



HEALTHY FOOD. HEALTHY MOVES. HEALTHY YOU.

## Nutrition News Nibbles

June 2020

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### COVID-19 Impact on Food Security

#### Sharing the Harvest

The COVID-19 pandemic has inspired more people to grow their own vegetable gardens. It has been projected by The National Gardening Association that about 75 million Americans are now growing their own produce to reduce their number of trips to the grocery store. The Pennsylvania Horticultural Society launched "Harvest 2020" as a food security initiative in the Philadelphia area. Through this program, gardeners or growers can donate their surplus from their own gardens to a local food pantry to feed those in need. [Read more.](#)



#### Wolf Administration Receives Approval to Launch Online Grocery Purchasing for SNAP Recipients

Pennsylvania has become one of the few states to be approved by Food and Nutrition Services (FNS) for the pilot program that will allow individuals to use Supplemental Nutrition Assistance Program (SNAP) benefits for online purchases. There are currently three approved retailers for the pilot program, which include: Amazon, Walmart, and ShopRite. As a result of the COVID-19 social distancing measures, this pilot program will allow more Pennsylvanians to exercise purchasing options using SNAP benefits. [Read more.](#)

### **"Mission Nutrition" Pops-Up with Weekly Meal Giveaways to Children Displaced by COVID-19**

Chef Chip Panico, known by the name Chef Chipper, worried that with schools and daycares closed, children were likely to miss meals. Chef Chipper took matters into his own hands and created "Mission Nutrition" that distributes free meals at Boys & Girls Club locations throughout the Philadelphia area that's reimbursed through the Child and Adult Care Food Program (CACFP). [Read more.](#)

### **Penn State Extension Promotes Youth Leadership in Enhancing Community Health**

The Penn State Extension has been awarded a grant through the Robert Wood Johnson Foundation to conduct the Well Connected Communities Program to build healthier communities. Penn State Extension will be conducting the program in three underserved communities in Pennsylvania to encourage health and nutrition, as well as youth leadership. [Read more.](#)



### **Coronavirus Food Assistance Program**

The Coronavirus Food Assistance Program (CFAP) is a financial relief program for farmers and producers of agricultural commodities who have been directly impacted by COVID-19. The U.S. Department of Agriculture (USDA) will be accepting

applications until August 28<sup>th</sup>, 2020. [Read more to learn about eligibility requirements.](#)

### **Wolf Administration, USDA Announces Sites for Children Summer Food Programs**

The Summer Food Service Program (SFSP), funded through the U.S. Department of Agriculture (USDA), is where children can get free meals during the summer months when school is out. The Pennsylvania Department of Education (PDE) recently announced the sites where children are able to receive these nutritious meals throughout the state. PDE will also be administering the program. [Learn more.](#)

### **School Nutrition Association Paints Picture of the Implications of COVID-19 on School Meal Distribution**

A survey conducted by the School Nutrition Association shows the impact of COVID-19 on school food professionals and financial losses. School meal programs rely on sales from cafeteria food and reimbursement for meals served from federal programs like the National School Lunch Program and School Breakfast Program. It is no surprise that school food operations are feeling the weight of the changes made to ensure children are fed nutritious meals, as well as keep their operations running smoothly despite financial losses. [Read more.](#)

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## **Food & Nutrition Resources**

### **Visit PA NEN's Food & Nutrition Resources Page**

We are working to keep our resource page current. Thank you to everyone who contributed resources. If you know of any additional resources in your area, please send us an email at [pa\\_nen@phmc.org](mailto:pa_nen@phmc.org). [Access the resource page here.](#)



Healthy Eating Research has limited rapid-response research funds available to issue briefs/commentaries/research reviews; and small studies researching the impact of COVID-19 on nutrition, food security, and health-related consequences for children and families. Proposals will be reviewed and accepted on a rolling basis through July 1, 2020. [Read the application requirements here.](#)

### **Trauma-Informed Financial Empowerment Programming Improves Food Security Among Families With Young Children**

Adverse childhood experiences (ACEs), which include emotional and physical neglect, childhood sexual abuse, and household-level adversity are factors that influence household food insecurity (HFI) during adulthood. This study tested the *Building Wealth and Health Network* intervention on its effectiveness to reduce HFI. The results from this study revealed that individuals who fully participated in the intervention had 55% lower odds of becoming vulnerable to HFI. [Read the study here.](#)

### **PA Department of Agriculture Adopts Temporary FDA Food Labeling Policy**

A temporary policy released by the Food and Drug Administration (FDA) will allow restaurants and grocery stores to sell bulk items, as well as ingredients, directly to consumers. Under this policy, the food items will not have traditional nutrition labels on the packaging. The FDA policy is intended to support the food supply chain across the nation and curb food waste in restaurants and grocery stores. [Read more.](#)

Read the FDA temporary policy [here.](#)

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