



Your Nutrition Resource Connection

Nutrition News & Opportunities

September 7, 2015

IMPORTANT PA NEN LINKS

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



PA NEN News:

Have a Successful Project Idea and Want to Share it?

If your answer is "YES!" to the question above, then you need to share your information 2016 PA NEN Resource Area!

The PA Nutrition Education Network invites you to present a poster or materials at the PA NEN Annual Conference on May 2-3, 2016. Submit a proposal by February 1, 2016 about original research or a successful project or program you have implemented in your community.

Abstract submission is open to:

- Nutrition Professionals and Paraprofessionals
- Graduate and Undergraduate Students

Click [here](#) for an application and more information.

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.

Join PA NEN on Facebook

Aren't those walnut earrings just darling?!

This plate has it going on - with that yogurt face, peaches and blueberries for eyes, a strawberry nose and mouth, dried apricot ears, banana hair, almond eyebrows, and those walnut earrings!

Now, that's a breakfast with character from our [Facebook page](#) (make sure to sign into Facebook before clicking this link)!



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

International News:

[Denmark's citizens and grocery stores reduce their food waste. They throw away 25% less food than they did 5 years ago, and each citizen throws away less than half as much as the average American.](#)

[Another school lunch turns around with the help of nutrition education and fresh produce!](#)

How much water do you need to drink in a day? In [this article](#), a doctor argues against the recommendation we believe is true.

[Kids learn why stretching, muscle building, and aerobic exercise make them big and strong!](#)

[Farming brings kids to like their fruits and vegetables.](#)

[Start toddler on healthful, colorful foods!](#)

This [article](#) challenges the current view of obesity across the nation.

[Another urban farm hits city grounds.](#)

[5 ways farmers markets have evolved over the past 10 years](#)

[Myths about safe refrigeration](#)

[10 tips to handle your picky eaters](#)

[Eating well requires an emphasis on whole food not particular nutrients - like fat and carbohydrates.](#)

[7 food safety tips for seniors](#)

[Live a little. Don't let your healthy eating rules ruin a your time out.](#)

[Girls in competitive sports need to pay attention to their nutrition to optimize their performance.](#)

[5 reasons to start your kids cooking!](#)

[Kids can get out, moving, and fit!](#)

The [perfect exercise for seniors might be water aerobics!](#) Still, [there are other ways of staying fit as you age.](#)

[These snacking tips make for healthy kids!](#)

Local News:

Pennsylvania: Kraft Singles are recalled because of faulty packaging. Find out more at the Food and Drug Administration's [website](#).

Pennsylvania: [Penn State Nutrition Links debates whether breastfeeding could reduce food allergies in kids.](#)

Berks County: [A backpack program receives funding to feed hungry kids over the weekends.](#)

Harrisburg: [Across the state - food banks, food pantries and other agencies, supplying food to hungry people, suffer because of political gridlock.](#)

Harrisburg: [Bold goals to close the meal gap were presented at a press conference at the Central Pennsylvania Food Bank earlier this week.](#) See pictures and quotes from this event on [Feeding Pennsylvania's Facebook page](#).

Hershey: [A local expert finds cancer-fighting benefits from a baked purple potato. Let's see where this research goes next!](#)

Philadelphia: [For the start of the school year, Chester County teachers get a](#)

[discount at their local grocery store!](#)

Philadelphia: [Philabundance Newsletters](#) share the unbelievable stories behind their organization and other Philadelphia agencies serving the hungry in their community.

Philadelphia: [Helping Hands for the Hungry is quite a soup kitchen!](#)

Philadelphia: What can you do for Hunger Action Month? Philabundance has a couple suggestions! Make sure you sign into Facebook before clicking [the link](#).

Philadelphia: Check how Philabundance's Hunger Action Month started off. Make sure you sign into Facebook before clicking the [link](#).

Pittsburgh: One of our members created award-winning, [recipe cards](#) and a [Potato Newsletter!](#) Click these links to view, print and possibly distribute these items yourself!

Pittsburgh: [15 events happening in Pittsburgh this September focused on getting the community healthy](#)

Pittsburgh: [The Greater Pittsburgh Community Food Bank outlines steps to holding a Virtual Food Drive to make it easy for you or your organization to hold one.](#)

Western Pennsylvania: [Though hunger remains, people and organizations extend a helping hand.](#)

Social Media

September is busy! See all the resources being promoted over social media this month. To celebrate each cause, follow the hashtags:

- [#FoodSafetyMonth](#) – This is a time for national outreach to encourage safe food handling.
- [#HungerActionMonth](#) – A nationwide Feeding America initiative urges the public to give money, food or time to eliminate hunger
- [#ChildhoodObesityAwarenessMonth](#) – this [month](#) will help us to pause and refocus on the health of our nation's children.

