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!

Speaker Highlight from the PA NEN Annual Conference
Monica Reinagel, MS, LD/N, CNS. She’s a Licensed Nutritionist and Chef with a Masters in Science and Human Nutrition. She does it all—she’s an accomplished author, hosts her own podcast, writes a popular blog, and you can get a little taste of her style on her YouTube videos. Her work has been highlighted on the Today Show, NPR Morning Edition, the Huffington Post, along with other acclaimed TV listings. Now, join her conference session about shopping healthy on a tight food budget!
Hot off the press! The 2015 Dietary Guidelines are out.

- Here are the top ten things you need to know about Guidelines. Whole foods, a variety of protein, and no more than 10% added sugars make list.
- Here are some frequently-asked-questions about the 2015 Dietary Guidelines.
- Check one of the first news reports about the Dietary Guidelines. More are on their way...

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

- News Year’s resolutions for a healthy, balanced life
- Why are weight loss resolutions tough to follow, and what can you do to make them stick?
- 5 tricks to keep on track with your New Year’s resolution
- Vegetables will take center plate in 2016.
- A dietitian serves up her thoughts on food trends of 2016
- As we head into the new year, check out the bike lanes named 2015’s best.
- What’s on Congress’ 2016 food and agriculture to-do list?

What do top nutrition researchers eat?

This farm to table program allows kids receiving free and reduced lunches to eat food that’s fresh and locally-sourced.

Sustaining healthy communities requires a flexible game plan.

This revolutionary technology helps end food waste and serves food pantries.

Banana extinction teaches us about our food supply.

Why is composting food scraps better than throwing them away?

Savvy tricks to getting your child to eat healthier

Three things nutrition apps might be getting wrong.

One school can attest that "Community Eligibility" is helping their student body.

Rising senior obesity rates increase costs at nursing homes.

Could exercise fight colds?

A bill in Florida would mandate a recess break for kids.

It’s time to bring recess back to schools, four times a day, 15 minutes a pop!

Parents are critical to solving childhood obesity.
What’s the best diet? There is more than one!

Health foods that seem healthier than they truly are

Local News:

Pennsylvania: In some Pennsylvania counties, Supplemental Nutrition Assistance Program (SNAP) recipients—those able-bodied adults and without children—will be subject to a 3 month time limit on SNAP. Learn more about this requirement here.

Pennsylvania: The budget compromise increases money for food banks across the state.

Carlisle: Did you know Project Share welcomes donated cardboard?

Erie: A local starts to understand what poverty looks like and how consistent hunger might feel.

Philadelphia: Philadelphia food pantries find it tough to meet their clients' needs.

Pittsburgh: Big Soup, the Greater Pittsburgh Community Food Bank’s holiday fundraiser, raised over 10K.

Resources:

Hot off the press! The 2015 Dietary Guidelines are here.

This Latino recipe booklet comes at you with fresh, authentic ingredients. It was developed by the California Latino 5 a Day Campaign.

Family meals resources and research is presented by Purdue University’s Center for Families.

Center of Disease Control and Prevention and the department of Health and Human Services report the characteristics of health programs for of secondary school in a paper, "School Health Profiles 2014". Other schools champion healthy causes, so why not check how their doing it!

SNAP-Ed Connection has a photo gallery open to the public for free! Use their pictures to promote anything from farmers markets to healthy choices at grocery stores!

Nutrition Facts Panel advice for your entire family can be viewed within these videos or using one of the resources here.
MyPlate keeps a listing of activity-packed [videos and food group songs](#).

**Social Media:**

As the details from the Dietary Guidelines are released, you can follow the global conversation about them on Twitter. Look for the [#DGA2015](#) hashtag or the [#dietaryguidelines](#) hashtag recommended by the Academy of Nutrition and Dietetics.

See the benefits and support behind healthy snacks at school with [this infographic](#).

A coordinated approach to school health works for the "Get Hip Now". Watch a [video](#) about the initiative.

**Webinar:**

NEW-“EPIC®: Pediatric Obesity – Evaluation, Treatment, and Prevention in Community Settings” is a free training and live webinar/teleconference scheduled for January 13 and February 10 at 12:15 PM – 1:30 PM. The presentations 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](mailto:mkeen@paaap.org). Contact Amy Wishner with questions at [awishner@paaap.org](mailto: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](#).

The House Agriculture Committee held their tenth hearing on the Supplemental Nutrition Assistance Program and related programs. The latest hearing reviewed the progress of effectively addressing domestic hunger through policies created by the National Commission on Hunger. Watch the archived hearing and read the testimony [here](#).
Events:

NEW-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](#).

NEW-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](#).

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

Research shows that certain foods, lifestyle habits, and weight guidelines can support and encourage fertility for men and women. You can join Dr. Maureen Kelly, a reproductive endocrinologist who will be hosting a talk on this topic. The free event begins on January 14, 2016 at 6:00-7:30 PM. It will be held at the Free Library of Philadelphia: Culinary Literacy Center. More information [here](#).

On Tuesday, January 12, 2016 from 9:00 am-3:00 pm at the Phipps Conservatory and Botanical Gardens the Pennsylvania Action for Healthy Kids, Let's Move Pittsburgh, Greater Pittsburgh Community Food Bank, and Phipps Conservatory and Botanical Gardens for a School Health Team are holding free training to get your school staff to encourage a healthy school environment, provide ideas for community collaborations to improve school wellness policies, and to share best practices to move the student body toward a healthier diet. Allegheny County schools and district staff is invited to attend—including principals, teachers, school nurses, counselors, PTA members, Food Service Directors and staff, and Health and Physical Education Coordinators. Schools are strongly encouraged to bring two representatives. Participants will receive Act 48 credit. Find more details [here](#).

Grants and Opportunities:

NEW-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.

NEW-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.

NEW-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.