



Your Nutrition Resource Connection

Nutrition News & Opportunities

January 11, 2016

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PA NEN News

Eat.Together.PA

Eat.Together.PA is kicking off the New Year right!



PA NEN's Social Marketing Committee is excited to announce that [Eat.Together.PA billboards and bus shelters](#) are posted in Allegheny and Lancaster Counties. Keep an eye out! And, spark your creativity with the www.EatTogetherPA.org nutrition education resources, meal planning tips, budget-saving ideas, and much-much more!

2016 Resource Area for PA NEN's Conference

Would you want to display your organization's information at PA NEN's Annual Conference? There are only 7 remaining table top display spots available. Be sure to submit your [application](#) before the deadline – February 1, 2016!

Some of this year's Resource Area participants include:

- Giant Food Stores
- PA WIC
- UPMC/CHIP
- SNAP-Ed Connections
- Learning Zone Express
- PA Soybean Board
- and [more!](#)

International News:

The [2015 Dietary Guidelines](#) are out. What are people saying about them?

- [One researcher who served on the 2015 Dietary Guideline Advisory Committee shares his views on the newly developed Dietary Guidelines.](#)
- [Food and nutrition experts comment on the 2015 Dietary Guidelines.](#)
- [This news article contains a video clip that highlights novel aspects of the 2015 Guidelines. It also describes the three diet plans included within its appendix.](#)
- [This radio podcast shares a bit more about the Dietary Guidelines as a small part of a larger Public Health Picture.](#)

2016 news articles are full of resolutions, tips, tricks, and predictions for the upcoming year!

- [To start the New Year, the Society of Nutrition Education and Behavior lists the most-viewed, nutrition articles of 2015.](#)
- [The DASH diet ranks the best overall diet in 2015.](#)
- [To kick off this year, Chef Ann Cooper looks to her foundation's 2015 contributions to school lunch. It's quite the list!](#)
- [Have you heard about the 1,000 mile challenge? For one 1 year, run 1000 miles, track it, and win prizes. Talk about a New Year's resolution!](#)

[Play boosts children's physical health, problem solving abilities, and happiness according to a report from the Children's Play Policy Forum.](#)

[See how one school brings together their culture, history, classroom time, nutrition education, and the school garden.](#)

[Healthier school lunch standards might have been tough to enforce, but they are working.](#)

["Eating egg rolls are linked to dog ownership!" - This article brings up challenges and flaws in nutrition research.](#)

[Dietary recommendations for protein supplements for kids and teens](#)

[Farm-to-Food Bank programs save millions of pounds of food that would have been wasted!](#)

[Smart tips for buying healthier options while cutting the food budget](#)

[In Washington DC, city fitness centers are available to the public for free!](#)

[Nationwide, Supplemental Nutrition Assistance Program benefits can be used at the farmers market.](#)

[Pulses \(like dried beans, peas, or lentils\) are healthy, sustainable, and affordable alternatives to meat.](#)

[You did not know this about the baby carrot!](#)

[Supplemental Nutrition Assistance Program vouchers bring new faces to DC farmers markets.](#)

[Six tips for a healthy family](#)

Local News:

Philadelphia: [Philabundance volunteers have done so much for their community according to this infographic.](#)

Pittsburgh: [Take phenomenal meal planning tips for picky eaters from a local professional!](#)

Pittsburgh: [In this city, faith-based food pantries serve those in need.](#)

Pittsburgh: [5-2-1-0 tips for keeping healthy during these cold months.](#)

Erie: [Erie Energy Products collects phone books to benefit the Second Harvest Food Bank.](#)

Erie: [A soup kitchen damaged by a fire is about to re-open.](#)

Resources:

Registered dietitians of SNAP4CT.org host grocery store tours over the internet. Watch the videos [here](#).

My Plate, My Wins is a website collecting dieting strategies from people like you! Read them [here](#).

Healthy Eating Research posted recommendations about responsible tactics for food marketing to kids. Read their document [here](#).

Interested in teaching food science to kids? Dig into Penn State's [list](#) of resources for K-12 teachers. Advanced food science [experiments and demonstrations](#) are also filed on this website.

Social Media:

Follow this [infographic](#) to understand how farmers markets can grow in food

desserts and Latino communities. Then, [learn more about how it's happening.](#)

Webinar:

NEW-The Society of Nutrition Education and Behavior (SNEB) is hosting a webinar about a texting intervention for low-income parents of elementary students, Text2BHealthy. The webinar is called, "Lessons Learned from Incorporating a Text Message Based Program in Elementary Schools". It's slated for January 28, 2016 at 12:30 PM (ET). It is free to SNEB members but cost \$25 for non-members. A continuing education credit is available to registered dietitians. [Register here.](#)

NEW-"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.](#)

NEW-The Chesapeake Food Shed Network is hosting a free webinar called, "A New Year's Resolution You'll Want to Keep: Green Your Community and Reduce Your Food Waste – Lessons from the Field". It takes place on January 21 from 9:00-10:00 AM (ET). Speakers will talk about the reduction, recovery, and recycling of food waste in their food shed. Learn more about it [here.](#)

"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-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](#).

NEW-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](#).

NEW-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!

Two days to go! Come eat local foods from local farmers, prepared by local chefs at the PA Preferred Farm to Fork event! It runs from January 9-16 at the Pennsylvania farm show complex and expo center main exhibit hall. Learn more about the spread on this [website](#).

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](#).

The Lancaster Council of Churches is [searching for volunteers](#) for their food bank, clothing bank and during community meals.

Grants and Opportunities:

NEW-Grow Pittsburgh has an urban garden apprenticeship now open to adults from 19-25 years old. Those interested must be available for specified hours, days, and for the summer months. See more information about this opportunity [here](#).

NEW-Does your organization serve low-income individuals and families? Would you like to submit an application for funding to provide nutrition education programming for adults, seniors, school-age kids or preschool children? Then, you might want to apply for funding from the Pennsylvania Nutrition Education Tracks (TRACKS). PA TRACKS administers Supplemental Nutrition Assistance Program Education (SNAP-Ed) for the Department of Human Services (DHS) in Pennsylvania. They are funded through USDA's Food & Nutrition Service (FNS) and operate the program according to [FNS SNAP-Ed Plan Guidance](#). Find out many more on this [website](#).

NEW-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 Invest Health Initiative just launched! It's encouraging mid-sized U.S. cities to develop strategies and partnerships for neighborhoods facing barriers to better health. Find out [more](#) about the funds available and application.

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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