You can track this Childhood Nutrition Reauthorization hashtag, [#CNR2015](#), on social media to follow updates, information, and resources. Start following advocates tweeting for the issues at hand too.

This [video](#) rouses excitement about getting outside to explore parks!

Foodsafety.gov asked the Departments' of Health and Agriculture across the nation to share links to food safety information in their state attached to the Twitter handle, [#50StatesFS](#). See all the tweets shared and more information about this ["Twitter Tour" here!](#)

How can communities become more walkable? See this [infographic](#) for

suggestions!

The Farmers Market Coalition hosted a #Moretomarket photo contest on Instagram. See winners of the contest [here](#).

Share [this infographic](#) about ways to keep an aging body healthy.

The Children's Miracle Network want to know your favorite way to move, jump and play! Maybe it's yoga, playing on a soccer team, or running. You name it. Snap a picture of yourself during this activity, and post it with this hashtag, [#CMNhealthyselfie](#).

Resources

The Academy of Nutrition and Dietetics presents a position paper on nutrition for older adults. Check the abstract, full length article, audiocast and more about it on [this website](#).

Take a look at the National Childhood Obesity Month [website](#). You'll find leaders and partners involved with the movement, blogs about it, and lots of other resources.

Skim this [fact sheet](#) about the process of making canned foods and how they can be healthy!

Use this amazing [website](#) to see how your county's health statistics (obesity rates, exercise opportunities, food availability, food environment index and more!) rank against your state and national averages!

Hunger Action Month is a time to urge people to volunteer and support to those who deal with hunger and food insecurity. Use and share [this calendar](#) for daily activities throughout this month!

The National Diabetes Education Program created an [online resource](#) for aging patients who want to prevent type 2 diabetes.

Webinar:

NEW-Food Tank recorded this webinar, "[Scaling Up and Scaling Out](#)," hosted by Shen Tong, a social activist and founder of FOOD-X. This group gives early-stage, food companies and innovators funding, coaching, and investor access. They drive innovation in the food system by enabling people who want to recreate the future of our food. Learn about who they have supported and the process behind what they do. Make sure you register for the event in order to listen to the recording.

NEW-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.

Wendell Berry - a farmer, an author, and someone who cares deeply about the food system - shares his thoughts about the food we eat. Listen to this [podcast](#) to find out what he has to say.

Katie's Crops grew out of a middle school student's project. It's an inspiring way one girl encouraged her entire community to grow food for the hungry! [Watch her story.](#)

This is a [video](#) about food waste across the United States. It reveals how tricky it is to receive and collect "food waste" for the hungry. Focusing on this good (safe) food that would have been thrown away seems to be a smart venture for grocery stores, food pantries and food banks. See more [here!](#)

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-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](#).

NEW-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](#).

September is National Childhood Obesity Awareness Month, and the American Heart Association brought back the "Life is Why Family Health Challenge™". Families and kids will pledge to take control of their health in four weeks by pursuing a goal each week. The first is increasing fruit and vegetables, then comes reducing sugar sweetened beverages, next managing sodium and increasing physical activity. Do you want to set a goal for each themed week? Find out more in this [Facebook event page](#) (sign into Facebook before clicking this link).

"Take Steps toward Crohns and Colitis" is a walking and running event that supports research, education and more supporting these digestive issues. [See where and when these events take place across Pennsylvania.](#)

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.](#)

Grow Pittsburgh holds workshops about a variety of topics from growing food, container gardening, starting your own seedlings, and much more. Sessions will be held at various locations, dates, and times. See the class listing [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:

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](#).

The "[Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#)" are being updated. As part of the update, a [Request for Information](#) (RFI) will be released to everyone - from the vending and food service industry, worksite leadership, along with public and environmental health organizations. You can partake too. Write about the successes and barriers encountered when implementing the current draft. Visit [here](#) to view and make comments on the RFI until September 15, 2015.

Local Food, Local Places is a program supporting neighborhoods that want to build a local food system and a healthier community action plan for the families and others surrounding them. The program is run by a collaboration of US federal agencies, along with the Appalachian Regional Commission, the Delta Regional Authority and the White House Rural Council. Turn in an application by September 15, 2015. Review the funding and application information on this [website](#).

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