



Your Nutrition Resource Connection

Nutrition News & Opportunities

IMPORTANT
PA NEN LINKS

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



www.EatTogetherPA.org

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



[PA NEN News:](#)

Eat.Together.PA

FREE Games & Apps - the newest way to teach healthy!



Nourish Spanish Food Label Quiz



MyPlate's Supertracker

Kids and adults can browse through multi-platform applications (apps), website games, and videos that can be played online or downloaded onto smart phones or other devices. They're all listed [here](#) and [there](#) on EatTogetherPA.org!

PA NEN Annual Conference

Act fast! There are only 67 remaining spots for the conference! Click [here](#) to see which sessions are filling up! Then, register for the conference [here](#)!

[International News:](#)

[You can cook for better health because your doctor recommended it!](#)

[This is an interesting take on the challenges of living in our current food environment.](#)

[A novel nutrition program in Ghana asks locals to grow, sell and eat sweet potatoes to fight Vitamin A deficiency.](#)

[Mercury in fish is something that we all should be aware of, pregnant or not. A](#)



[dietitian speaks to the matter.](#)

[4 life lessons learned from a lifetime in the public health arena](#)

[Do you have a "Hurry Up and Eat" shelf for food that needs eaten before it goes bad?](#)

[Students, families and educators join together to learn about root vegetables!](#)



[Food choices are influenced by outside factors.](#)

[Back to top](#)

National News:

[A new movement \(and more funding!\) is fostering a culture of health!](#)

This [article](#) solves common problems with salad bars in schools.

[500,000 people will lose Supplemental Nutrition Assistance Program \(SNAP\) benefits in 2016.](#)

[One farm feeds 10,000 from 3 acres of land.](#)

[Does where you live impact your risk for obesity? This is the first study to use online street views to assess behaviors. Much more research will be needed to prove this connection.](#)

Food retailers that accept Supplemental Nutrition Assistance Program (SNAP) benefits might be required to sell more healthy options in their stores. Find out more about the legislation [here](#) and [there](#).

[A chef moves from making meals worth \\$300 in Denmark to \\$3-plates in America's school lunch program. He wants his chefs to work alongside and embolden school lunch employees. His underlying goal is to make the kids eat healthier and tastier meals. Do you think he's up for the challenge?](#)

[A bill in Virginia will fund new food stores with healthy options in food deserts.](#)

[Back to top](#)

Local News:

Pennsylvania: This [article](#) from Penn State Extension will start your National

Nutrition Month off on the right foot!

Pennsylvania: [Penn State Extension is at it again talking fiber in the new Dietary Guidelines.](#)

Pennsylvania: [A Penn State researcher focuses on foods' ability to prevent cancer. From farm, to fork, to better health!](#)

Pennsylvania: [Better late than never! A local dietitian shares her healthy eating tips for the Super Bowl. Who's to say her ideas can't be used all year?](#)

Chester County: [Chester County Food Bank covers a lot of ground with three trucks! They will be able to deliver 2.65 million pounds of fresh produce and donated nonperishables a year throughout the county.](#)

Philadelphia: [Schools move towards healthy foods during lunch, in the classroom and during student-run activities.](#)

Philadelphia: [Philabundance gives hope to low-income adults by teaching them culinary skills.](#)

Pittsburgh: [The Pittsburgh Community Food Bank just published their Produce of the Month. Bananas!](#)

[Back to top](#)

Resources:

You can get kids outdoors and learning. Follow this [tip sheet](#) for some fun, educational ideas!

Bread for the World created a fact sheet about hunger, food insecurity, and poverty struggles of African American women. Download it from a link on this [website](#).

[10 tips to encourage an active lifestyle for adults](#)

[Back to top](#)

Social Media:

The 2016 Healthy Lunchtime Challenge is here! Kids (ages 8-12 years old) across the country are invited to create healthy, delicious, affordable recipes. All entrees will have a chance to win a spot in a cookbook and a trip to the White House! See highlighted recipes, and keep up with what's going on in the contest by following this hashtag, #KidsStateDinner,

on [Facebook](#) and [Twitter](#). Find out more about this opportunity at this [website](#).

This blog shows off an adorable way for kids to [share their likes and dislikes](#) while taste testing.

[Back to top](#)

Webinars:

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.

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](#).

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](#).

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.

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

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.

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](#).

[Back to top](#)

Events:

NEW-Come learn about the 2015-2020 Dietary Guidelines with the Delaware Valley Chapter of the Society of Nutrition Education and Behavior. Tricia Psota, a Nutritionist for the USDA's Center of Nutrition Policy and Promotion, will share her experience with the guideline development, changes to them, and major highlights worth paying attention to. The event will be taking place in Center City, Philadelphia on Friday, March 18 from 1:30-4:00 PM. Find out more information about the program [here](#).

NEW-The National Farm to Cafeteria conference brings together 1500+ thought leaders in the farm-to-school arena. They'll attend 40+ conference sessions and workshops. This year, the conference will be held on June 2-4 in Madison, Wisconsin. If you do not have the funds to attend, you can apply for a scholarship [here](#). Or, you can register [here](#).

NEW-The Gleaning Project of South Central Pennsylvania serves local foods to food insecure locals in Franklin and Adams County. This non-profit is hosting their Empty Bowl's Fundraiser on April 15 from 4:30-6:30 PM. Join them at Gettysburg College for a locally-sourced soup and bread dinner to support their cause. More information can be found [here](#).

NEW- Philabundance is collecting plastic jars of peanut butter and jelly or funds to purchase it during their "Spread the Love" campaign. This campaign ends on February 29. So, quick - you can click [here](#) to find more

information about this opportunity.

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](#).

"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](#).

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](#).

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 State on April 6-8, 2016. Find more about this year's event and speakers, [here](#).

[Back to top](#)

Grants and Opportunities:

NEW-A new study wants to assess the accessibility of, barriers to, and the receipt of health formation – especially for vulnerable populations. Learn more about the research at this [website](#). You can even join the conversation and apply to partake in the actual study.

NEW-National Geographic wants to highlight the reduction of food waste. To

do so, they're asking to see how you're eating imperfect fruits and vegetables during their photo contest! Submit your photograph, and review the others [here!](#)

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)

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](#).

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](#).

[Back to top](#)

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