Eat.Together.PA Billboards go to Philadelphia

PA NEN’s Social Marketing Committee is excited to announce that Eat.Together.PA billboards are NOW posted in Philadelphia. 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!

Summer Workshops are HERE!
Registration for 2016 Summer Workshops is here! Attend to learn more about engaging education and cultural competence. Speakers, dates, and other registration information is listed here!

Who is Interested in adding articles to the News Nibbles?
Highlight what you do in the community! Give some input on novel nutrition research! Promote your nutrition education event!

Here is your chance to add content to this weekly E-Newsletter. Just email us a link to the article. If it fits the bill, you’ll see it in the newsletter next week!
**International News**

Beat the summer heat with H2O. Take some of these great, video tips!

Restrictive diets, like vegetarianism, can feel rigid. So, give yourself permission to bend your regimen a bit.

Is your food really what it claims to be?

Hello to the moms out there! Part of being a cook is knowing that sometimes simple meals with shortcuts are best.

What really causes muscle cramps, and what can you do for them? The answer is not what you think!

Having trouble keeping regular? This constipation toolbox could help!

The breakthrough science behind childhood obesity and suggestions to stem it

What foods are healthy anyway? Where do Americans and nutritionists stand?

10 reasons why exercising outside is healthful

Are parents blind to their child’s weight issues? How about the kids, themselves?

How do people around the world eat for their health?

A Mediterranean diet food list

How does climate change worsen Africa’s food insecurity?

Scientists are asked about the legitimacy of a study that boasts that pasta is the new kale. See their perspective.

French and refugee chefs cook together. Though they can’t speak the same language, they can communicate through their food.

Run into your 80s!

Check this breakdown of the psychology behind restaurant menus.

Should you tell your child they’re overweight?

Should you exercise outside when the air quality is bad?
National News

The battle over school lunch wages on.

Ways to sell kids vegetables that work

These small changes in the lunchroom could boost healthy sales!

Half of our nations produce is thrown away.

Toledo addresses extreme food hardship.

A unit, that identified school children and families eligible for Supplemental Nutrition Assistance Programs (SNAP), was cut. See the implications.

An incentive program helps people on the Supplemental Nutrition Assistance Program (SNAP) stretch their food dollar and purchase more fruits and vegetables.

An Atlanta grocery store moves into a low-income community.

Connecticut shares the benefits and progress of their summer feeding program.

California made of Kale? Pennsylvania constructed from a pretzel?
Foods grown across the United States show up in these unique food puns!

Local News

Pennsylvania: Check Feeding Pennsylvania’s Newsletter for updates on awesome Pennsylvania initiatives feeding the hungry.

Pennsylvania: Krusteaz Blueberry pancake mix has been recalled because of an E. Coli O121 Outbreak. Package details can be seen here. This recall is part of a multi-state E. Coli outbreak linked to flour. Learn more about it, all the products being recalled, more about the at-risk populations, tips for consumers and more at this website.

Luzerne County: The CEO Weinberg Food Bank Initiative is highlighted for providing fresh milk to hungry families.

Philadelphia: A non-profit grocery store in Chester, PA strives to sell low-cost, healthy food to those who need it.
Philadelphia: Learn more about summer feeding programs across the city.

York: Across York (and beyond!), a video game gets people walking in parks and at other landmarks.

York and Adams County: York and Adams county residents aren't eating enough fruits and vegetables. But, these counties working to change this statistic.

Resources

The Food Research and Action Center’s “Plan of Action Against Hunger” report shares 8 strategies to end nationwide hunger.

Social Media

The CEO Weinberg Food Bank Highlights their summer feeding program and their Cooking with Clancy food tastings on this Facebook clip.

Webinar

NEW-During a webinar on July 19, 2016 from 12:00-1:00 PM (ET), Community Commons is highlighting their partnership with Salud America. Find out how this organization is addressing Latino childhood obesity and the resources available in their website Hub. Learn more.

NEW-The National Resource Center on Nutrition and Aging is hosting a webinar on August 9, 2016 at 3:30-4:30 PM (ET). It's called, "Data Collection through Population Health Management Software". During this time you will learn about how to collect and communicate data efficiently and effectively. You can register here.

If you missed it, the Food and Drug Administration hosted a webinar on the new nutrition facts label on June 27 at 3:00 PM (ET). Watch the recording here.

