



[ARCHIVE](#)



www.EatTogetherPA.org



PA NEN News

Eat.Together.PA Billboards go to Philadelphia



PA NEN's Social Marketing Committee Eat.Together.PA [billboards](#) are still posted in Philadelphia. Keep an eye out for just a bit longer! And, spark your creativity with the www.EatTogetherPA.org nutrition education resources, meal planning tips, budget-saving ideas, and much-much more!

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

[9 simple ways to move](#)

[11 energy-boosting foods](#)



**RESOURCES FOR HEALTH
PROS**



FOOD POLICY UPDATES



Contact PA NEN
717.233.1791
pa_nen@phmc.org

[New research is looking into the reality of non-celiac wheat sensitivity.](#)

[Over 60 years-old? You can stay young by following some of these tips.](#)

[Brazil's food revolution changed the way their nation ate!](#)

[How does exercise improve your memory?](#)

[10 healthy, dietitian-approved snack ideas for the airport](#)

[An exercise routine fit for those who don't love getting active.](#)

[A healthy Mediterranean diet, high in healthy unsaturated fats, can lower the risks of certain cancers, heart disease, and type 2 diabetes.](#) More research is needed to understand why these foods have this effect. This concept is further supported by a [new study](#) by the Harvard School of Public health, which found that high consumption of healthy unsaturated fats leads to lower mortality rates, while high consumption of saturated and trans fats leads to higher mortality rates.

[A UV device kills 99.7% of salmonella on fresh lettuce, along with other viruses and bacteria.](#)

[What works and doesn't at farmers markets?](#)

[Take some reasons why we emotionally eat.](#)

[Professors from the University of Sydney created a new nutrition model about mixing nutrients \(like carbohydrates, fats, vitamins, etc.\). Balancing your foods has a greater impact on health than focusing on one particular nutrient.](#)

[Nine activities to help you relax, take care of yourself, lower your stress, improve your mood, and better your health.](#)

[Registered dietitians and nutrition scientists cover some common nutrition myths.](#)

National News

[Fewer American teens drink sugar sweetened beverages.](#)

[Bar-S Foods is voluntarily recalling more than 350,000 pounds of hot dogs and corn dogs because of a possible Listeria contamination.](#)

[An E. coli outbreak in Chicago has grown to 65 people confirmed](#)

[sick with 20 of them sick enough to be admitted to hospitals.](#)

[A team of scientists from Tufts University have found that shifting the US standard diet to a lacto-vegetarian one would allow the country to feed everyone with the land currently available.](#)

[The government announced four final rules that implement the Healthy Hunger Free Kids Act.](#)

Finalized rules behind the Healthy Hunger Free Kids Act were released last week. See what some school wellness advocates anticipate, [here](#).

[A large food retailer tries to reduce food waste by becoming the leader selling imperfect produce.](#)

[A volunteer finds vacant lots, grows food there, and gives the bounty to those who need it most.](#)

[Vertical gardens grow inside garages. See their bounty and how it's done.](#)

[What's new within the finalized Healthy Hunger Free Kids Act? This!](#)

[A Massachusetts legislator sets out to save summer meals programs.](#)

[Cleveland adopts a toll-free hunger hotline.](#)

[Rural communities in Alaska suffer from food insecurity due to climate change.](#)

[A case for health warnings on sugary sweetened beverages](#)

[Complimentary health approaches to medicine are rising in popularity.](#)

[5 misconceptions of the Nutrition Facts label.](#)

[Issues that revolve around the "local food movement"](#)

[Why the emphasis on a healthy school meals?](#)

[More Syracuse families will utilize food assistance.](#)

Local News

Pennsylvania: [Barbara Lohse - PANEN member, former PA NEN Director, and former PI of PA Nutrition Education TRACKS was named researcher of the year for the Society for Nutrition](#)

Education and Behavior.

Pennsylvania: [On July 1st, Hunger-free Pennsylvania fought hard for a budget that would increase funds by 4.1% anti-hunger programming. It was approved and is the largest increase for PA. This increase provides an additional \\$750,000 to the \\$1 million budget already in place for the 2016 – 2017 fiscal year.](#)

Pennsylvania: Have you heard of the “[The Big Latch On](#)” global event hosted by WIC Breastfeeding Peer counselors, WIC staff, and volunteers? The focus of the event is to bring breastfeeding mothers together to provide them support, normalize breastfeeding, and raise awareness. The event will be hosted by local WIC offices on August 5. You can find a location near you by going [here](#).

