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 NewsNibbles?
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

Biodegradable food packaging keeps food fresh longer, and it’s made from dairy byproducts.

What do some nutrition professionals think about putting “added sugar” on the food label?

Can we really crown a diet king?

Berkley’s soda tax reduced the amount of sugar sweetened beverages consumed and increased water consumption.

Is a common food additive causing allergic reactions?

Is sea salt better than table salt? Are natural sweeteners better than sugar? Does eating meat cause cancer? Is quinoa a protein powerhouse? Find out what a dietitian has to say.

Preventing metabolic syndrome (when you have three of the following issues: high fasting blood sugar, high blood pressure, high triglycerides, low HDL cholesterol, and a large waistline) might reduce the risk of multiple diseases, not just heart disease. See the research update.
3 practical, delicious snack platters for kids.

Less blood flows to the brain after 10 days without exercise. More research to be had on the long term affects.

Dietitians have the final say – granola is more like dessert.

Now, eat like Sicilians! They’re healthy as can be! Okay...maybe it’s just a fad.

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**National News**

In Oregon, healthier school lunch offers an opportunity to fight hunger.

In light of the new American Heart Association recommendations on sugar for kids, an Arizona school releases a line of low-sugar desserts.

A dietitian reviews the history, benefits, and where the school breakfast program stands today.

Research at Texas A & M pushes for schools to buy standing desks for kids.

A New York City non-profit looks to open a food hub in the Bronx to deliver fresh, local produce into the hands of people with a tight budget. The plans are here.

Sourcing local, fresh produce to schools, hospitals and other institutions could mean lucrative business for farmers, healthy preparation for the kitchen, and nutritious meals for the eaters!

Why should changes to the Supplemental Nutrition Assistance Program (SNAP) be a major issue on the political agenda?

The US Department of Agriculture rings in the new school year by celebrating successes in school nutrition.

How do school meals assist with food security? Check the statistics here!

Summer meals remain essential for millions of hungry children. But, more kids could receive them. Review the impact of these meals and innovative ways they’re being served.

In Louisiana, anyone with flood disaster related expenses are encouraged to apply for the Disaster Supplemental Nutrition Assistance Program (DSNAP).
Unlike most states, rising numbers of Nebraskans use Supplemental Nutrition Assistance Program (SNAP).

Across the nation, fewer people are using Supplemental Nutrition Assistance Program (SNAP) Benefits.

Local News

Pennsylvania: A local dietitian adds her ideas about getting your kids to prepare their own school lunch!

Pennsylvania: There is a voluntary recall of Entenmann’s baked goods because of hazardous plastic material within them.

Philadelphia: Meet one family receiving food from Philabundance! Hear their story.

Philadelphia: Gentle Giant Moving Company gleans fresh corn for those in need.

Pittsburgh: Mmm...mmm...mmm...it’s watermelon season!

Pittsburgh: Edible Allegheny makes a shout out to the 5210 Campaign.

Resources

Next month is National Farm to School Month. What are you doing to celebrate? Find planning resources here!

Check this dietitian’s evidence-based nutrition information that you can trust.

In this meta-analysis, dairy fat was not related to the risk of various heart diseases. But, more research is needed to prove this association.

Social Media

Did you hear that the American Heart Association recommends kids, ages 2-18, limit their sugar consumption to 25 grams or 6 teaspoons every day? Check this infographic and supplemental resources that will help implement these recommendations.
The Women, Infants, & Children Program of Adams and Franklin Counties posted some savvy social media! If you're food shopping and on-the-go, you can look at the Pennsylvania WIC food list on your phone. Just click through these Facebook pictures.

The Central PA Food Bank is expanding their Williamsport facility into a Healthy Food Hub. It's set to serve 109,000+ individuals who struggle with hunger in the North Central Region of Pennsylvania. Watch their Facebook video to see more about the project.

**Webinar**

NEW- A US Department of Agriculture’s Food and Nutrition Services is hosting a webinar, “Finding SNAP-Ed Materials the Easy Way,” on Thursday, September 15, 2016 at 1:00 PM (EST). Join it to understand how the SNAP-Ed Library will help you find the nutrition education you need, learn how to navigate the site, even submit materials to the SNAP-Ed Library. Registered Dietitians and Dietitian Technicians will earn 1 Continuing Education Credit from CDR. Register today!

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
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!

NEW- In Pittsburgh, September brings about CityFit Wellness Month. Click through all the awesome events promoting health and wellness!

NEW- The St. Jude Walk or Run for Childhood Cancer is happening on September 24 in Pittsburgh, PA. You can register individually, join a team, or start your own. You can register today!

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.

“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.

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**Grants & Opportunities**

*NEW*—Do you support kids getting active within your community? Then photograph them on the playground, in the woods, in the pool, and other active spots because Salud America! and SaludToday are hosting a photo contest. Share that photo on Twitter, Facebook, or Instagram with the hashtag #ActiveSpaces. Your post will not only be shared nationally, but you’ll also be entered to win a drawing for a Jawbone fitness tracker! Find out more details here.

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.

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.
Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA’s Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer.

View the full funding statement by clicking here.