Dear {cst_name_cp},

Your Invitation to Attend a PANEN Board Meeting
Here’s your chance to attend a PA NEN Board Meeting. Learn how the Network operates, about its committees and what plans are on the horizon. The upcoming meeting will take place on October 16th at the Sheraton Harrisburg-Hershey hotel. RSVP by October 1st. For further details, click here. You must be member of PA NEN to attend.

Final Call for Speaker Proposals for PA NEN’s 2015 Annual Conference
While we may be a long way off, the planning committee has been hard at work. We have already started the process of soliciting some proposed workshop topics/speakers designed to inspire and educate you based off of the feedback we received from your conference evaluations.

Of the workshop proposals that we have received, there is one expert that we have yet to hear from: You.

To submit a workshop topic, visit the PA NEN website and complete the workshop call for presentations.

SNAC Vegetable of the Month: Sweet Potatoes
Mash your sweets with fresh or dried thyme, salt, and pepper! Use the recipe on page 4 of our Newsletter. (Pueden encontrar la receta del Puré de Batata en la página 4).

International and National News:
Food Industry leaders help reduce obesity. See the data.

Hunger in a wealthy nation.
Around the world, big food and beverage companies promise to reign in marketing to kids over all forms of media.

Researchers look at wearable technology and how it may influence exercise routines.

Soda companies pledge to reformulate sugary drinks to reduce calories by 20%.

An Empty Bowl fundraiser feeds the hungry across the nation!

Garden! Because your doctor says so!

The Food and Drug Administration (FDA) released revised language for the Food Safety Modernization Act. They focused on two rules for those farming fruits and vegetables and for facilities that process foods. Read the revisions and a review here.

School children of the Choctaw Indian tribe learn about gardening and cooking.

Can artificial sweeteners hurt your gut? Preliminary animal research explores the matter. Much more information is needed.

State governors override cuts to the Supplemental Nutrition Assistance Program, for now.

Reorganize your kitchen and lose weight! Behavioral research proves it’s possible!

Which restaurant-goers use nutrition labels on the menu?

Cooking is a balancing act. We must learn to balance time and effort!

Local:

Pittsburgh: Donations to the Squirrel Hill Food Pantry provide for the local community.

Philadelphia: Some stores chose not to accept Supplemental Nutrition Assistance Program (SNAP) benefits because of new fees.

Philadelphia: People buy foods on sale, healthy or unhealthy. Pottstown: With International Walk to School Day around the corner, let these kids be a reminder of the path towards fitness.

Social Media:

Follow the Penn State Needs Center on Facebook!
Watch as Pottstown Middle School takes Brain Energizer exercise breaks! See all the fun they’re having in their Twitter video updates here, here, and there!

You can follow your favorite Tweeting nutrition professionals.

**Resources:**

The National Academies Press has a paper, “Spurring Innovation in Food and Agriculture, A Review of the USDA Agriculture and Food Research Initiative Program (2014),” available as a free PDF download. Find it on the right-side of this webpage.

The Alliance for a Healthier Generation created a Smart Snacks Calculator to judge whether foods meet the new Smart Snacks guidelines in schools. You can try it out, here.

The Center of Disease Control and Prevention released a new resource, "Tips for Teachers: Promoting Healthy Eating and Physical Activity in the Classroom." In it, you'll find simple changes that teachers and their kids can adopt for a healthy classroom.

The Journal of Nutrition Education and Behavior has collected all their school nutrition research in one space. Look at the list here.

A video about freezing leftovers from Iowa University Extension

The Academy of Nutrition and Dietetics, the National Dairy Council, and Feeding America partnered to fight food insecurity in 2012. Their purpose is to lead a nationwide initiative designed to help families get healthy and reduce food insecurity in the United States. See all their resources including fact sheets, webinars, and more at this website.

A Yale research study looked at diabetes risk for teenagers with mothers that had gestational diabetes. See their findings.

**Webinars:**

*NEW*-Science Friday presented a podcast with a researcher who published the article about how artificial sweeteners might negatively affect your microbiome. Listen in.

*NEW*-Health Care Without Harm and the Hunger Environmental Nutrition Dietetic Practice Group released a white paper white paper about "environmental nutrition." It focuses on the concept that healthy food cannot be defined by its nutritional components (fats, vitamins, minerals, etc.) alone. We also need to focus on conservation practices, social justice, animal welfare, building of the surrounding community, and much more. Read about this perspective and how it might apply to the medical arena, here. Then, join an informational webinar being hosted on
September 30 from 1:00-2:00 PM (ET).

National Good Food Network’s webinar, “Food Hub Benchmarking Study 2014” will be held on Thursday, September 25, 2014 from 3:30 - 4:45 PM (ET). Learn if food hubs and distribution centers storing locally grown food can support themselves. Register today!

