PA NEN News:

**Eat.Together.PA Gained National Recognition!**

PA NEN’s Eat.Together.PA campaign is one of twelve, national social marketing campaigns striving to encourage healthier eating with a local feel. And, it's been highlighted on SNAP-Ed Connection's website. Scroll down to see the listing.

Then, visit [www.EatTogetherPA.org](http://www.EatTogetherPA.org) to see what Eat.Together.PA is all about. You can use its innovative nutrition education resources, meal planning tips, budget-saving ideas, and much-much more in what you do!

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**PA NEN's 2016 Annual Conference**

Registration opened for our 2016 Annual Conference, "Nutrition Educators: Transforming Our Communities"! The brochure, date, location and registration information is listed on this [website](http://www.EatTogetherPA.org)!
International News:

Hey girls! Protect that heart of yours with these 5 tips.

One national poll shares that Americans want to cut sugar from their diet.

Don't eat that! A study showed that unhealthy food choices often follow negative messages about food.

Why expiration dates are arbitrary...

What will food safety experts never eat!? 

It’s not always easy, but workouts in the winter can happen with these tips.

You don’t have to peel most of your vegetables.

Breastfeeding could save up to 820,000 children’s lives.

Online and television media shapes people’s perspectives of obesity.

Lose weight by adjusting what you eat. Gain health by keeping an exercise regime.

There are fewer fish populations around the world than we thought.

Adding fiber to teen diets might reduce breast cancer risk in the future. The link is not proven to be causal, so much more research needs to be done.

Every country around the world experienced increased obesity rates from 2010-2014.

The future of farming could be a robot-run, indoor farm in Japan.

National News:

12 game-time tips for a healthier Super Bowl

The Healthy Small Food Retailer Act is making its way through the New Jersey Legislature. It will bring healthful food choices in neighborhoods that do not have them.

Run in place for 30 seconds after your team scores. How about a fitness Super Bowl challenge?

Has the Super Bowl shaped the chicken industry?

March is National Nutrition Month. Here and there are a couple News articles
about this year’s theme, “Savor the Flavor of Eating Right”.

A number of initiatives were addressed by political leaders during the Senate’s “Conversation on Child Hunger in America” meeting. More coverage of the meeting can be found here.

The Tisch Food Center made a statement about the Senate’s Child Nutrition Reauthorization Bill. Some highlights include extending WIC eligibility for children up to age six and doubling funding for the Farm to School program.

The Pew’s Kid’s Safe and Healthful Food Project brings the the Child Nutrition Reauthorization Bill to light.

Kids eat what they grow! Watch it happen!

Non-browning apples might hit the shelves soon.

Only 17% of the children served free and reduced lunches in the National School Lunch Program take part in the summer feeding program. More funds will grow summer feeding availability.

Children go hungry in rural America.

Local News:

Pennsylvania: Check this important update regarding Supplemental Nutrition Assistance Program eligibility.

Connellsville: A city in Fayette County will be one of 27 communities in 22 states participating in a federal initiative called Local Foods, Local Places. The goal is to increase economic opportunities for local farmers and related businesses, to create vibrant places, and to promote childhood wellness by improving access to healthy local food. Here is the summary report.

Lancaster: 600 kids were fed despite school cancelations because of the snow.

Pittsburgh: A Steelers alumni supports the anti-hunger cause by attending and hosting charity events.

Pittsburgh: A local health expert gives 5 tips to reach your weight loss goal in 2016.

Philadelphia: The Eat Café is a pay-what-you-can café that is opening in March. It will bring an open, warm, educational atmosphere that will leave the community well-fed.

Philadelphia: A council woman proposes to keep schools open for serving meals when it snows.
Philadelphia: **Heart Month: Myths versus reality behind heart disease risk for women**

Philadelphia: **Fair and Square is a non-profit grocery store supporting the low-income. This video highlights their great work!**

**Resources:**

How do you create a school garden committee? Look to this [picture](#) which maps out the process!

National Nutrition Month starts in March, click the following links for PowerPoint presentations, tip sheets, promotional ideas, social media links, and much more.

- [Introduction](#) to National Nutrition Month
- [Toolkit](#)
- [Tip Sheets](#)
- [Games and Quizzes](#)

**Review the cold weather fitness guide for the American Heart Association.**

The Food Research and Action Center (FRAC) releases their [FRAC Focus Obesity and Poverty Newsletter](#) on a monthly basis. [Here](#) is January’s edition. It’s full of news, tools, and other resources supporting the anti-hunger movement. If you like this one, you can also sign up for all the Newsletters [here](#).

This [fact sheet](#) shows the FY 2017 budget requesting $12 billion over ten years to reduce child hunger. During the summer, funding would help make a permanent Summer Electronic Benefits Transfer program for Children. It would also create a pilot to automatically enroll kids who qualify for Medicaid into the school lunch program. And more!

