



Nutrition News Nibbles

Nutrition and Food Resources



PA NEN Events



Food Politics



Your Nutrition News Resource

## Nutrition News Nibbles

March 2020



### PA NEN News

#### Have you Registered for the PA NEN Annual Conference Yet?

PA NEN invites you to join us at our annual conference April 27th - April 28th, 2020! We are hosting the conference at the Valley Forge Casino Resort in King of Prussia, PA. You won't want to miss this event!

Find more details about the conference and registration [HERE!](#)



### International News

#### Salmonella Outbreak Grows in Australia

Australia has suffered a salmonella outbreak over the past few months from frozen meal products, affecting almost 90 people. The recent bush-fires inhibits a potential risk factor for food safety due to heat and toxic chemicals causing multiplying bacterial growth in food. [Read more about the outbreak here.](#)



#### Grenada Announced a Ban of Carbonated Beverages and Sweet Snacks Sold in Schools

As of January 2020, carbonated beverages and sugary snacks are no longer allowed to be sold in any public or private school in Grenada. This ban was a result of the increasing rates of overweight and obese children in Grenada. [Read more about the policy here.](#)





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## National News

### What if Children Ran the School Lunchroom?

A new program was recently designed to improve school children's ability to customize their own meals, participate in food tastings, and come up with new ideas for the cafeteria. The organization behind this encourages kids to eat through gardening, cooking, and nutrition lessons with the goal of helping them discover what they like, instead of telling them what they should be eating. [Read the full article here.](#)



### California "Farm-to-School" Program Aims to Increase Healthy School Meals & Lower Obesity Rates

A meeting by the California Board of Food and Agriculture hopes to make it easier for local produce to be incorporated into school lunches. Various schools in northern California are already incorporating local produce into lunch menus, but the goal is for more schools to do so throughout California in the next 5-10 years. [Read more about the program here.](#)

### Healthy Eating Approaches for the Whole Family

Registered Dietitians and doctors on a panel of experts reviewed the top diets best suited for the whole family. The Mediterranean diet, DASH diet, Mayo Clinic diet, Vegetarian diet, and Flexitarian diet were ranked the best family-friendly diets. [Read more about the panel's analysis of each diet here.](#)

### Bowie State University Opens a New Campus Food Pantry for Students

Food Lion Feeds, a charitable foundation of the Food Lion grocer chain, donated \$10,000 to Bowie State University in Maryland to help open an on-campus food pantry. The food pantry is free to all students, and the goal is to help alleviate student hunger in higher education institutions. [Read more about the food pantry here.](#)

### **The Effect of Early Life Screen Time on Physical Activity Levels**

It's no surprise that more and more children are found sedentary viewing a phone, computer, or TV screen. Excessive screen time for infants has been found to reduce physical activity levels later in childhood. The World Health Organization recommends one hour or less per day of screen time for children. [Read the full article here.](#)

## **Local News**

### **Food Stamp Changes May Jeopardize Food Security in Pennsylvania**

The Trump administration proposal to eliminate broad-based categorical eligibility for the Supplemental Nutrition Assistance Program (SNAP), also known as food stamps, could effect 200,000 Pennsylvanians statewide. Trump administration also proposed changes to the Able-Bodied Adults Without Dependents program, which could impact SNAP access to about 92,000 Pennsylvanians. The Able-Bodied Adults rule is finalized and will take in effect in April. [Read more here.](#)



### **The Cost of Being Self-Sufficient in Philadelphia**

About 26% of the population in Philadelphia is living at poverty level. With the future budgeting cuts and restrictions to access food assistance programs, like the Supplemental Nutrition Assistance Program (SNAP), Philadelphians may be at an increased risk for hunger. It was found that for

a family of four to be self-sufficient in Philadelphia, they would need to make a salary of \$70,000. [Read the article here.](#)

### **Pennsylvania Department of Education Prepares for the Summer Meals and Nutrition Program**

The Summer Food Service Program is a federally funded child nutrition program that helps provide nutritious meals during the summer months for low-income students. Thousands of Pennsylvanians participate in this program, and the Pennsylvania Department of Education (PDE) is encouraging organizations to help with coordinating the program. About 300 organizations participated in the summer of 2019 and provided meals to children at over 2,400 locations. [Read more here.](#)

