



Your Nutrition Resource Connection

Nutrition News Nibbles - August 15, 2016

### PA NEN News



[ARCHIVE](#)

#### **Who is Interested in Adding Articles to the News Nibbles?**

Highlight what you do in the community! Give some input on novel nutrition research! Promote your nutrition education event!

Here is your chance to add content to this weekly E-Newsletter. Just [email us](#) a link to the article. If it fits the bill, you'll see it in the newsletter next week!

### International News

[A food expert shares the research behind the raw food diet along with her recommendations.](#)

[Food safety tips for traveling](#)

[Positive self-talk can improve athletic performance.](#)

[You can grow 6000 pounds of food from a backyard garden?!](#)

[Kids can learn to exercise from your example!](#)

[What kind of food is a "pulse"? Take five facts about them which you won't want to miss!](#)

[Chefs serving up food during the Olympics turn what could be wasted into meals for the hungry.](#)

[Is food advertising affecting kids' brains?](#)

[Italy might outlaw veganism for kids. Here](#) is what some health professionals think about this political matter.

[The Social Innovation Lab in Toronto is planning to reduce its city's food waste while feeding the hungry.](#)



### National News



### [RESOURCES FOR HEALTH PROS](#)



### [FOOD POLICY UPDATES](#)



Contact PA NEN  
717.233.1791  
[pa\\_nen@phmc.org](mailto:pa_nen@phmc.org)

[Take a summary of what the new Nutrition Label will look like.](#)

[One school asked students to do pushups everyday for 30 days during September, also known as "Pushtember".](#)

The George Washington Food Institute is striving to connect community leaders, researchers, students, and others to maximize their impact on a healthy food supply. [Learn more!](#)

[Oakland is the newest city to discuss a tax on sodas. Hear the latest arguments!](#)

Two New York legislators voice their support for summer meal programs in schools. Check it out, [here](#) and [there](#).

[As flooding continues to terrorize parts of Louisiana, the Supplemental Nutrition Assistance Program \(SNAP\) supported affected households.](#)

[After 20 years, a ban that stopped drug felons from receiving Supplemental Nutrition Assistance Program \(SNAP\) Benefits was lifted in many states.](#)

[Marshall County Schools in West Virginia appreciate the support of the Community Eligibility Program for their school meals. This policy relieves financial and administration burdens.](#)

[People in Missouri suffer with less food assistance available.](#)

[Can online shopping help those on the Supplemental Nutrition Assistance Program?](#)

### [Local News](#)

**Litiz:** [A video of 5 spine strengthening exercises from a local yoga studio](#)

**Lewisberry:** [A fitness challenge brings food donations to the Central PA Food Bank. What creativity!](#)

### [Resources](#)

Check out this [Salud Today toolkit](#) with an issue brief, supporting videos, research, infographics and more pushing healthier Latino schools.

## Social Media

[You can share this picture of non-food rewards for the classroom.](#)

You'll be blown away by the [5 best healthy lifestyle blogs](#).

Woot! Google celebrates the #Olympics by sharing fruits & vegetables in their [Google Doodles](#) (i.e. the images that make up the Google logo when)!

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## Webinar

*NEW*-The Lifestyle is Medicine Annual Conference brings together physicians, health care professionals, ancillary health care providers, prominent leaders in preventative medicine, and other thought-leaders who support healthy routine for wellness. You can view some presentations from previous years' conferences [here](#).

Chefs Collaborative is a group of chefs and culinary professionals across the country who care about how they source, cook, and serve food. Listen to their podcast que to learn about reducing food waste [here](#).

The National Center for Complimentary and Integrative Health presents online lecture series focused on complimentary medicine. Each series includes nutrition! [See the webinar listing, and listen in.](#)

The Wallace Center and the NGFN Food Hub Collaboration hosted over 400 food hub managers, staff and supporters in Atlanta, Georgia. Dozens of incredible presentations were recorded. If you were unable to attend, then try one session at a time online. Click [here](#) for the videos and resources.

