

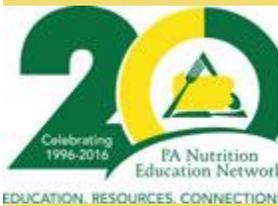


Your Nutrition Resource Connection

Nutrition News & Opportunities

IMPORTANT
PA NEN LINKS

[PA NEN NEWS](#)
[NIBBLES ARCHIVE](#)



[PA NEN's 2016 ANNUAL CONFERENCE](#)



PA NEN News:

Eat.Together.PA

MasterFood created [this video](#) and family dinner campaign that went viral. Watch it without tearing up. We dare you!

The video really speaks to the heart of the Eat.Together.PA campaign. Some of you have taken time to share special moments that happen over meals on [EatTogetherPA.org](#). You can listen to these touching stories on our [website](#). Then, maybe you'll want to share your food memory too!

PA NEN Annual Conference Group Rate!

Planning on sending 10 or more of your staff to PA NEN's Annual Conference on May 2-3 in Harrisburg, PA?!

If so...the 11th registrant is FREE. Here is how to take advantage of this savings opportunity:

- Gather all your staffs' completed [PDF registrations](#); send them to Rose. She will take care of the rest.
 - Email them to [Rose](#).
 - Mail them to:
208 N. 3rd St.
STE 210
Harrisburg, PA 17101
 - Fax them to 717-635-7478
- Have your staff [register online](#). Then, email [Rose](#) with the list of your staff, and again, she will take care of the rest.

If you have any questions, please contact Rose at 717.233.1791, or [email her](#).

International News:

[The Supplemental Nutrition Assistance Program lets kids grow-up healthy.](#)

[How can we reduce food waste to resolve hunger around the world?](#)

Brazil schools grow their own vegetables for lunch. Listen to the story [here!](#)



[A heart healthy diet is also good for your mind, don't you know?](#)

[One dietitian takes issue with the food-you-should never eat list.](#)

[In one study, exercise during mid-life reduces brain shrinkage later on.](#)

[Solid food changes your baby's gut microbiome.](#)



Find us on
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[A screening tool allows doctors to "diagnose" food insecurity and prescribe a visit to the local food bank on a weekly basis.](#)

[People who have made a career change to become a registered dietitians share their story.](#)

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[National News:](#)

[When we \(nutrition educators and practitioners\) encourage families to eat healthy on a budget, we must consider the hidden cost of picky eaters rejecting this food.](#)

[Can Detroit become a food sovereign city - meaning, can it gain control and autonomy over the production of its own food?](#)

[Food and wellness educators, you are change-makers in the classroom and beyond.](#)

[Growing up poor can nurture an unhealthy relationship with food.](#)

[During black history month, African Americans farmers speak about their ancestry.](#)

[Nebraska wants to bring grocery stores to areas where healthy options are scarce.](#)

[On Martin Luther King Day, the President and the first lady planted a school garden.](#)

New [legislation](#) was just passed asking food stores (who supply Supplemental Nutrition Assistance Program dollars) to provide a healthier array of options. Though these institutions are [required to present healthier offerings](#), these rules are not supposed to dictate what their customers choose to eat.

[In 2017, more funding for school kitchen equipment will help their cafeterias serve healthier meals.](#)

[In DC, more physical activity was linked to higher math scores.](#)

[Harvard School of Public Health leads a campus-wide, month-long campaign asking students to eat less meat. It will further the discussion on meat's health, sustainability, and environmental impacts.](#)

[Making healthy foods more available and less expensive is a priority for residents of Hartford Connecticut.](#)

[In Flint, Michigan a farmers market relocated to improve food access and community health.](#)

"The FDA rules will require restaurants and other establishments that sell prepared foods and have 20 or more locations to post the calorie content of food 'clearly and conspicuously' on their menus, menu boards and displays." [There is pushback on this legislation.](#)

[The origins of free school breakfasts](#)

[In North Carolina, an early childhood summit brought together professionals from every spectrum to collaborate for the health of their children.](#)

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Local News:

Lancaster: [Lancaster County employers share successful strategies within their employee wellness initiatives.](#)

Philadelphia: [Philadelphia schools show how healthy, fresh foodservice can appeal to their students!](#)

Pittsburgh: [A dietitian comments on eating eggs and diabetes risk.](#)

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Resources:

Indiana celebrates school lunch recipes from Chef Cyndie!
This [resource](#) contains delicious, healthy, and creative school foodservice recipes used across the state of Indiana. It's a sure bet that some of these recipes will be useful for Pennsylvania schools too!

