

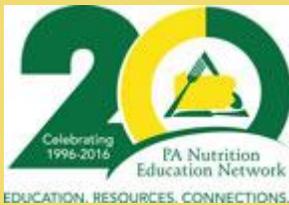


Your Nutrition Resource Connection

Nutrition News & Opportunities

IMPORTANT
PA NEN LINKS

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



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



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!](#)

International News:

[England labels food with a vegetarian sticker, and consumers love it.](#)

[The British Health Secretary announces that government is aggressively taking on childhood obesity.](#)

[Elderly men who exercise will be less likely to fall and fracture a bone.](#)

[Exercise reduces the risk of depression – quite well, actually.](#)

[Exercise after the first heart attack can dramatically reduce the chance of a second.](#)

[Does red meat cause cancer? ...heart disease? ...a laundry list of other problems? A dietitian digs into research to give you answers.](#)

[Amazingly healthy food that should be eaten in moderation.](#)

France law requires grocery stores to donate their leftover food. Stores will be penalized if they don't follow suit. [Here](#) is a briefing about it, and [here](#) is an article questioning whether France's law is transferrable to America.

[5 key food practices to do at home](#)

[A dietitian names 6 foods for heart health.](#)

[Feeding patterns carry on into adulthood. Hear a feeding expert reveal it all.](#)

[Walking can be good for everyone, so let's make sure everyone can do it!](#)



[Tips to save money by wasting less food](#)

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National News:

[More kids will be fed all year long with these policy moves.](#)

Kids across the nation suffer from "hidden hunger". They don't starve but nutrient needs aren't met. [See initiatives to treat it!](#)

[Body Mass Index is a measure that cannot stand on its own, and this study proves it.](#)

[Because of various collaboration efforts, children are growing at healthier weights.](#)

[One grocery store in Ohio gives free fruit to kids under 12 years old.](#)

[In Iowa, farm-to-school programming grows, grows, grows; planning and infrastructure grow along with it.](#)

Consumers want a broadened definition of "food safety". [See what this might entail.](#)

[A student-run food store gives them an opportunity to learn and a chance to serve their local community.](#)

[New standards were set to reduce Salmonella and Campylobacter on poultry meat. See the actual rule \[here\]\(#\).](#)

[American dairy herds produce more milk than ever.](#)

[Economic and epidemiological research shows that quitting smoking is linked to higher obesity. This article never claims that one caused the other.](#)

[An 80-year-old woman walks 3 miles every day. She picks up litter along the way!](#)

[The Food Research and Action Center \(FRAC\) supports the president's moves to reduce childhood hunger.](#)

[People throughout Ohio work together to fight hunger.](#)

[Healthy, happy Valentine's Day alternatives](#)

It's not a surprise, but research shows that 92% of restaurants - of all shapes and sizes - serve too much food for one sitting. See all the



study's findings [here](#).

[Registered dietitians support the Super Bowl football teams.](#)

[Maryland legislation would reduce the junk food in state vending machines.](#)

[Had to! Check these funny food puns defining each state.](#)

[Baltimore wants to put warnings on sugary beverages.](#)

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Local News:

Pennsylvania: [Pennsylvania's governor proposed a 10.8% increase for anti-hunger programs in his 2016-2017 budget.](#)

Pennsylvania: Across the state, the Supplemental Nutrition Assistance Program (SNAP) saw more participation over the past 10 years. [The data is in.](#)

Pennsylvania: [Non-profits work to assist those facing new SNAP restrictions.](#)

Pennsylvania: [Eat right to prep for physically activity.](#)

Downingtown: [Happy 50th Anniversary to the Lord's Pantry!](#)

Lancaster: [A local registered dietitian cooks for Heart Month.](#)

Philadelphia: The Public School Notebook featured food and nutrition innovations throughout the Philadelphia area. This [edition](#) includes highlights of school nutrition education programs, school feeding programs, and many more ways that staff and youth engage in these initiatives!

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Resources:

The US Department of Health and Human Services Office of Minority Health offers [resources and ideas](#) to celebrate Black History Month.

[MyPlate – My Wins](#) is a resource that shares the new messaging behind the new Dietary Guidelines. View [their handout](#) as an

example. Additionally, [people are sharing](#) how they follow these recommendations to keep themselves and their families healthy.

The National Academies of Sciences held a workshop about ways to help older adults meet their dietary and physical activity needs. Check [this brief](#) for details from the discussion.

[Meal planning tools](#) from Iowa State's Extension make saving money and eating healthy easy!

The Economic Research Service [lists](#) what foods people are purchasing.

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Social Media:

Lancaster Council of Churches shared a [Facebook picture](#) about how they've distributed more fresh food donations compared previous years.

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Webinars:

NEW- 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.

NEW-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!

NEW - 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.

Chef Ann Cooper shares her thoughts about school nutrition in this list of [videos](#).

"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:

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

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!

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Grants and Opportunities:

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](#).