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[www.EatTogetherPA.org](http://www.EatTogetherPA.org)



## **PA NEN News**

### **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](http://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!



**RESOURCES FOR  
HEALTH PROS**



**FOOD POLICY UPDATES**



Contact PA NEN  
717.233.1791  
[pa\\_nen@phmc.org](mailto:pa_nen@phmc.org)

**International News**

[A new bill passed focuses on global hunger relief.](#)

[Venezuela strives to solve severe food insecurity with a new food distribution system. But, the critics voice their worries about it.](#)

[Agriculture is not only about putting food on the table. It's one of the biggest influencers on our environment.](#)

[According to statistical analysis, 90% of strokes could be prevented through nutrition and physical activity modifications.](#)

[What's behind that supplement label?](#)

[As the popularity of bagged salad kits rises, so does the amount of greens people are eating!](#)

**National News**

[American hunger persists because economic growth has been widely unequal.](#)

[This article dives into partnerships and policies that create healthier kids in school.](#)

[500,000 people lost their Supplemental Nutrition Assistance Program benefits.](#)

[200+ people eat fresh from a farm truck.](#)

[1 out of 5 University of California \(UC\) students skip meals because of money, so all UC campuses will now implement food pantries.](#)

[Even with a full-time job, many college students say it's hard to pay for tuition and food! That's where food pantries come in.](#)

[In Texas, people don't want community gardens or grocery stores; they just ask for an easier way to apply for the Supplemental Nutrition Assistance Program.](#)

[New York State plans to increase funding for "Double Your Food Bucks," an incentive program encouraging people to buy more produce!](#)

[Many childcare workers need food assistance.](#)

[A bill in congress might restrict West Virginian children from](#)

[receiving free and reduced meals.](#)

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### Local News

**Pennsylvania:** [Frozen dinners are recalled because metal fragments were found within their sauce.](#)

**Philadelphia:** [Philadelphia children are at risk of losing their ability to receive free and reduced meals in school.](#)

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### Resources

Check the Dietary Guidelines at a glance on these awesome [tip sheets](#) ([Spanish](#)).

Does sugar consumption increase your risk for obesity or cardiovascular disease? [This meta-analysis looks into the issue.](#)

[Does self-monitoring with your phone or other technologies help people lose weight?](#)

The Institute for Urban Health has just published a report, "[City Voices: New Yorkers on Health](#)" series. It brings forth the hard truths about the challenges of eating healthy.

The Journal of the Academy of Nutrition and Dietetics published a paper, open to the public, called, "[A Systematic Review of Factors Influencing Farmers' Market Use Overall and Among Low-Income Populations.](#)"

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### Social Media

[The 8 best ways of to describe being a dietetics majors](#)

Scroll down @EatForum's [Twitter page](#) for some pertinent resources regarding huge moves in global nutrition.

This [video](#) shares how summer meals can be served up in a public park!

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### Webinar

*NEW*-Farm to Table Talk is a [podcast](#) that shares the path of food

being produced, processed and marketed.

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!](#)

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### Events

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 more [here](#).

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](#).

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### **Grants & Opportunities**

*NEW*- Bring your pen to that paper and brainstorm! In September-November 2016, organizations and individuals will be asked to submit state- and territory-specific MyPlate graphics which may show up on ChooseMyPlate.gov. The diagram should increase awareness of the Dietary Guidelines messages while highlighting local ingredients grown in the state of Pennsylvania.

Find more at this [website](#).

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](#).

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