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

When we talk about dairy, we debate whether people should eat high fat or low fat versions. Either is fine so long as you keep the rest of your diet in line. But, is all this hype over high fat dairy jumping the gun?

Dietitians name the five best nutrition apps.

Bugs, bugs, bugs – it’s what’s for dinner. What do you think about having earthworms or other insects on your plate?

What’s lurking in drinking water?

If you’re looking to keep the weight off, buy these staples!

Is there a link between what mom eats and the makeup of the microbes in her baby’s gut?

These chefs want you stop wasting food in the home. Make sure to click on the pictures within this article for more on the matter!

What’s the gluten-free experience really like?

Is the risk of high blood pressure related to your social circumstance?

Certain supplement ingredients put people at high risk for health problems.

Kids reap the benefits from small bursts of exercise.

In Italy, a new proposal suggested that parents trying to force
RESOURCES FOR HEALTH PROS

Meat causes 25% of our global carbon footprint. Now, what does that mean?

National News

A food bank tours a politician through their facility. He then takes a stand for hidden hunger in his community in this video.

Seniors suffer from hunger; that's why the Supplemental Nutrition Assistance Program Benefits are there for them.

The military recognizes that obesity is an issue. So, fitness standards have been set into place.

Massachusetts legislator, McGovern, champions the anti-hunger cause and is recognized for it.

The new nutrition label - what's in it for older adults?

The Oklahoma city school board wants to feed their students dinner.

What does school lunch in Barstow, California look like?

It's time to track the number of military families who are going hungry!

Online shopping helps everyone, but it will soon support those on the Supplemental Nutrition Assistance Program (SNAP).

Even felons can receive SNAP benefits too, right? Well...

People aren't enrolling in the Supplemental Program for Women Infants and Children (WIC).

Summer meals satisfy.

Local News

Pennsylvania: O Organics Organic Vegetable Tray with Creamy Ranch Dressing Dip has been recalled because of undeclared allergens - egg, milk and soy.

Pennsylvania: JML Ingredients Recalls IQF Cut Green Beans because of a potential Listeria contamination.
Pennsylvania: Al Shabrawy Incorporated meats and poultry contain undeclared allergens, soy and pistachios. See the list of contaminated products [here](#).

Douglas County: This community doubles the amount of money people spend at farmers markets if they use their Supplemental Nutrition Assistance Program benefits.

Hershey: Milton Hershey students work with the Central PA Food Bank.

Lancaster: Cyclists travel into Lancaster enjoying gourmet food on their ride.

Philadelphia: The Food Trust initiated many retail stores shift to healthier options across the nation.

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### Resources

What’s to know about the new research behind food insecurity and hunger across the US? Check out this Food Research and Action Center newsletter.

The Journal of the American Medical Association comments on the new nutrition label and takes a stand on sodium reduction.

Have you seen the newest version of the Healthy Corner Store Guide from the Food Trust and the rest of the Healthy Corner Stores Network?

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### Social Media

Philadelphia Mayor Jim Kenney announced that the Food Connect app rescued 11,239 pounds of food that would have otherwise gone to waste! Philabundance’s pictures capture these moments!

A collaboration of chefs work together to spread the message about food waste reduction and use this hashtag #chefpowerhour to spread resources, their podcast and more!

What are some major questions that every parent with children with food allergies asks? Find out from this video!
NEW-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 to learn about reducing food waste [here](#).

NEW-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.

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.

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!

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**Events**

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.

**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.

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

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 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.
View the full funding statement by clicking here.