**PA NEN News**

**Food & Nutrition Conference & Expo Roundup!**  
PA NEN staff attended an action-packed conference - the Academy of Nutrition and Dietetics' Food and Nutrition Expo (FNCE). Throughout the next couple of weeks, you'll find topics and awesome resources discussed throughout this conference throughout the News Nibbles. Resources will be titled, "FNCE Follow-Up". Read on, friends!

**PA NEN’s SNAC Materials**  
Fair warning! PA NEN's SNAC materials have been deleted from the site. In their place are a list of updated, relevant fruit and vegetable materials. The list stands here.

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**International News**

**Exercise might keep depression at bay.**  
This resource highlights nutrition and wellness that’s affordable.

The American College of Asthma and Immunology rewrite guidelines for feeding babies peanut products. [Listen in!](#)

**Here is a synopsis of the research on food allergies and intolerances.**

**If everyone uses technology, why not make fitness into an interactive game utilizing tech!**

**3 quick tips for dietitians giving grocery store tours**

**Magnesium and all it’s benefits**

**Gardens surrounding and serving a community hospital serve patients and others who are food insecure.**

**A genetic mutation might put people at risk for less folate absorption, especially in Hispanic individuals. Now what should dietitians consider for treatment?**
Check these healthy food swaps for the holidays!

Give those mother-in-laws a break this holiday season, especially when it comes to food.

Holiday foods with health benefits

Today’s Dietitian shares some spices to warm up your holiday foods.

Food safety professionals debunk Thanksgiving myths!

A 43 mile walk supports a Massachusetts food bank.

A congressman continues to fight for food stamps.

The House Agriculture Committee held the last of its hearing on the future of Supplemental Nutrition Assistance Program (SNAP). It focused on food access, and you can listen to the recording here. A comprehensive report on all the hearings' findings will be released soon.

Child nutrition reauthorization is hopefully being decided upon this December. Representatives from the Senate Agriculture Committee and the House Education Committee are trying to achieve a compromise between their two proposed bills. Here is the senate bill (S. 3136) and the House measure (H.R. 5003).

In previous presidential administrations, the Secretary of Agriculture was very involved with food and nutrition initiatives. Review the possibilities for the future Secretary of Agriculture.

Why is the Food and Drug Administration redefining the term, "Healthy" on food products?

In this creative initiative, parents tour a North Carolina school’s kitchen to see how food is made.

Who knew there was this much politics behind the food label?

Dietitians, nutrition educators, teachers, every foodie! The time is right to get involved in your community. Start with these eight tips.

Why should dietitians in the workplace?

Hurricane Mathew increases the number of people relying of food stamps.
**Local News**

**Pennsylvania:** Sabra Hummus recalls a long list of products because of a potential Listeria contamination.

**Pennsylvania:** Weight Watchers recalls their Smart Ones Chocolate Chip Cookie Dough Sundae because of a potential Listeria contamination.

**Pennsylvania:** Penn State Cooperative Extension Nutrition Links shares food safety tips for the holiday!

**Centre County:** When we talk about fruits and vegetables, we need to discuss much more than just getting these items on our plates. We need to talk about the farming practices and policies behind growing this food.

**Philadelphia:** A local dietitian shares an awesome Pumpkin Yogurt recipe with school students through the program, Healthy News Works.

**Hershey:** Penn State Hershey Pro Wellness shares healthy tips for holiday eating! And, here are some of their ideas for keeping food safe to eat.

**Resources**

Anyone leading nutrition education in food pantries? Here is one research brief called, "A Brief Community-Based Nutrition Education Intervention Combined With Food Baskets Can Increase Fruit and Vegetable Consumption Among Low-Income Latinos". The abstract and summary are available at the Journal of Nutrition Education and Behavior, but the entire article must be purchased.

Have you heard of Advanced Glycation End Products found in meats and fatty foods? Here’s what they are and how they play a role in your body.

The Center of Disease and Prevention printed their Child obesity report called, "Trends in Obesity Among Participants Aged 2–4 Years in the Special Supplemental Nutrition Program for Women, Infants, and Children — United States, 2000–2014".

The U.S. Food and Drug Administration and US Department of Agriculture’s Food Safety and Inspection Service conducted their annual Food Safety Surveys tracking the public’s understanding of proper food safety handling techniques. A summary of the findings, the full report, and PowerPoint of results are here.

Hershey Pro Wellness champions healthy foods through these
Here is the new SNAP-Ed Toolkit website. It shares how to implement and evaluate initiatives to educating those on a limited food budget.

The Dairy Council of California highlights serving sizes of certain foods by using a hand as the measuring tool.

