



Your Nutrition Resource Connection

## Nutrition News & Opportunities

IMPORTANT  
PA NEN LINKS

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### PA NEN News:

#### What is Eat.Together.PA



[www.EatTogetherPA.org](http://www.EatTogetherPA.org)

The Eat.Together.PA campaign is helping Pennsylvanians to come back to the table for breakfast, lunch, dinner, and snacks too! [EatTogetherPA.org](http://EatTogetherPA.org) is meant for **everyone!** We hope it will make cooking (for the craziness we call friends and family) a little simpler. Browse the websites for affordable [recipes](#), family meal [resources](#), [stories](#) from Pennsylvanians making meals together work, and more!



[www.EatTogetherPA.org](http://www.EatTogetherPA.org)

### International News:

[Headlines say that vegetable, olive, corn, and other oils are not all they're cracked up to be. But, what do the researchers think?](#)

[Could certain foods trigger you to eat unhealthily? More research to be had.](#)

Headlines say, "Full-fat dairy is the way to go." But, a [researcher asks us stop](#) and think before jumping on the full-fat bandwagon. Another dietitian offers some [good tips](#) for when you're thinking of switching from skim to full-fat dairy.

[PA NEN's 2016 ANNUAL CONFERENCE](#)



[Three things carb-loving kids wish their parents knew and the research to support it](#)

[Three out-of-the-ordinary ways to share your nutrition expertise around the world!](#)

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### **National News:**

[In Boulder, Colorado they use a school lunch food truck.](#)

[The first lady goes to Atlanta Georgia to get her hands dirty gardening.](#)

This food pantry owner shares much more than food with her clients. She gives them her passion, non-judgmental nature, and can-do attitude. Listen to the story [here](#).



[With this one modification, a school doubled its school breakfast participation.](#)

[Staff from Center on Nutrition Policy and Promotion worked on the teams to create the newest Dietary Guidelines. Hear from their Executive Director.](#)

[Does the craving to exercise start in the womb?](#)

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### **Local News:**

**Pennsylvania:** Reser's Fine Food Salad is recalled because of a potential Listeria contamination. More details can be found [here](#). Find other food safety recalls, like this one, listed [here](#).

**Berks County:** [Greater Berks food pantry goes mobile.](#)

**Philadelphia:** [Soda taxes remain a hot topic in Philadelphia.](#)

**Philadelphia:** [A West Philly food pantry volunteer serves up a variety of healthy options to meet her clients' needs.](#)

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### **Resources:**

The Journal of Nutrition Education and Behavior highlighted [journal articles](#) for April, National Minority Health Month.

The House Appropriations Committee released their 2017 The Agriculture Appropriations Bill on April 12. See the [highlights](#) and a [draft](#) of it.

[Foodsafety.gov](#) lists food safety resources for Spring. You'll find videos,

articles, and other helpful links.

Farm-to-school in early childhood education works! This [website](#) shares a report, fact sheet, and infographic with all the data.

The [Cooking Matters curriculum](#) has a long term impact according to this national report.

SNAP-Ed Connection presents resources for [nutrition through all the seasons](#).

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### **Social Media:**

Why does asparagus make some people's pee smell so weird? Watch this [video](#) to hear the science!

Did you know that Feeding Pennsylvania (supporter and network of all the food banks in Pennsylvania) is on [Facebook](#), [Instagram](#), and [Twitter](#)?

It's National Minority Health Month, and they're was a Twitter chat to support the cause. You can see all the questions-and-answers, along with some posted resources by following this [#NMHM16Chat](#) hashtag. Also, visit the Office of Minority Health [Twitter page](#).

Did you know that Feeding America Keeps a blog? They highlight food distributors who are a part of their network, bring up controversial issues within the area of hunger relief, highlight creative partnerships, and share hunger issues addressed in the national news. See more at their [website](#).

Philadelphia sports fans donate to Philabundance food bank! They share their offerings with this hashtag [#phansfeed](#).

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### **Webinars:**

*NEW*-Curious about what the Dietary Guidelines have to offer? Dietitian Central is hosting a webinar for everyone on the key recommendations of the new Dietary Guidelines. It costs \$18. Though the live webinar happened today, you can watch the [recording](#) for an entire year.

*NEW*-As a nutrition educator, making your message stick is tricky! Your clients' ability to understand the topic you cover can impact how they apply your message. During this webinar, you'll learn about the "teach-back" strategy and how applying this teaching method could influence behavior change in your clients. The Society of Nutrition Education and Behavior (SNEB) will present this webinar on April 25 at 12:00 PM (ET). It's free for

SNEB members but costs \$25 for non-members. Register [here](#).

*NEW*-“What's in a Name?” is a 2 hour webinar held by the Society of Nutrition Education and Behavior (SNEB). During this event, you will view short presentations about various approaches to help people eat better—from social marketing, to food and nutrition education, and other kinds of health promotion. Join the webinar from 9:00-11:00 AM (ET) on April 27. The webinar is free to Society of Nutrition Education and Behavior members but will cost \$25 for non-members. [Register today](#).

*NEW*-Tufts Freidman School of Food and Nutrition shares recorded videos of speakers presenting at their school. Watch them [here](#).

Academy of Nutrition and Dietetics Members can attend this recorded webinar, “Changing the Way We Look at Agriculture”. It’s a one-hour recording put on by the Academy’s Future of Food initiative. It covers the U.S. and international farming practices, along with innovative ways to feed the world. One Continuing Education Credit is available to Registered Dietitians and Dietetic Technicians. Find out more details [here](#).

