



Your Nutrition Resource Connection

Nutrition News Nibbles - August 22, 2016



[ARCHIVE](#)



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PA NEN News

Job Opening @ PA NEN!

We're on the search for a full-time Program Assistant with minimum of one to two years of office experience. Jump at the chance to work with our compassionate, invigorating, small-but-mighty team. Check this job posting [here!](#)

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!

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International News

[A dietitian shares how to brunch healthfully.](#)

[Japanese corner stores cater to the elderly in original ways.](#)

[Take this dietitian's healthful go-tos for kids heading back to school.](#)

[You can freeze avocados?](#)

[Jump into these recommendations for aspartame consumption during pregnancy.](#)

[A debate over dietary recommendations of Omega 6 fats will not end anytime soon.](#)

[A dietitian reveals why her slightly messy, but healthy kitchen is the best!](#)

[The Academy of Nutrition and Dietetics is celebrating it's 100th birthday by sharing its vision for the next century!](#)



[RESOURCES FOR HEALTH PROS](#)



[FOOD POLICY UPDATES](#)



Contact PA NEN
717.233.1791
pa_nen@phmc.org

[Food scientists might use seaweed to boost the nutritional profile of burgers and hot dogs.](#)

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[National News](#)

[Experts brainstorm ways to expand summer meals to kids who need them!](#)

[In Louisiana, flood victims have not received Disaster Supplemental Nutrition Assistance Program Benefits \(D-SNAP\) yet. But, they're encouraged to pre-register.](#)

[Economically disadvantaged students may receive free- and reduced-lunch, but that doesn't make up for other issues within their schools.](#)

[Corn and soybean growers make the switch to fruits and vegetables.](#)

[Because of an innovative partnership, a mobile market opens to serve the people receiving Supplemental Nutrition Assistance Program \(SNAP\) benefits in New York.](#)

[The government is looking to buy surplus cheese for food banks.](#)

[Commercial kitchen space is made more available for food prep through this app.](#)

[A food bank in Cincinnati pilots innovative summer meals programs.](#)

[Food insecurity in military families is triggered by a various circumstances.](#)

[In San Diego, a school lunch program serves its millionth child!](#)

[The amount of people using Supplemental Nutrition Assistance Program \(SNAP\) reduced by over a million. Check the Food Research and Action Center's state-by-state analysis.](#)

[The soda tax kicked-in, and consumption of sugar-sweetened beverages reduced. Will this trend last?](#)

[X-ray vision carrots to reduce food waste!](#)

[Where do Americans buy most of their junk food?](#)

[Teenagers in Florida encourage their school-mates to reduce childhood obesity.](#)

[A national salt reduction campaign yielded a 7% decline in sodium consumption.](#)

[Supermarkets do a mediocre job notifying their customers about recalls.](#) However, this [report](#) counters this claim.

Local News

Lancaster: [Everyone can be comfortable doing yoga – even those who might be overweight!](#)

Lancaster: [PowerPacks in Lancaster is searching for donations to continue their wonderful program feeding kids and families.](#)

Littlestown: [New Hope extends their food pantry to Littlestown.](#)

Philadelphia: Drexel's Eat.Right. Now program publishes an online newsletter during the school year. Explore their most [recent one!](#) Want more? Then, dive into all their E-Newsletters in [their archive!](#)

Philadelphia: [The city food pantries have been mapped out thanks to the Greater Philadelphia Coalition Against Hunger.](#)

Resources

Even if you didn't make it to the Society of Nutrition Education and Behavior conference, you can access some of the [conference](#) materials.

A new school year is chance for families to kick off a healthy routine. That's why #MyPlate released their [website](#) focused on families! Jump into all the food & nutrition resources!
#MyPlateMyWins

It's National Farmers Market week, and the Food Research and Action Center (FRAC) is ready to help you celebrate. The [FRAC Chat blog](#) looks at connections between farmers markets and summer nutrition programs. It also created a new [guide](#) to strategies and resources for such initiatives.

According to the American Heart Association [recommendation](#), children should eat less than 25 grams a sugar a day. Now, what does that mean?

[The Women's Health Initiative looks at how the duration of](#)

[overweight and obesity in adulthood affects cancer risk.](#)

The International Journal of Behavioral Nutrition and Physical Activity presents a [study](#) about fussy, toddler eaters. It's titled, "Maternal feeding practices and fussy eating in toddlerhood: a discordant twin analysis".

Social Media

It might have been cool over the past couple days, but it's about to warm up again. So, share heat safety tips with this [infographic](#).

Webinar

NEW-The National Collaborative on Childhood Obesity Research is hosting a two-part SNAP-Ed Evaluation Framework Connect & Explore Webinar Series. It explores ways of measuring success for food and nutrition interventions for low-income populations. The first presentation already occurred and is now available [here](#). Slides are [there](#). You can register for part 2 [here](#). It's scheduled for September 8 at 3:00 PM. If you have specific follow-up questions, email the NCCOR Coordinating Center at NCCOR@fhi360.org.

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](#).

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-The Department of Health and Human Services posted a funding opportunity for those who work towards reducing health disparities among minority and underserved children. Application due dates vary. Look [here](#) for more information.

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](#).

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