With winter dinner parties in line, stop to think about how tricky these events must be for those with food allergies. You can make their time a little easier by using this festive, printable food allergen label by ConsumerSafety. It highlights the 8 major allergens; check the ones in your recipe!

Social Media

Weis Market Dietitians share how to use Tumeric in this video.

Here is an infographic that shows you how to use leftover turkey 5-ways from MyPlate.

Webinar

NEW-Change Lab Solutions encourages community-wide changes to prevent diseases like diabetes, obesity, heart disease, cancer asthma. Search food- and nutrition-related key words for awesome recorded webinars in their archive.

NEW-The National Academies of Sciences, Engineering, and Medicine is presenting a webinar called, "Food Allergies: Global Burden, Causes, Treatment, Prevention, and Public Policy". It will take place on November 30 at 11:00 AM. You can register here.

NEW-"Connect & Explore: Assessing Prevalence and Trends in Obesity: Navigating the Evidence" will be presented by the National Collaborative on Child Obesity Research. It will be held on December 5 at 3:00 PM (ET). Register here.

NEW-The Society of Nutrition Education and Behavior will be hosting their 10th Journal Club webinar called, "Impact of Cooking & Home Food Preparation Interventions Among Adults". It will be on December 5 at 1:00 PM (ET). You can sign up here.

NEW- Food Tank is an organization that strives to bring together all stakeholders, food producers, entrepreneurs and others involved with our food system. They do this by bringing asking food leaders to discuss issues at Food Summits throughout the nation. This recording comes to you from the last summit in Chicago.
The Society of Nutrition Education and Behavior (SNEB) is hosting a webinar about the microbiome and our health. It’s set to take place on December 7 from 12:00-1:00 PM (ET). As research in this area grows, clinicians and health providers must learn more about the bacteria in our gut and how to encourage the beneficial microbes. Learn more about the microbiome, diets supporting it, and probiotic supplementation. Register today. SNEB members can attend the webinar for free; it costs $25 for non-members.

The Southern Rural Development Center hosted webinar series about igniting communities on issues like regional food systems, Extension services, and agricultural workers’ wellness. The recordings are here.

A Pediatric Obesity Symposium was held by the University of Michigan’s Momentum Center. You can find recordings from the forum here.

The National Collaborative on Childhood Obesity Research (NCCOR) has two webinar trainings regarding the SNAP-Ed Evaluation Framework released this summer. The two webinars were recorded and took place on August 18 and September 8.

The Sacramento, California and Chicago, Illinois Food Tank Summits brought together thought-leaders involved in the global food movement. All panels were streamed onto a YouTube video. Find them here.

Villanova’s College of Nursing hosts nutrition and wellness webinars through their MacDonald Center for Obesity Prevention and Education. Upcoming webinars focus on best practices for changing food behaviors and information on non-caloric sweeteners. Previous webinars like these are archived here.

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Events

NEW-The Pennsylvania Association for Sustainable Agriculture is hosting a conference “Farming for the Future: Hope, Farm, Heal” from February 1-4, 2016. Registration is now open. Find more details here.

Over the next month, the Coalition Against Hunger is hosting the Philadelphia Eagles Healthy Food Drive. You can donate food online. Click here for more information.

The Delaware Valley Chapter of the Society of Nutrition Education and Behavior is celebrating its 40th Anniversary during event on December 28, 2016 from 1:00-4:00 PM. You can see what’s on the agenda here, and sign up here.

Registration is now open for the National Anti-Hunger Policy Conference in Washington, DC on March 5-7, 2017. You can see pricing information and register here. Register by January 13 for a
“EPIC® - Pediatric Obesity: evaluation, treatment and prevention in community settings” is a 1-1 and 1/2 hour-long, on-site training that offers an update on current obesity prevention research and the American Academy of Pediatrics Expert Committee recommendations on obesity. It’s a free, interactive program providing continuing education for doctors and dietitians within the Pediatric or Family Medicine Practice. Presenters include a physician and registered dietitian. Find more information about these trainings here.

Grants & Opportunities

The United States Department of Agriculture has $16.7 million in grant funding available to increasing fruit and vegetable purchases by families and household participating in the Supplemental Nutrition Education Program (SNAP). Applications are due December 12, 2016. See more information here.

The U.S. Department of Agriculture announces $5 million in grants available for Farm to School programs. The application period ends on December 8, 2016. Here is more information about the grants.

The National Collaborative on Childhood Obesity Research has many funding opportunities available to universities and nonprofits. See all of them and the application deadlines here.

Bring your pen to that paper and brainstorm! In September-November 2016, organizations and individuals will be asked to submit state- and territory-specific MyPlate graphics which may show up on ChooseMyPlate.gov. The diagram should increase awareness of the Dietary Guidelines messages while highlighting local ingredients grown in the state of Pennsylvania. Find more at this website.