PA NEN's SNAC Materials
Fair warning! PA NEN's SNAC materials have been deleted from PANEN.org. In their place are a list of updated, relevant fruit and vegetable materials. Find it [here](here).

Be Awesome in 2017 by Joining PA NEN's Board of Directors!
An exciting opportunity is here! PA NEN is looking for PA NEN members to serve on our Board. Serving on the Board is a fulfilling opportunity for many reasons. You will:

- Have the chance to pursue [PA NEN's mission](PA NEN's mission).
- Ensure that effective, evidence-based nutrition resources are available for low-income Pennsylvanians.
- Be a part of a team of forward-thinking people who are passionate about nutrition and helping those in-need.

To learn more about this exciting opportunity and to be a part of PA NEN's continued growth, visit our [website](website).

Questions can go to [rgorton@phmc.org](rgorton@phmc.org).

Soups and Stews!
December's chill is setting in. Warm up with delicious, healthy bowls of comfort to simmer over your stovetop! Take recipes ideas from PA NEN's [Seasonal Favorites](Seasonal Favorites) to get you started!

International News
Agriculture, food processing, packaging, and transport all impact our environment. That’s why 13 food industry CEOs
pledged to reduce their impact on climate change. Here is the letter and pledge they signed and a briefing on their efforts.

How much nutrition education do doctors receive throughout their schooling?

Animal studies look into yo-yo dieting and the gut microbiome.

Even though people know about the effects of eating unhealthily, they still buy foods that aren’t good for them. Here is why!

Check one thing that motivates adolescents to eat healthy.

Is pork bad for you? Is red meat going to kill you? No! The Dietary Guidelines recommend everything in moderation and that lean cuts of meat can be healthy for you. Here is a list of them!

In the future, will virtual reality help with weight loss? Preliminary studies make it seem possible.

How do you lose weight and keep it off, all while maintaining muscle?

How can your family give back during the holidays?

Houston area kids give food to the hungry over the holidays.

Poverty and hunger is complicated.

Sonoma county families can’t afford to buy meals.

Military families continue to be in need of food.

See what hunger looks like in Martha’s Vineyard.

See Paul Ryan’s previous plan to boost the low-income out of poverty.

Food is everywhere, especially in the agricultural capital of the world. Still, there is not enough to eat for people who work that land.

Senior hunger is real. And, this program is fighting to reduce it.

Since kids are not receiving breakfast, school cafeterias are
switching to alternative ways to get school kids food.

The Child Nutrition Reauthorization Act has not taken any further steps towards its passage. Bills like this one will be reintroduced to the new Congress in January.

What do subsidized school meals look like in Alaska?

One school does the Manichean challenge to promote free and reduced lunch! Click the link to see what it's all about!

Review the Farm to School Act of 2015. Though it won't be passed just yet, it hopefully will in the future.

This is what breakfast in the classroom looks like for a Mississippi school!

Nebraska schools revamp their breakfast program.

School breakfast in the classroom comes to Dallas schools.

The Food and Drug Administration (FDA) issued a request for more research and information on the benefits of man-made, extracted dietary fibers. You can find more details about their request here!

The Food and Drug Administration wants to make sure that food menus are labeled with calories by May 2017.

Local News


Pennsylvania: Stonewall Kitchen Cinnamon Apple, Orange Cranberry and Toasted Coconut Pancake & Waffle Mixes have been called off the shelf because of a potential Salmonella contamination.

Pennsylvania: Pennsylvania hunters donated their millionth pound of meat to the hungry.

Pennsylvania: Schools receive mini-grants supporting farm-to-school activities through Seed Challenge.

Resources

Drexel's Eat.Right.Now program released its December
The National Academies of Sciences met about food allergies and published a report about the gaps in food allergy research, communication and diagnosis. The report highlights are here and a PowerPoint slideshow, here!

Check this recap of the impacts of Farm to School in Early Childhood Education Programs from the Farm to School Network.

The US Department of Agriculture’s National Household Food Acquisition and Purchase Survey (FoodAPS) is the first study of its kind. It collected unique and comprehensive data about household food purchases and acquisitions and is nationally representative with over 4,826 American households who participated.

“The Past, Present and Future of SNAP” is a report on the 114th Congress’ hearing on The Supplemental Nutrition Assistance Program.

Every culture identifies with their own food. That’s why being culturally aware in the nutrition realm is critically important. Here is a worksheet that outlines a couple culturally relevant diet plans.

MyPlate, MyWins posted YouTube videos of six very different families working together to make healthy happen. All six videos can be found and shared at the MyPlate website.

**NEW**- These videos highlight the research behind the US Department of Agriculture’s ability to keep our food safe. You’ll also find magazine articles, podcasts and blog posts at their website!

**NEW**- On Wednesday, January 11 at 3:30-5:00 PM (ET) a webinar will look at case studies and best practices behind the farm to early childhood education initiatives. The event is hosted by a partnership between Social Impact Advisors, National Farm to School Network and the BUILD Initiative. These case studies will share how communities are bringing farms and healthy food to vulnerable communities. You can register here.

**NEW**- Food Tank hosts Food Summits across the nation to
address important questions within our food and agriculture systems. View the meetings on their video page.

Change Lab Solutions encourages community-wide changes to prevent diseases like diabetes, obesity, heart disease, cancer asthma. Search food- and nutrition-related key words for awesome recorded webinars in their archive.

Food Tank is an organization that strives to bring together all stakeholders, food producers, entrepreneurs and others involved with our food system. They do this by bringing asking food leaders to discuss issues at Food Summits throughout the nation. This recording comes to you from the last summit in Chicago.

A Pediatric Obesity Symposium was held by the University of Michigan’s Momentum Center. You can find recordings from the forum here.

The National Collaborative on Childhood Obesity Research (NCCOR) has two webinar trainings regarding the SNAP-Ed Evaluation Framework released this summer. The two webinars were recorded and took place on August 18 and September 8.

Events

NEW- The Grocery Manufacturers of America is hosting their GMA Science Forum on April 18-21, 2017 in Washington, DC. They’ll cover everything from food labeling, food imports, allergen research, establishing sound science priorities within industry and other stakeholders, and much more.

The Pennsylvania Association for Sustainable Agriculture is hosting a conference “Farming for the Future: Hope, Farm, Heal” from February 1-4, 2016. Registration is now open. Find more details here.

Over the next month, the Coalition Against Hunger is hosting the Philadelphia Eagles Healthy Food Drive. You can donate food online. Click here for more information.

Registration is now open for the National Anti-Hunger Policy Conference in Washington, DC on March 5-7, 2017. You can see pricing information and register here. Register by January 13 for a discounted rate.

“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*-The US Department of Agriculture (USDA) is having its 2nd Annual, “Show Us Your Tray” photo contest. This is a recipe contest which asks schools to share how they’re using the USDA foods. Recipe photos need to be in by February of 2017. Contest details can be found [here](#)!

*NEW*-In late November, the Food and Drug Administration published a request for research, information and comments to help it determine whether certain isolated fibers should be added to the definition of “dietary fiber” and published as part of the Nutrition Facts Label. You can add your input!

The United States Department of Agriculture has $16.7 million in grant funding available to increasing fruit and vegetable purchases by families and household participating in the Supplemental Nutrition Education Program (SNAP). Applications are due December 12, 2016. See more information [here](#).

The National Collaborative on Childhood Obesity Research has many funding opportunities available to universities and nonprofits. See all of them and the application deadlines [here](#).