



HEALTHY **FOOD**. HEALTHY **MOVES**. HEALTHY **YOU**.

## Nutrition News Nibbles

September 2020

### A Look into Food Insecurity

#### Resources for Rising Food Insecurity in Pennsylvania

In a recent article from Penn State Extension, Pennsylvanians are facing record unemployment due to COVID-19 and this has brought about new concerns around food and nutrition. There has been more than 6 million new enrollments in Supplemental Nutrition Assistance Program (SNAP) and there has been more than a 40% food demand increase at food banks. This article brings to light the resources available to support individuals in need. [Read more to learn about food insecurity in Pennsylvania here.](#)



## **PA NEN Teams Up with Central Pennsylvania Food Bank to Combat Hunger**

September is Hunger Action Month and PA NEN is supporting the Central Pennsylvania Food Bank by hosting a virtual food drive to help combat hunger. The food bank is facing a demand for their services given the current pandemic, and this is a great opportunity to help. Given the current directive for social distancing, a virtual food drive is the perfect way to give. With just \$10, you can purchase 5 lbs of fresh fruits and vegetables. Please consider making a donation today.



## **Central PA is Fighting Hunger One Bus at a Time**

In 2018, Mel Curtis, Branch Director of the Moshannon Valley YMCA of Centre County and Pauline Rabb, CEO with Cen-Clear Child Services repurposed a 72-passenger bus into The Travelin' Table Mobile Feeding Bus. This bus was not only used to distribute food, but also offered medical and dental care from Penn State University. When schools closed due to COVID-19, the bus took to the road delivering meals to children within their community. Read more to learn about the Travelin' Table Mobile Feeding Bus here.

## **Algorithm Boosts Efficiency, Nutrition for Food Bank Operations**

Cornell systems engineers created an algorithm to help food banks manage their food resources more efficiently. They examined data from a New York state food bank, and using

this algorithm, they were able to develop a framework for optimizing resource allocation by the food bank. [Read the research publication here.](#)

### **Schools Aim to Feed Students - Including Remote Learners - This Fall**

As families financially flounder due to unemployment, the percentage rate of students qualifying for free or reduced meals increases. It was estimated that about 60% of children in Allegheny County qualify for free meals before the pandemic. This number has increased as families are losing work due to the pandemic. [Read more about how schools in the Pittsburgh area are handling the new challenges of food insecurity.](#)

### **COVID-19 Dramatically Deepening America's Hunger Crisis**

The Food Research & Action Center commissioned a report that looks into hunger in the United States during the pandemic. This report revealed that in 38 states and the District of Columbia, more than 1-in-10 adults with children did not have enough to eat, and that more than 1-in-5 Black and Latinx adults with children reported they sometimes or often did not have enough to eat in July 2020. The report shows the dramatic increase in food insecurity in a matter of months when COVID-19 struck the United States. [Read the full report here.](#)

---

## **Food Safety**

### **New Era of Food Safety Blueprint Arrives Mid-Pandemic**

The US Food and Drug Administration (FDA) released the long-awaited New Era of Food Safety blueprint that outlines how the FDA will respond to food safety outbreaks, reduce contamination of food, and develop stronger food safety culture. [Learn more about the blueprint here.](#)



### **Food Safety Through the Prism of COVID-19**

There has been a heightened awareness on food safety measures since the pandemic began. The public has grown more concerned about food safety and the handling of foods during the pandemic given that food service workers are frontline employees. As consumers, it is important that we practice food safety measures in our own homes, as well as receive assurances that food safety practices are being prioritized in restaurants, grocery stores, and food manufacturing plants. [Read the full article here.](#)

### **Food Safety Tips from ChooseMyPlate**

September is Food Safety Month and ChooseMyPlate, from the U.S. Department of Agriculture, offers tips and procedures for washing hands/surfaces, cross contamination, proper internal cooking temperatures, proper cooling techniques, and sustaining proper lunch temperatures. [Read the full article here.](#)

---

## **Resources**

### **SNAP-Ed Connection: Stay Safe and Healthy at Home**

SNAP-Ed Connection has a collection of resources to give vulnerable families the tools they need to stay safe and healthy during these challenging times. Find information on how to stock your pantry, how to plan your weekly menu, and quarantine recipes! [View resources here.](#)



### **Freezing Vegetables - Successful Freezing Guide**

WIC Works Resource System has shared a great handout from Penn State Extension on freezing vegetables. This guide provides information on how to properly freeze vegetables along with tips for packaging and blanching vegetables to reduce food waste. [Review the handout here.](#)

### **Pennsylvania Produce - What's in Season?**

Feeding Pennsylvania emphasizes the importance of purchasing produce that is in season. The organization recently suggested specific foods and where to find them. Additionally, Feeding Pennsylvania provided multiple food prep ideas and recipes for the foods that are in season that can be shared with individuals you serve. [Read more here.](#)

### **Webinar: Creating Recipes with Food Safety in Mind**

Penn State Extension developed a webinar to offer food safety educators, food service professionals, and recipe authors on best practices to make recipes safer. The webinar can be purchased through the EatRight store to view at your own convenience. [Learn more here.](#)

---

**Events**

## **Watch PAND Virtual Annual Meeting and Exhibition Sessions!**

The Pennsylvania Academy of Nutrition and Dietetics (PAND) is hosting sessions from their virtual annual meeting and exhibition that take a look into the latest trends and research in the field of nutrition. Register and access the conference sessions until May 2021 to earn up to nine Continuing Professional Education (CPE) credits. [Learn more here.](#)

## **Register for the Food and Nutrition Conference and Expo**

The annual Food and Nutrition Conference and Expo (FNCE) hosted by the Academy of Nutrition and Dietetics will be taking place in a virtual environment from October 17 – 20, 2020. FNCE will be offering engaging sessions on prevalent food and nutrition topics, and give registrants the opportunity to earn Continuing Professional Education credits. [Click here to learn more about the speakers, topics, and pricing for the conference.](#)

## **American Public Health Association (APHA) Annual Meeting & Expo is Going Virtual**

The APHA Annual Meeting and Expo is October 24 – 28, 2020 and will be all virtual. Attendees will have 24/7 online access to sessions and events, and will have on-demand viewing until August 2021. The annual meeting will give attendees the opportunity to earn 20.5 Continuing Education Credits. [Learn more about the annual meeting here.](#)

**Visit our website!**



## Follow Us!



© Copyright 2020 PA NEN | [www.panen.org](http://www.panen.org) | 717.233.1791

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

This institution is an equal opportunity provider. View the full nondiscrimination statement [here](#).