We share and eat it!](#)

[Exercise to fight depression.](#)

In Maine, [the neediest communities are receiving free school meals for all kids.](#)

Local:

Pennsylvania: [Volunteers across Pennsylvania](#) joined together to play softball and raise money to fight hunger! You can watch some of the action on [this video](#).

Pennsylvania: [Pennsylvania still struggles to get food on the table. Data confirms it.](#)

Chester: [Fare and Square is a food market that serves the underprivileged in the community. Hear the locals speak about the store's impact!](#)

Penn Township: [School food turns to healthy options. The students agree that healthy food tastes better than the normal hot dogs.](#)

Philadelphia: [SHARE distributes food in poverty stricken areas across Philadelphia.](#)

Philadelphia: [The Philadelphia Hunger Coalition works innovatively with local partners and grocery chains to reduce hunger.](#)

Philadelphia: [Health heroes speak out against hunger.](#)

Pittsburgh: [Chefs in the Garden is an annual event bringing kids to cook and eat what's grown from the garden! Check out this website for more about the event and pictures!](#)

Pittsburgh: [Western Pennsylvania food banks deliver milk!](#)

Pittsburgh: [Squirrel Hill Community Food Pantry is proud to serve Pittsburgh as the only Kosher Food Pantry in South Western, PA!](#)

Pittsburgh: [One worker connects with farmers to use their excess fresh produce for those in need.](#)

Pottstown: [Girls On the Run in Pottstown!](#)

Reading: [Breakfast is here and free for all!](#)

Social Media:

@YaleRuddCenter is holding a Twitter chat with the hashtag, #SodaTaxNews, on the research being done behind the failed soda tax proposal in Colorado and how it compares to previous soda tax debates. It will be held on October 9 at 1:00 PM (ET). Find out more, [here](#).

Fruits and Vegetables More Matters (@Frutis Veggies) held a #FVTreats Twitter chat. Follow the [#FVTreats hastag](#) to get ideas for healthy, Halloween treats.

#Farm2School month started in October! There is [list](#) of things you can do

over social media and in the field! You can watch these teaser videos to get a better understanding of Farm to Schools [reach](#) and [impact](#)!

Baylor University and Texas Hunger Coalition ([@Texas_Hunger](#)) is hosting "Together at the Table: Hunger and Poverty Summit!" Live-tweets will occur throughout the Summit with the hashtag #buhungersummit. You can keep updated by following it on [Facebook](#) and [Twitter](#).

Resources:

A pilot study allowed Supplemental Nutrition Assistance Program (SNAP) recipients to receive more money when they bought better-for-you foods. There was a 26% increase in healthy purchases because of the incentive. You can see the results from the study's [final evaluation](#). You can also read the entire [report](#) for more information on consumption of healthy food, spending, the study's implementation, and much more.

The UN State of Food Insecurity report summary is [here](#).

Getting food from farm to table takes 10% of America's total energy budget, 50% of our land, and 80% of our fresh water! Take a look at [this infographic](#) to learn about some of the other costs of growing our food.

One pound of meat can feed how many people? A correct portion depends on the number of bones and fat in the meat. [This website](#) will help you figure out how much meat to buy for the amount of people your serving!

Ne/Frames (formerly called Digital Photo Receivers) are free nutrition education programs on a variety of topics. They're designed for individuals to view as they wait for services or appointments. These slides can be easily downloaded to a computer or transferred to a flash drive. They show on a digital photo frame, television or a computer screen. Have you already been using the ne/Frames? Then, you may want download the most current ones being used. Get the update, and see all the frames on [this website](#). Look to the listed materials on the right side of the page!

As the cool weather blows in, snuggle up with a book. Start with [20 top books about food and agriculture](#)!

Check out the [class party planning guide](#) with healthy foods created by a dietitian!

Watch [Fuel Up to Play 60's comical video](#) to encourage kids to play like the sports all-stars.

The [Garden Resource Center](#) is now open to Allegheny County! It's a place where you and your community can borrow tools for your garden! See how the system works at this [website](#).

Webinars:

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

NEW-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](#).

There was a 12-part web series about US Department of Agriculture's Farm to School finding, buying, and serving local foods in school districts. The entire series is available [here](#).

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.

From procurement, to distribution, to the Department of Defense Fresh Program—the USDA presents a twelve-part-series about opportunities in Farm to School and ordering local foods. [Check the recorded webinars on this list!](#)

Events:

Mark your calendars for October 8th. You can organize a "Walk or Bike to School Day." [Follow some of these tips!](#)

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.

Check out Let's Move! Pennsylvania Conference to be held in State College on October 8th, 2014. It will focus on a call to more physical activity, along with healthier food and beverages to reduce childhood obesity. Find out more, and [register here](#).

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

Grants and Opportunities:

NEW-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.

NEW-\$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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