Eat.Together.PA gets a national recognition on the [SNAP-Ed Connection’s Social Marketing Resource page](#)!

We can use nutrition to fight lead exposure with by following [resources](#) and this [article](#) from the Academy of Nutrition and Dietetics.

**Social Media:**

National Nutrition Month begins in March. In the future, blogs about it will be listed [here](#). You can also check, the Academy of Nutrition and Dietetics’ [Facebook](#) and [Twitter](#) pages throughout the month. They will hashtag various resources and articles with #NationalNutritionMonth.

Do you know the detrimental effects of poverty and childhood hunger? Watch
this [YouTube video](https://www.youtube.com/watch?v=YoXmQ9QOw3A) to find out.

Health Promoting Hospitals and Health Services is hosting a conference in 2016. They will be posting live from the conference on their [Twitter Feed](https://twitter.com). Get ready by following them today.

On Tuesday, Salud America hosted a Tweet Chat about sugary drinks for Latino kids. Questions and resources have been posted using the hashtag [#salutues](https://twitter.com/search?q=%23salutues). More information about the chat can be found [here](https://www.saludamerica.org).

February is [#HeartMonth](https://www.heartmonth.org). Follow this hashtag for tips, tricks and resources for preventing heart disease.

Good Food Cheap is a cookbook created for those on the Supplemental Nutrition Assistance Program (SNAP). Each recipe was created under the assumption that people receive 4 dollars a day from this program. You can watch this [YouTube interview](https://www.youtube.com/watch?v=YoXmQ9QOw3A) of the author.

The [Cornell Food and Brands](https://www.cornell.edu) lab produced this "Behavioral Science of Eating" infographic that highlights a couple of the eating rules that encourage people to eat less.

### Webinars:

**NEW**-The Obama administration held a “Conversation on Child Hunger in America” meeting. Watch the broadcast [here](https://www.whitehouse.gov). The agenda for the event is available [here](https://www.whitehouse.gov).

**NEW**-Good Food Cheap is a cookbook created for those on the Supplemental Nutrition Assistance Program (SNAP). Google staff [interviewed](https://www.youtube.com/watch?v=YoXmQ9QOw3A) the author in this 50-minute presentation.

Chef Ann Cooper shares her thoughts about school nutrition in this list of [videos](https://www.youtube.com/watch?v=YoXmQ9QOw3A).

“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. Aquire more information, and register [here](https://www.youtube.com/watch?v=YoXmQ9QOw3A).

“EPIC®: Pediatric Obesity – Evaluation, Treatment, and Prevention in Community Settings” is a free training and live webinar/teleconference scheduled for February 10 at 12:15 PM – 1:30 PM. The presentation will help those working in pediatrics (physicians, dietitians, pediatric and family medicine practice staff, along with others in schools and community settings) to address common issues of pediatric overweight and obesity. During the webinar, you will receive latest, evidence-based ways to promote wellness with children and families. This training has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of University of Pittsburgh School of Medicine and the Pennsylvania Chapter of the American Academy of Pediatrics. By attending and completing an evaluation, you can receive 1 CME or 1 CEU. Your connection information, CME/CEU materials, and handouts will be emailed to
you prior to your program. Register for one of the webinars here. You can also set up a live training at your site by emailing mkeen@paaap.org. Contact Amy Wishner with questions at awishner@paaap.org or call (484) 446-3035.

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.

**Events:**

NEW-Philabundance lists all their volunteer opportunities on this website. If you are from the Philadelphia area, take a look!  

NEW-On February 16, Philabundance is hosting a ”Mackin’ and Packin” volunteer event for singles in their 20’s and 30’s. Sort, pack, mix and mingle!  

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.  

At Repair the World’s office in Pittsburgh, you can watch the ”Just Eat It” documentary that’s all about food waste and food recovery. The showing is happening on February 13. Find out more at this website. Make sure you’re logged into Facebook before you click this link.  

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!  

Grow Pittsburgh is hosting a three-part educational series for people who want to learn gardening basics! Classes will be held throughout February and March at East Liberty Presbyterian Church. Find out the time, dates, and cost information on their website.
Grants and Opportunities:

NEW—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 Society of Nutrition Education and Behavior (SNEB) is calling for abstracts and original research for pre-conference, conference, and poster presentations. The Food Nutrition and Extension Educators Division of SNEB are also calling for pre-conference session abstracts. Find more details about the submission by looking to the following resources:

- Review Criteria
- Abstract Guidelines
- Types of Abstracts

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.

How should we define the “Natural” food label? The Food and Drug Administration is asking the public for help. For background about the issue, go here. If you want to weigh in, this website will direct you.

The National Center for Childhood Obesity Research keeps a running list of grants available. Review all of them here.

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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.