The Food Research and Action Center (FRAC) developed the "School Breakfast 2014-2015 Scorecard that measures the reach, impact, and policies behind federally funded school breakfast programs in every state. Find out more by clicking [here](#).

FRAC also developed this material about maximizing the affect of school breakfasts in larger districts. Click [here](#) to review it.

This [article](#) from the Journal of the Academy of Nutrition and Dietetics requests that professionals join together to communicate the new Dietary Guidelines.

[Nutrition 411](#) outlines the basics of how to write grants.

The Whole Kids Foundation supports literacy and healthy eating for low-income preschoolers across the nation. Click on each of the books on this [website](#) for coinciding activity sheets.

Voices for Healthy Kids printed a report on healthy school snack policies that have worked. Read it and the summary on this [website](#).

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Social Media:

Teachers want kids to move during the school day without class disruption. These desks are the solution. Watch the Facebook video [here](#).

The Sustainability Solutions Festival will be held tomorrow. Follow the Twitter hashtag, [#Sustival](#), to receive updates.

Every five years, the Dietary Guidelines are updated with what's new in food & nutrition. The most recent version was released this January. This [infographic](#) shares highlights - a combination of the new and old recommendations!

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Webinars:

NEW-Dr. David Katz, a preventative medicine doctor, shares his view on the new Dietary Guidelines in [this video](#). After you listen in, review all his videos by clicking the "Play All" button on the side of his website.

NEW-The Food Research and Action Center is looking to hold a series of webinars called, "Hunger and the Election Series". The upcoming webinar focuses on what permissible activities 501c3s can do during an election year. It will be taking place at 2:00 PM (ET) on February 17. [Register today](#).

NEW-The Pennsylvania Chapter of the American Academy of Pediatrics is hosting a free webinar on Tuesday, March 8 from 12:15-1:30 PM. Dr. Sarah Armstrong will present during the webinar called, "Let's Talk - Should Adult Obesity Treatments be Used for Children?" You can register for this event [here](#). Any questions can be emailed to [Amy Wishner MSN, RN, APHN-](#)

[BC.](#)

NEW-On Thursday, June 9, 2016 from 12:15-1:30 PM, the Pennsylvania Chapter of the American Academy of Pediatrics is hosting a free webinar called, "Let's Talk - Good and Cheap: delicious, healthful food for families on tight budgets." The presenter will be Leanne Brown, M.A. – Food studies scholar and author of *Good and Cheap*, a cookbook for low-income and SNAP recipients. She brings her experience of working with people who are homeless, in shelters, without training in preparing food, without kitchens or cookware, and other factors making life difficult and chaotic. You can [register here](#). Any questions can be emailed to [Amy Wishner MSN, RN, APHN-BC](#).

NEW-Registered Dietitians can gain continuing education credit by attending online modules through Nutrition 411. Some of these modules contain required readings and questions; others are webinars. See details about each module by clicking links on [this website](#). You will have to create a free login to obtain these modules.

NEW-You can register for a free webinar that will include an update about trans-fat in our diets. It's hosted by Cooperative Extension Services and is slated for February 25 at 11:30 AM (EST). Click [here](#) for more information.

NEW-Listen to the research behind the food calorie in [this podcast](#). You'll hear about all the studies that questions its accuracy.

NEW-The Society of Nutrition Education and Behavior (SNEB) is hosting a webinar called, "[There Are Thousands of Apps for That: Navigating Mobile Technology for Nutrition Education and Behavior](#)," on March 2 at 1:00 PM (EST). During this session: you'll see what the best app is to use and when, learn about how mobile technology can impact dietary behavior, discuss the limitations of mobile health apps, and more. If you are an SNEB member, register for free. There is a \$25 charge for non-members.

Mindfulness can help break the habit of overeating, according to this [TEDMed talk](#). You can also scroll down to tab 5, "Food Fix," on [this website](#) for other innovative topics about our food system.

Dan Charles, an NPR food correspondent, did a 30 minute [webinar](#) presentation on Food Tank. He spoke on the way food gets from the ground to our plate, about his interviews with growers and producers, and much-much more!

The House Agriculture Subcommittee on Nutrition met with politicians, witnesses, and others to review incentive programs aimed at increasing low-income families' purchasing power of fruits and vegetables. Watch the webcast [here](#).

The Obama administration held a "Conversation on Child Hunger in America" meeting. Watch the broadcast [here](#). The agenda for the event is available [here](#).