“Kids Eat Right” is an hour-long, recorded webinar that shares all the resources available to those who are a part of the Academy of Nutrition and Dietetics’ “Kids Eat Right” initiative. Their website houses presentation toolkits, articles, video-recorded recipes, and more! One Continuing Education Credit is available to Registered Dietitians and Dietetic Technicians. [Watch it today](#).

In February, the Association for Public Policy Analysis and Management held a meeting, “Rethinking Food Assistance Policy: New Experimental Evidence on Improving Food Security and Nutrition among Low-Income Families and Implications for Policy.” It focused on the results of evaluations of two pilot assistance programs: the Healthy Incentive Pilot (HIP) and Summer Electronic Benefit Transfer Children Demonstration (SEBTC). Both programs had positive results. You can listen to a recording and gain resources from this event at this [website](#).

Communities around the world are sharing their progress in halting and reversing the childhood obesity epidemic. This March and April, the National Collaborative on Childhood Obesity Research (NCCOR) is hosting a series of webinars to examine these strategies. Click [here](#) to learn more.

On Thursday, June 9, 2016 from 12:15-1:30 PM, the Pennsylvania Chapter of the American Academy of Pediatrics is hosting a free webinar called, “Let’s Talk - Good and Cheap: delicious, healthful food for families on tight budgets.” The presenter will be Leanne Brown, M.A. – Food studies scholar and author of *Good and Cheap*, a cookbook for low-income and SNAP recipients. She brings her experience of working with people who are homeless, in shelters, without training in preparing food, without kitchens or cookware, and other factors making life difficult and chaotic. You can [register here](#). Any questions can be emailed to [Amy Wishner MSN, RN, APHN-BC](#).

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## Events:

*NEW*-Taste of Lancaster! This Sunday, April 16, from 11:00 AM-3:00 PM, the Central PA Food Bank is hosting this event to support local food businesses. For 20 years, people have come to sample delicious bites while donating to the Food Bank. See more information in this [Facebook invite](#). Make sure you sign into Facebook first.

*NEW*-The Public Policy Workshop for the Academy of Nutrition and Dietetics is open to registered dietitian nutritionists and dietetic technicians. It will take place on June 23-24 in Washington D.C. Find out about the event location, travel information and more at this [website](#).

*NEW*-The Central PA Dietetic Association is hosting a farm tour in State College, PA on May 20, 2016 from 9:45 AM-4:00 PM. Event details can be found on [this page](#). Click the image on this website for a close up of the day's agenda.

The Gleaning Project of Central Pennsylvania is hosting their Empty Bowls 2016 event on April 15 at Gettysburg College. A soup and bread dinner will be held to raise awareness of hunger and food insecurity in the local area. Find out more [here](#). Register to volunteer at this [website](#).

On April 16-17 the University of Arkansas' Campus Kitchen Project is hosting a [Food Waste & Hunger Summit](#). Student leaders will share their innovative solutions for ending food insecurity.

The National Farm to Cafeteria conference brings together 1500+ thought leaders in the farm-to-school arena. They'll attend 40+ conference sessions and workshops. This year, the conference will be held on June 2-4 in Madison, Wisconsin. If you do not have the funds to attend, you can apply for a scholarship [here](#). Or, you can register [here](#).

The Gleaning Project of South Central Pennsylvania serves local foods to food insecure locals in Franklin and Adams County. This non-profit is hosting their Empty Bowl's Fundraiser on April 15 from 4:30-6:30 PM. Join them at Gettysburg College for a locally-sourced soup and bread dinner to support their cause. More information can be found [here](#).

Stamp Out Hunger is celebrating 24 years! On Saturday, May 14, this Letter Carriers' Food Drive will take place. Until then, get updates about this event [here](#).

Schools are encouraged to participate in the fourth annual Every Kid Healthy Week celebration on April 25-29. Whether just starting out or celebrating all your school's health and wellness accomplishments, join the movement by hosting and registering your Every Kid Healthy Week event. Find ideas and resources for Every Kid Healthy Week at [this website](#).

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## **Grants and Opportunities:**

The US Department of Agriculture announced that \$90 million is now available to support local food systems and those growing specialty crops like fruits, vegetables, tree nuts and more. Apply by July 6. Find out details behind this grant in this [press release](#).

Share Our Strength is presenting a "Cooking Matters at the Store" mini-grant for those who want to connect families to affordable, healthy food within the grocery store. Applications are due on May 13. Find out more information [here](#). There is also an informational [webinar](#) being hosted on April 8 at 1:00 PM.

Salud America is forming a national network of leaders working to promote health in schools, especially in Latino communities. By signing up to become a Salud Hero, you can gain critical resources, share your own, and network with other leaders like yourself. Find out more bonuses to signing up [here](#).

\$200 mini-grants are available to present the "Tossed Treasures" toolkit by Kids Eat Right and the Academy of Nutrition and Dietetics. Recipients of this grant must be members of the Academy of Nutrition and Dietetics and willing to present twice, between April 11-June 10. The outlined presentations provide tips and tools for reducing food waste. They are intended adults or mature teens. [Applications for this grant are due April 11](#).

[Project PA's Mini-grants](#) are now available to Pennsylvania school systems! Use them to enact some simple adjustments to help kids to choose healthier school lunch choices and to keep meal participation up.

The Journal of Nutrition Education and Behavior is calling for research papers on Nutrition Economics. This subject matter could include behavioral economics, consumer food behavior, cost benefits of programs, food budgeting or even how economic status affects what people eat and their access to healthy options. Submissions are due by June 15. Follow the directions from this [website](#).

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View the full funding statement by clicking [here](#).