Healthy people 2020 is putting on a webinar, “Prevention, Treatment, and Care of Diabetes and Chronic Kidney Disease: A Healthy People 2020 Progress Review.” It is scheduled for Monday, September 29, 2014 at 12:30 PM (EDT). Learn more at this website.

There was a 12-part web series about US Department of Agriculture’s Farm to School finding, buying, and serving local foods in school districts. The entire series is available here.

This Science Friday’s webcast brings to light the new explorations in gut bacteria.

The Nutrition Education for the Public Dietetic Practice Group of the Academy of Nutrition and Dietetics will be hosting this webinar, “Processed Foods: Separating Fact from Myth.” It will be held on September 30, 2014 from 2:00-3:00 PM. In the webinar, you will be able to consider a place for processed foods in clients’ diets, decipher through health claims on these products, and identify the benefits and drawbacks of these foods. Click here to register.

Check out the list of 2014-2015 Journal Club webinars from the Society of Nutrition Education and Behavior. These webinars are based off of current, nutrition research pertinent to people studying dietetics, dietitians in the field, and other health providers.

From procurement, to distribution, to the Department of Defense Fresh Program—the USDA presents a twelve-part-series about opportunities in Farm to School and ordering local foods. Check the recorded webinars on this list!

Events:

NEW—Mark your calendars for October 8th. You can organize a “Walk or Bike to School Day.” Follow some of these tips!

NEW—@YaleRuddCenter is holding a Twitter chat with the hashtag, #SodaTaxNews, on the research being done behind the failed soda tax proposal in Colorado and how it compares to previous soda tax debates. It will be held on October 9 at 1:00 PM (ET). Find out more, here.

Save your receipts (for food and gas) from GIANT food stores, and donate to Project SHARE. $1 for each receipt will be collected throughout the month of October. The goal is to reach the $5,000 mark. You can drop the receipts off here at Project SHARE between 8:00 AM-4:00 PM on Monday
through Friday. Or, mail them to Project Share. Find their address on this [website](#). You can also drop the receipts off at the Carlisle YWCA, Whistlestop Bookshop, Carlisle Chamber of Commerce, Fairground Diner, Dream Maker's Tanning Salon, Kimberly's Cafe or Susquehanna Bank on York Road.

Grow Pittsburgh’s Garden Resource Center, which will loan gardening equipment to the community, opens on Saturday, September 27 from 12:00-5:00 PM. Review the location and other details on [this website](#).

You can join the Central PA Food Bank in October for their Taste Event on Sunday, October 27th. It goes from 1:00-3:30 PM at Strawberry Square in Harrisburg, PA. For more information, [click here](#).

The Institute of Medicine invites you to work across sectors and diverse fields to reduce obesity at their, “Solving Obesity: Everyone's Issue” round table. The workshop is open to the public and is scheduled for September 30, 2014 in Washington, DC. Find out more at [this website](#).

The Allegheny County Health Department is seeking feedback about health issues from Allegheny County residents. This is being done through meetings organized according to County Council districts that will be held throughout Allegheny County. The theme of the public outreach campaign is “Our Health, Our Voice.” The goals are to share key information about the local population’s health and to hear from residents about what issues are affecting their community health. Meetings will be held on September 22-November 12. All residents are invited to attend. This [press release](#) provides the details concerning date, time and location for each community meeting.

The EmpowerMEnt Challenge runs through September. Have your family join to achieve a different healthy lifestyle goal every week! Find out much more about this opportunity [here](#).

Check the No Kids Hungry Month [calendar](#) from Greater Pittsburgh Food Bank and what's going on at the [Central PA Food Bank](#) through September.

Check out Let’s Move! Pennsylvania Conference to be held in State College on October 8th, 2014. It will focus on a call to more physical activity, along with healthier food and beverages to reduce childhood obesity. Find out more, and [register here](#).

FNCE October 18-21, 2014: Save the date for this years Food and Nutrition Conference & Expo located in Atlanta, Georgia. [Click here](#) for more information regarding the event and speakers.

**Grants and Opportunities:**

NEW—A [press release](#) announced that $2.5 million is available to establish the U.S. Department of Agriculture's Rural Child Poverty Nutrition Center which would support strategies for a healthier next generation in rural
NEW-The Academy of Nutrition and Dietetics, through the Academy Positions Committee (APC), is soliciting for authors, content advisors and reviewers for the position paper on Food Insecurity in the United States. You must be a dietitian in this focus area to participate. Look here for a detailed explanation of the subject matter and qualifications.

$5.7 million will be made available for Team Nutrition Grants. Money will be given to National School Lunch and Child and Adult Care Food Programs to help them provide healthier lunches to kids. Recipients will focus on Smart Lunchroom strategies. See more about this opportunity at this website.