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

Who remembers "Ants on a Log"?! Has anyone tried this fresh-fruit alternative? See more stepped-up recipes on PA NEN's Facebook page (sign into Facebook before clicking this link)!

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

**International News:**

The evolution of eating habits across the United States

Healthful eating shouldn't be upon at negatively or seen as a chore.

The US Department of Agriculture and the Environmental Protection Agency announced their first ever food waste reduction goal.

Healthy preschool lunch programs prove to be worth the effort.

An executive of an international peanut company receives a harsh, 28-year imprisonment after his product sickened thousands.

Nutrition professionals can have a realistic view on fat in people’s diets.

Though healthy eating patterns should be encouraged in school, shaming kids for snacking on unhealthy foods could be detrimental in the long run.

A shorter lunch period has been associated with unhealthier meals.

Running and racing tips!

12 finger foods for your baby that are delicious, nutritious, and not found in a food package

WIC brand formulas vary from state to state. Get the picture.

These elderly folks have a “fitness age” that’s 20+ years younger than their actual age! Find out the meaning of this!

Bringing grocery stores into communities that need them becomes a government priority.

“Food alone cannot eliminate the spectrum of food-related worries and shortfalls.” – Parke Wilde

The poor might be getting enough calories like the rest of the U.S., but they’re not necessarily eating healthfully.

More money is going to support healthier schools and childcare.

A grocery store moves into an under privileged community.

**Local News:**
Pennsylvania: Macadamia nuts are recalled because they might be contaminated with Salmonella.

Central Pennsylvania: The Central PA Food Bank sets a bold goal—over the next ten years they want to double the amount of meals they serve.

Philadelphia: At the Community Table – politicians, community leaders and business professionals met to share the reality of hunger in the Philadelphia area.

Pittsburgh: In Pittsburgh, people can now bike and park their bicycles at the ball game!

Pottstown: David Genova of the Pottstown School District becomes our state’s healthy school hero of 2015.

Pottstown: Active learning exercises the mind and body in the classroom!

York: A grant serves food to families, children and seniors in the York community.

Social Media

Check all details on the most common foodborne illnesses on this FoodSafety.gov Facebook post. Then, you can share the post your clients, family or friends. Make sure you log into Facebook before clicking this link.

Community Table in Philadelphia was an event that brought together community members, politicians and business leaders to discuss ways to end hunger. Check the Facebook photo album of the event.

This Nourish to Flourish infographic looks into the impact of food insecurity on children’s health.

Resources

A report shares household food security statistics throughout 2014. Read the statement about it from the Food Research & Action Center (FRAC) here.

The Global Nutrition Report is here.

What’s Cooking? The USDA Mixing Bowl shares Pumpkin everything in their recipe archive.

SNAP-Ed Connection’s list of budget-friendly recipes, meal planning tips, and grocery shopping ideas that can be found at this website.

You can view the US Department of Agriculture’s Farm-to-School webinar archive.

The US Department of Agriculture shares a resource about how to run a Food
Even though September, family meals month, is coming to a close. Don’t miss your opportunity to utilize some of these resources.

The Center of Disease Control released their obesity trend map of the United States.

Limit your food waste by using the US Department of Agriculture’s Food Keeper App!

In this study, the Mediterranean diet was associated with lower risk of heart issues for those who were already at high risk.

Check recipes from the farmers market in Maryland’s Farmers Market Cookbook.

**Webinar:**

NEW-The Society of Nutrition Education and Behavior (SNEB) is holding a webinar called, "Flavor with Less Sodium" on Thursday, Oct 22 at 2:30 PM (ET). Find out more details, and register at this website. It is free to all SNEB members and costs $25 for nonmembers.

NEW-We know what’s healthy. Now, why are we still arguing about it. Watch this video to see more.

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.

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.

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.

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:

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.

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.

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:

NEW-The Society of Nutrition Education and Behavior is asking for proposals for their 2016 Annual Conference in San Diego, California. See the criteria to apply. Applications are due on October 9th.

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](#).