**Eat.Together.PA**

Fast food can be healthy! It sure can!

Are the people you educate or counsel running short on time? Does cooking seem impossible? Then fast food might be their best bet. Visit [EatTogetherPA.org](http://EatTogetherPA.org) for tips to choose the healthiest option.

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**International News:**

* Is snacking a problem for toddlers?
* Can nutrition feed the brain?
* Does ugly fruit pack in more nutrients than perfect produce on grocery store shelves?
* How can you create wellness in school?

In the future, laws might require restaurants to label calories on menus nationwide. In the meantime, [here](http://here) are some tips to choose healthfully when dining out.

* An artist highlights the electrifying colors of produce!
* Fat in the diet
* A review of whole grains

[This tip sheet will help you pick and choose what nutrition headlines to](http://this tip sheet will help you pick and choose what nutrition headlines to)
Keep this in mind when asking people to sample healthy food.

National News:

The US Department of Agriculture announced new nutrition standards for Child and Adult Care Food Programs (CACFP). They’re summarized here. Compliance to these standards is expected by October 1, 2017. The Food Research and Action Center approves of this new legislation.

Fewer people are receiving Supplemental Nutrition Assistance Program benefits. And, it’s estimated that 500,000 people will lose them throughout 2016. Some politicians are frustrated at this move.

Drug felons need federal food assistance too.

Check Food Safety Modernization Act updates for 2017!

School gardens boost the number of kids eating their greens. Scroll down to the bottom of the article for more farm-to-school resource links.

Howard County schools share their journey and goals within school nutrition.

Last week, the House Education and the Workforce Committee Republicans released their draft of the Child Nutrition Reauthorization Bill. Find the summary here. The bill slows the implementation of sodium reduction requirements, limits the whole grain requirements, weakens the Smart Snacks legislation, and makes it more challenging for kids to get free and reduced-priced meals. Democrats dislike this draft. The Food Research and Action Center feels the same way. The Pew Trust’s child nutrition project also shared a Q&A on the matter.

The House Appropriations Committee adopted its version of the FY 2017 Agriculture Spending Bill. It also allows school meal programs to receive an exemption from meeting the whole grain standards and delays any sodium reduction in school meals until the nutrition research supports the move.

One school district’s meal program grows in popularity!

Small, low-cost changes to a cafeteria’s layout might help high schoolers pick healthier options. But, the jury is still out for this school.

School food pantries play a crucial role in reducing hunger within rural communities.

One dietitian (with a very impressive resume) becomes mayor!

Corn masa will now be fortified with folic acid.
Did you know that it’s National Garden Month?

How will you get your exercise in this spring? Take a couple of ideas!

Local News:

Pennsylvania: A variety of frozen vegetables are recalled because of a Listeria contamination. Find more details and pictures of packaging here.

Chester: Fair and Square, a non-profit grocery store in Chester, strives to make their community healthier but still needs to meet bottom line. They do this by selling a mix of healthy and unhealthy options.

Hershey: Penn State Medicine looks into the effect of strength training for older adults.

Philadelphia: Grocers Against Hunger is Philabundance’s strategic initiative encouraging grocery stores to donate their leftovers to the food bank.

Philadelphia: Locals walk to fight hunger in their area.

Resources:

Is saturated fat not the villain anymore? This review shares all the research.

John Hopkins School of Public Health created this report, “An Overview of Institutional Food Procurement and Recommendations for Improvement”. It shares forward-thinking efforts reforming institutional food procurement practices allowing for regional, environmentally-friendly foods.

The US Department of Agriculture’s Agricultural Marketing Service shared this toolkit, “The Economics of the Local Food System”. It will assist communities to lead discussions, assessments, and more regarding this issue.

“Beyond Beauty” is a report that covers the challenges and successes of handling, marketing, and procuring imperfect produce.

For the past ten years, the Hamilton Project explores state-level impacts of children’s exposure to food insecurity. They also produced this fact sheet, “Twelve Facts about Food Insecurity and SNAP”.

“Every Kid Healthy™ Week” is finishing up tomorrow! It celebrated school wellness achievements. This map from Action for Healthy Kids shares what schools and community organizations participated in your state! Scroll to the base of this website to see it.
Social Media:

The Food Trust’s Instagram page shares community events, fabulous healthy initiatives, and more.

The Food Recovery Network is a national network of college students recovering surplus food from college dining halls. Keep up-to-date with what they’re doing on their Twitter, Facebook, Pinterest, and Instagram pages.

Find all produce and educational activities that are poppin’ out of this nation’s gardens by following the hashtag #NationalGardenMonth. Then, use it yourself.

Tufts University’s Jean Mayer USDA Human Nutrition Research Center on Aging studies the impact of nutrition and physical activity on the aging population. You can follow their Twitter handle here.

Webinars:

NEW-Kaiser Permanente believes that healthier school environments can support productivity in and outside the classroom. A part of school wellness initiatives is the need for healthier employees. This three-part webinar series focuses on employee wellness in the school setting. Click here to see them.

NEW-The National Good Food Network hosted a webinar about using and selling imperfect produce. There is a lot of opportunity and challenges faced by the farmers and the foodservice facilities receiving this food. Find out more about this process in this recorded webinar.

NEW-The Society of Nutrition Education and Behavior (SNEB) is hosting a webinar called, "Hunger Issues: Engaging Participants for Lifelong Change". It will focus on nutrition educators sharing their strategies when speaking to a low-income audience who struggle with housing, healthcare costs, and other needs beyond nutrition. It is slated for May 17 at 1:30 PM (EDT). Click here to sign up. It’s free to SNEB members but costs $25 for others.

NEW-The National Resources Center on Nutrition and Aging (NRCNA) is hosting a webinar on May 3 from 3:30-4:30 PM (EDT). It’s called, "What’s New on the NRCNA Online Library?". During the presentation, you’ll learn what this website has to offer, how to navigate it, and about all the training opportunities for those health professionals working with the aging population. Find out more.

NEW-The US Department of Agriculture has a recorded webinar series, “Planning for Farm to School Success.” It walks you through their Farm to School Planning Toolkit and more in eight, 30-minute-long recordings.

The "Unbalanced Breakfast" is a podcast held by Tufts University nutrition students. They touch on pertinent, current topics in health and wellness. Listen to each episode here.

The US Department of Agriculture has a webinar slated for 2:00 PM on May 4.
It’s called, “School Meals Programs Donating and Receiving Wholesome, Excess Food”. Registration and other details can be found here.

Tufts Freidman School of Food and Nutrition shares recorded videos of speakers presenting at their school. Watch them here.

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.

Events:

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.

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 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.

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.

Grants and Opportunities:

NEW-To all our Registered Dietitians and Dietetic Technicians: Today’s Dietitian online magazine posted this article, “Stress and Weight Management — Learn About the Body’s Physiological Responses to Stress and Effect Stress Has on Weight Management.” You can read it, answer questions at the bottom of the page, and gain Continuing Education Credits.

NEW-The US Department of Agriculture’s National Institute on Food and Agriculture has a grant available for Food Safety Outreach. Grant recipients will develop and implement food safety training, education, extension,
outreach and technical assistance projects for owners and operators of small to mid-sized farms, beginning farmers, socially-disadvantaged farmers, small processors, or small fresh fruit and vegetable merchant wholesalers. Find more details here. If this opportunity is not within your realm of practice, find more NIFA grants here.

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.

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.