Good Food Cheap is a cookbook created for those on the Supplemental Nutrition Assistance Program (SNAP). Google staff [interviewed](#) the author in this 50-minute presentation.

"Eating Frequency and Weight Management" will be on March 3 at 2:00 PM

(ET). Participants will learn about energy balance and effective weight control strategies. Acquire more information, and register [here](#).

In February 2016, the Society of Nutrition Education and Behavior (SNEB) is hosting a list of webinars focused on lessons learned during the implementation of various behavioral nutrition interventions. The listing of webinars, presenters, their research, and a link to register can be found [here](#).

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Events:

NEW-You can go to the Eat Square Café to support the Grow Pittsburgh on February 24 at 7:00 AM-3:00 PM. Details are outlined [here](#).

NEW-Canstruction is a fundraiser to support hungry Central Pennsylvanians. It asks participants and teams to build structures out of canned-goods which will then be distributed to hungry families across Pennsylvania. Find more information about participating, donating and volunteering [here](#).

NEW-“Ready Set Grow!” is a gardening workshop set for March 19 at 9:00 AM-12:30 PM. You can join Penn State Extension Master Gardeners and Educators at the Penn State Extension Office Cumberland County, if you are interested. More information can be found [here](#).

NEW-Stamp Out Hunger is celebrating 24 years! On Saturday, May 14, this Letter Carriers’ Food Drive will take place. Until then, get updates about this event [here](#).

NEW-Schools are encouraged to participate in the fourth annual Every Kid Healthy Week celebration on April 25-29. Whether just starting out or celebrating all your school’s health and wellness accomplishments, join the movement by hosting and registering your Every Kid Healthy Week event. Find ideas and resources for Every Kid Healthy Week at [this website](#).

Philabundance lists all their volunteer opportunities on this website. If you are from the Philadelphia area, [take a look!](#)

Register to “Walk Against Hunger” in Philadelphia on April 9. This event is celebrating its 20th anniversary by giving you the chance to raise funds for over 100 food pantries and other food assistance across the city. [Find out more, and register for the event today!](#)

Hunger is a Community Affair - the 8th Annual Delaware County Conference on Hunger is right around the corner. It will be held on March 11 at Widener University. Attendees will discover the power of a community working together to fight hunger, increase healthy food access, provide needed healthcare, and more. Join the collaboration by registering and reviewing the conference [brochure](#) for more details.

The Pennsylvania Head Start Association is holding their conference at the Penn Stater on April 6-8, 2016. Find more about this year’s event and

speakers, [here](#).

The National Anti-Hunger Policy Conference will be held in Washington D.C. on February 28-March 1. Gain social media tactics to promote your organization, [learn](#) how to better support the Supplemental Nutrition Assistance Program, and so much more!

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Grants and Opportunities:

NEW- Action for Healthy Kids is accepting School Grants for Healthy Kids applications for the 2016-2017 school year. Schools may apply for School Breakfast grants to pilot or expand their School Breakfast programs. Or, they can apply for Game On Grants to fund physical activity/nutrition initiatives. The deadline to apply is April 1. Visit this [website](#) for more information, and register for informational webinars:

- "[School Breakfast](#)" - March 1 at 3:00-4:00 PM (ET)
- "[Game On](#)" - March 2 at 3:00-4:00 PM (ET)

NEW- Have you fallen ill because of what you ate!? Are you finding problems with meat, poultry, fish, eggs, and other foods that you bought? Report your issue [here](#).

Are you a part of a school in the Allegheny County area? Are your students receiving nutrition education, growing school gardens, or focusing on physical activity? Then, [apply](#) for the Heinz Foundation's 2016 Let's Move Pittsburgh Champion School Awards. Examples of previous winners can be found [here](#)!

The Journal of Nutrition Education and Behavior is calling for research papers on Nutrition Economics. This subject matter could include behavioral economics, consumer food behavior, cost benefits of programs, food budgeting or even how economic status affects what people eat and their access to healthy options. Submissions are due by June 15. Follow the directions from this [website](#).

Real Food Films is holding a film contest that dives into the theme of hunger. A \$5,000 award will be given to a "Lens on Hunger" story winner! Entries are due March 1. For more information visit this [website](#).

The Pennsylvania Head Start Association is hosting their 2016 PHSA Conference on April 6-7, 2016 in State College, PA. The call for speakers is open. If you are interested in presenting during the conference, [you can apply](#).

The National Center for Childhood Obesity Research keeps a running list of grants available. Review all of them [here](#).

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