### **Fill a Glass with Hope® 2020 Press Release**

The Fill a Glass of Hope 2020 campaign was launched at the Pennsylvania Farm Show in hopes to help alleviate hunger. The campaign was originally started in 2015 to allow fresh milk to be purchased at a low cost from local PA dairy farmers and distributed to needy families in need across the state. [Read the press release here.](#)

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## **Food Policy**

### **Berkeley Celebrates 5th Anniversary of the Soda Tax**

The California city's soda tax passed via ballot measure in 2014 with 76% of voters approving, making Berkeley the first city in the U.S. to implement a tax on sugary drinks. In celebration of the fifth anniversary of the ballot measure, the Praxis Project (a member of the Voices for Healthy Kids Strategic Advisory Committee) [released a video showing the city's investments from the tax.](#)



### **Proposal to Simplify Meal Service and Monitoring Requirements in the National School Lunch and School Breakfast Programs**

The U.S. Department of Agriculture has proposed to make significant changes to the existing school lunch and school breakfast rules. The proposal would add flexibility to the vegetable requirements and add flexibility with the meats/meat alternative and grain offerings at breakfast. [Read more about the proposal here.](#)

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## **Resources**

### **National Nutrition Month 2020 Campaign Toolkit**

National Nutrition Month is in March! The Academy of Nutrition and Dietetics has put together a toolkit of tip sheets, handouts, games, activities, press releases, and PSAs. [Find the National Nutrition Month Toolkit here.](#)

### **National Nutrition Month 2020 Social Media Toolkit**

View the Eat Right: Bite By Bite National Nutrition Month social media toolkit that includes images and messages to share the campaign on all platforms! [Find the toolkit here.](#)



### **Team Nutrition resource 'Feeding Infants in the Child and Adult Care Food Program' now available in Spanish**

Check out the guide for information on Child and Adult Care Food Program infant meal pattern, developmental readiness for solid foods, hunger and fullness signs, handling and storing breastmilk and infant formula, and creditable foods. [View the resource here.](#)

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## **Events**

### **Pennsylvania Academy of Nutrition & Dietetics Annual Conference & Exhibits**

The Pennsylvania Academy of Nutrition & Dietetics is holding their Annual Conference & Exhibits on March 27<sup>th</sup>, 2020 from 7:00am – 4:00pm. This one-day conference will be held in King of Prussia at the Philadelphia-Crown Plaza Hotel. Registered Dietitians can earn up to 6 CEU credits. [See more details about the conference and registration here.](#)

### **Central Pennsylvania Food Bank: Soup and a Bowl Event**

Central Pennsylvania Food Bank will be hosting their Soup and a Bowl event on March 9<sup>th</sup> in Camp Hill. This event is to support their fight against hunger. The soup and bowl represents the unfilled bowls of those who struggle with hunger within our community. A simple meal of soup and bread is provided in a decorative pottery bowl. Tickets are \$30 in advance; \$35 at the door. Commemorative bowls are \$35 each and is not inclusive of the event ticket. [Learn more about the event here.](#)

## **Art & Science of Health Promotion Conference**

The 30th Annual event runs from April 20-24 at the Marriott Hilton Head Resort on Hilton Head Island, SC. Keynote speakers include Dr. Michael Roizen, author and first chief wellness officer at Cleveland Clinic; Kathleen Crosby, director of health communication and education for the FDA Center for Tobacco Products; and Dr. David L. Katz, founding director of the Yale-Griffin Prevention Research Center at Yale University and founder & president of the True Health Initiative. [Online registration is now open.](#)

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## **Grants & Opportunities**

### **National Collaborative on Childhood Obesity Research (NCCOR) Funding Opportunities**

The NCCOR grants for 2019-2022 are posted. [Check out which grants you are eligible for, and apply today!](#)

### **Action for Healthy Kids School Grants**

[Find school food and nutrition grants](#) available in your state for the 2019 school year.

### **The Robert Wood Johnson Foundation Grants**

RWJF works to improve health and health care for all. To do this, they provide grants across the United States. [Browse their database for current and past grants.](#)

### **The Administration for Community Living Grant Opportunities**

Food and nutrition grant opportunities [can be found in this archive.](#)

### **Federal Nutrition Grants**

Government food and nutrition grants [are all listed on Grants.gov.](#)

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