The Food and Drug Administration (FDA), in collaboration with the American Medical Association (AMA), released a [continuing medical education \(CME\) video](#) for physicians to learn about the new Nutrition Facts Label (NFL); to learn practical strategies for talking nutrition to patients; to provide guidance that is important for general health, combating obesity, and reducing the risk of other chronic illnesses.

Evaluation, Treatment, and Prevention in Community Settings (EPIC) is hosting a Let's Talk webinar on sleep and obesity. It's slotted for Thursday, September 22, 2016 from 12:15-1:30 PM (ET). One speaker will focus on the science behind sleeping and obesity. Another will look at how people can practice better sleeping habits. [Register today!](#)

## Events

[Save the date!](#) The Pennsylvania Department of Health, with the Pennsylvania Department of Human Services, Pennsylvania Governor's Office of Homeland Security, Pennsylvania Emergency Management Agency and the University of Pittsburgh's Center for Public Health Practice, is hosting the largest Pennsylvania conference on public health and medical preparedness and response. On September 14-16, you can attend the "2016 Public Health Preparedness Summit: Building Coalitions and Strengthening Our Community" in the Blair County Convention Center of Altoona, PA. Abstracts for poster presentations are currently being accepted until TODAY - August 12, 2016. Eligibility, suggested public health themes, evaluation criteria, and submission instructions can be found [here](#).

Who is on the lookout for innovative, inspirational ways to encourage your clients to lose weight. On September 14 from 8:30 AM-10:30 AM in Driscoll Hall Auditorium, join Villanova's College of Nursing's COPE Breakfast Series, "Sharing Secrets and Successes: Best Practices in Weight Management". During this time, you'll hear from a panel of dietitians practicing groundbreaking ideas to reduce obesity. See how their clients achieve lasting lifestyle changes and strategize with other professionals. Location, cost, and other information can be seen [here](#).

Exciting news! The Nutrition Links Annual Conference "Becoming a Super Nutrition Educator" is being held on Tuesday, September 13 in State College. The event will aid nutrition educators and other health professionals in motivating families and individuals to select better foods. Registration and more information can be found at [this link](#).

A three-day event called, "[Three Day Blow Festival](#)" will be happening in Pittsburgh on August 26-28. It will bring people together from around the country to converse about regional food systems. The festival will include workshops, networking, and "quirky programming and food and drink celebrations".

Nutrition Professionals focusing on the senior population can gain so much from the 2016 Meals on Wheels Conference! It offers a fresh perspective about senior care from a strong research-base and renowned professionals. It's slated for August 31-September 2 in Nashville, TN. See the conference speakers, keynote sessions, the agenda and other game-changing opportunities [here](#)!

"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

*NEW*-Registered Dietitians and Dietetic Technicians who are a part of the Academy of Nutrition and Dietetics –The Academy is providing \$200 dollars for health professionals willing to present their new, “Tossed Treasures. How We All Can Waste Less Food” toolkit between September 26-December 2. Applications and other resources can be found [here](#). Apply by September 16, 2016, and mini-grantees will be announced September 26.

Do you have a business idea that fills a nutrition gap? Zing Nutrition Bar wants to provide a \$1000 grant to the dietetic entrepreneur community. Two runners-up will also be awarded grants of \$500 each. Registered dietitians, diet techs or dietetic students are eligible to apply—just a quick 500-word submission about your idea. [Apply by September 15, 2016](#). The winners will be announced during the Food & Nutrition Conference and Expo in October 15, 2016.

100 Licensed Early Childhood Education Centers/Homes could receive a \$500 mini grant to enhance their nutrition and physical activity practices. This grant will help you implement activities for the health and wellness of your kids! You will use the PA Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC). This is an online tool that provides professional development for child care administrators and their staff. It includes self-assessment, action planning, implementation, post-self-assessment, and reflection. Applications are due by August 28, 2016 and the mini-grant will run from September 2016 - June 2017! [Click here to apply!](#)

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](#).

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](#).

**Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP).**

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