The Journal of the Academy of Nutrition and Dietetics published this podcast about researchers at Clemson University who found that having people track how much they chew during meals could help with weight loss. They also address other environmental cues that help people eat less.

Food Tank presented a webinar on how imperfect produce in
grocery stores is on the rise. You can listen to the recording by registering [here](#).

The Aspen Ideas Festival presented on “Planetary Health” – the need to focus on the health of the planet and its impacts human health. More about this term and what we should do about it can be seen in this [hour-long, panel discussion](#).

This [radio broadcast](#) speaks to food agencies about ensuring that hungry kids get fed during the summer.

The Food and Drug Administration (FDA), in collaboration with the American Medical Association (AMA), released a [continuing medical education (CME) video](#) for physicians to learn about the new Nutrition Facts Label (NFL); to learn practical strategies for talking nutrition to patients; to provide guidance that is important for general health, combating obesity, and reducing the risk of other chronic illnesses.

This [webinar archive](#) lists all food safety webinar recordings led by Partnership for Food Safety Education from 2014 until now.

Evaluation, Treatment, and Prevention in Community Settings (EPIC) is hosting a Let's Talk webinar on sleep and obesity. It’s slotted for Thursday, September 22, 2016 from 12:15-1:30 PM (ET). One speaker will focus on the science behind sleeping and obesity. Another will look at how people can practice better sleeping habits. [Register today!](#)

### Events

**NEW**-The Greater Philadelphia Coalition Against Hunger and the Food Trust are operating an Eat Healthy, Give Healthy Food Drive at various locations throughout the city. [See when the events are taking place at a location near you](#).

**REVISED LINK**-Exciting news! The Nutrition Links Annual Conference "Becoming a Super Nutrition Educator” is being held on Tuesday, September 13 in State College. The event will aid nutrition educators and other health professionals in motivating families and individuals to select better foods. Registration and more information can be found at [this link](#).

Witnesses to Hunger’s National Exhibit is being displayed for FREE at the African American Museum in Philadelphia. It’s all happening on July 25-28 from 10:00 AM-2:00 PM. This program will showcase the true experts on hunger and poverty: people with first-hand experience. Look [here](#) for details.

The "Feed More Festival” will take place at Stage AE in Pittsburgh, PA. On July 17 from 2:00 PM – 10:00 PM, you can enjoy a day of music and the outdoors with the profits going to the Greater Pittsburgh Community Food Bank. The lineup includes The Cold War Kids, The Lone Bellow, The Stone Foxes, and more. Learn
Penn State Nutrition Links hosts food, nutrition, and exercise workshops across the state. Review their event listing on this website!

A three-day event called, "Three Day Blow Festival" will be happening in Pittsburgh on August 26-28. It will bring people together from around the country to converse about regional food systems. The festival will include workshops, networking, and "quirky programming and food and drink celebrations".

Nutrition Professionals focusing on the senior population can gain so much from the 2016 Meals on Wheels Conference! It offers a fresh perspective about senior care from a strong research-base and renowned professionals. It’s slated for August 31-September 2 in Nashville, TN. See the conference speakers, keynote sessions, the agenda and other game-changing opportunities here!

“EPIC® - Pediatric Obesity: evaluation, treatment and prevention in community settings” is a 1-1 and 1/2 hour-long, on-site training that offers an update on current obesity prevention research and the American Academy of Pediatrics Expert Committee recommendations on obesity. It’s a free, interactive program providing continuing education for doctors and dietitians within the Pediatric or Family Medicine Practice. Presenters include a physician and registered dietitian. Find more information about these trainings here.

The Yogurt in Nutrition Initiative for a balanced diet (YINI) is looking for research proposals about yogurt and nutrition. Proposals are due in October. Get all the details and apply here.

The US Department of Agriculture’s National Institute on Food and Agriculture has a grant available for Food Safety Outreach. Grant recipients will develop and implement food safety training, education, extension, outreach and technical assistance projects for owners and operators of small to mid-sized farms, beginning farmers, socially-disadvantaged farmers, small processors, or small fresh fruit and vegetable merchant wholesalers. Find more details here. If this opportunity is not within your realm of practice, find more NIFA grants here.

© Copyright 2009 PA NEN| www.panen.org| 717.233.1791

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.