Pennsylvania: [Keep the house cool with these no-cook summer meals from Penn State Cooperative Extension.](#)

Harrisburg: [Harrisburg offers free meals for their police officers.](#)

Kingston Township: [A “Fill a Glass with Hope” charity event and mobile food pantry at the Lands at Hillside Farms in Kingston township was held July 11.](#)

Lancaster: [Ball exercises from Lighten-Up Lancaster](#)

North Penn: [North Penn School District’s School Nutrition Service encourages parents and students to continue eating healthy and being physically active during the school year in the summer.](#)

Philadelphia: [This app connects surplus food to the hungry.](#)

Sunbury: [Weis Markets issued a food recall on 30 of their bakery items because of metal fragments found within them.](#)

Resources

Debunk nutrition myths and related environmental health issues by reading this newsletter. Subscription and cost information can be found [here](#).

The National Center for Complimentary and Integrative Health (a part of the National Institute of Health) developed the [Good Research Database](#) looks into health topics like herbal supplements, various nutrition therapy and more.

South Dakota State University Extension created the “[Pick it. Try it. Like it.](#)” Series with vegetable and fruit fact sheets, recipe cards and a how-to video!

Click on the [links](#) to resources behind the final rule for the Healthy

Hunger Free Kids Act.

Social Media

Many organizations and individuals post important messages and resources about food insecurity over Twitter. They use the hashtag, [#hungerinthenews](#).

Meals on Wheels is promoting a volunteer recruitment campaign. Local programs and those involved with this organization can help share the message through social media resources on this [website](#).

PA NAP SACC is an online, continuous quality improvement intervention designed to help child care providers improve the nutrition and physical activity practices within their early childhood care settings. Between 2011-2016, 337 licensed child care programs in Pennsylvania, including both center-based and family child care homes, have completed the PA NAP SACC process. This [infographic](#) highlights some of the successes of the project. To learn more, visit the [project website](#) or contact Lori McMonigal at lmcmonigal@tiu11.org.

Webinar

NEW-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.

NEW-Archived Community Commons [webinars](#) will open up your eyes to community prevention programs across the nation strategizing for policy change, food environments, and important poverty issues.

Farm to Table Talk is a [podcast](#) that shares the path of food being produced, processed and marketed.

The National Resource Center on Nutrition and Aging is hosting a webinar on August 9, 2016 at 3:30-4:30 PM (ET). It's called, "Data Collection through Population Health Management Software". During this time you will learn about how to collect and communicate data efficiently and effectively. You can register [here](#).

Food Tank presented a webinar on how imperfect produce in grocery stores is on the rise. You can listen to the recording by registering [here](#).

The Aspen Ideas Festival presented on “Planetary Health” – the need to focus on the health of the planet and its impacts human health. More about this term and what we should do about it can be seen in this [hour-long, panel discussion](#).

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.

This [webinar archive](#) lists all food safety webinar recordings led by Partnership for Food Safety Education from 2014 until now.

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

NEW-Are you in South Central Pennsylvania (in York, Franklin and Adams Counties)? Then, join the South Central Pennsylvania - Food Systems Alliance's (SCPA-FSA) catch-up and networking session on Friday, August 12th from 9:00-11:00 AM. It will be at the Community Room of the Camp Hill Giant Food Store. Though an RSVP is not required, it's helpful. Click [here](#) for the RSVP form. Feel free to contact Cheryl Burns, cburns@capitalrcd.org or 717-241-4361, with any questions.

NEW-The “Big Latch On” is a global event hosted in various cities in the US to provide support for breastfeeding mothers, to normalize the practice and raise awareness about it. Join on August 5-6. Find a location near you by going to this [website](#).

NEW-Fresh Food For All! is a program hosted by Philabundance Food Bank. It provides produce to communities who need it most (No application needed!). Find details and locations on [this list](#).

NEW-[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 August 12, 2016. Eligibility,

suggested public health themes, evaluation criteria, and submission instructions can be found [here](#).

NEW- 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](#).

The Greater Philadelphia Coalition Against Hunger and the Food Trust are operating an Eat Healthy, Give Healthy Food Drive at various locations throughout the city. [See when the events are taking place at a location near you.](#)

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-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.

NEW-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 Yogurt in Nutrition Initiative for a balanced diet (YINI) is looking for research proposals about yogurt and nutrition. Proposals are due in October. Get all the details and apply [here](#).

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](#).

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