



Your Nutrition Resource Connection

Nutrition News & Opportunities

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PA NEN News:

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!](#)

International News:

[Look at the bigger picture of healthy eating, instead of focusing on product labels like "gluten free" or "sugar free".](#)

[A dietitian speaks to the environmental pros of Meatless Mondays. This weekly practice might take effect on military menus.](#)

[Simple changes, like making sure your plates have foods that are at least two different colors at each meal and walking a few minutes each day, can make a huge impact on health.](#)

Where did pears, apricots, or oranges come from? Find out on this map of where our food crops originated? [Click on the images to see larger pictures.](#)

[Dietary guidelines for China recommend that they cut meat consumption in half for health and environmental purposes.](#) More can be found [here](#).

[In mice, a hormone that signals fullness stops being produced after regularly overeating.](#)

People go hungry, yet we waste incredible amounts of food. [Check the data and some solutions.](#)

[The Food and Drug Administration proposed guidelines to reduce sodium in prepackaged and restaurant foods.](#)

[A fit body means a sharper mind.](#)

[A group of health professionals react](#) to the [2016-2021 Global Nutrition Coordination Plan](#).

[Screening for social determinants of health \(like isolation or food insecurity\) might have unintentional consequences without treating them.](#)

[The science behind sugar consumption: questions to ask when reading science](#)



[from the industry](#)

[Food's texture, fiber content, and the length of time it takes to eat are factors that impact how full people feel.](#)

[Physical activity before, during and after school boosts school performance.](#)

National News:

[PA NEN RESOURCES FOR HEALTH PROFESSIONALS](#)



[The House Agriculture Committee held a hearing to evaluate the effectiveness of nutrition education programs on health outcomes within the Supplemental Nutrition Assistance Program \(SNAP\).](#) Discussion revolved around the history and evolution of SNAP-Ed, it's various program models, how it complements and works with other nutrition education programs, and the efforts currently in place to ensure dollars are effectively spent. Hear the testimony on this [webcast](#).

[One week before a Vermont's genetically modified ingredients law goes into effect, the Senate Agriculture Committee leaders announced a bipartisan deal taking labeling of Genetically Modified Organism's \(GMO\) in food from the states to a national system instead.](#) That would mean a single, nationwide, mandatory label for products containing GMO ingredients. A Senate press release was published [here](#) and [there](#). You can also view the [reaction to this new legislation](#).

[In Louisiana, more people turn to the Supplemental Nutrition Assistance Program.](#)



[A town in Vermont starts their summer meal program just right.](#)

[Idaho food distribution centers brace for the new way of distributing Supplemental Nutrition Assistance benefits.](#)

[FOOD POLICY UPDATES](#)



[Learn how a House bill would affect how many schools could provide free and reduced lunch to all their students because of "Community Eligibility" restrictions.](#) Community Eligibility allows schools with high numbers of low-income children to offer free breakfast and lunch to all students without collecting school meal applications.

[San Francisco might be the next city to pass the soda tax.](#)

[Healthy food rebates and financial incentives on fruits and vegetables for the Supplemental Nutrition Assistance Program population work!](#)

Across the nation, the [College and University Food Bank Alliance](#) is working to support food distribution to college students who skip meals.

This [article](#) shares about one of their initiatives—an urban garden that feeds thousands!

[Students watch their garden flourish!](#)



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[Thinking about the new nutrition label that's being implemented, let's really look into whether nutrition labels work.](#)

[A mobile food education and literacy program expands into Camden, New Jersey.](#)

[Food Banks reach out to those who are obese with the risk of diabetes.](#)

[Summer meals might be the only source of food some kids get outside of school. Watch this video to find out more.](#)

Local News:

Pennsylvania: [Summer break is the time most children gain weight. This article provides parents with suggestions to help avoid summer weight gain while school is out, including walks or bike rides with the family and nutrition advice.](#)

Philadelphia: [The Great Chefs Event was a huge success, raising hundreds of thousands of dollars to feed and teach kids how to eat healthy in school.](#)

Pennsylvania: [PennEnvironment will be putting on demonstrations to show what our meals, specifically summer picnics, will be like if we lose our bee population.](#)

Philadelphia: [Through various programs, Philabundance provides summer meals throughout Delaware Valley.](#)

Resources:

The National Institute of Health wants you to stay healthy as you age. Visit their [website](#) for resources.

[Community Eligibility](#) allows schools with high numbers of low-income children to offer free breakfast and lunch to all students without collecting school meal applications. This option boosts participation in the school meals program and relieves administrative burdens, which allows schools to direct resources into preparing healthy, appetizing meals that fuel students' minds and bodies. The [Food Research & Action Center \(FRAC\) database](#) makes it easy to search and determine which schools in a community or state are eligible, or near-eligible, for the Community Eligibility Provision for school year 2016–2017.

Last week, the US Department of Agriculture released the raw data from the [2015 Farm to School Census](#). The numbers support local foods in schools, farmers markets, and other related settings. Information is available from over 12,500 people who filled out the 2015 Census. Download those data [here](#).

The Robert Wood Johnson Foundation has updated its [Signs of Progress map](#).

It has stories and data from more than 30 locations across the nation that have noted declines in their childhood obesity.

In this [National Academies report](#), *Assessing Prevalence and Trends in Obesity: Navigating the Evidence*, . Offers tips for future obesity research through a summary of the relevant literature, a framework for assessing reports, recommendations for filling data gaps, and more. Find the [report brief](#) and an interactive [infographic](#).

Social Media:

Follow [#SaveFood4People](#) today for updates from the 2016 Reduce and Recover conference with Feeding America and partners. The agenda resides [here](#).

An online website allows you to hold an online food drive with healthier options. Learn more in this [YouTube clip](#).

Pittsburgh Community Food Bank keeps an [Instagram page](#) highlighting the beautiful stories of families they serve.

Webinars:

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

NEW-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-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.

NEW-Happening Tonight! "Guitar Legends Tribute Night" is a concert at the Trocadero Theater in Philadelphia at 8:00 PM (ET). A portion of the proceeds will go to Philabundance, a Philadelphia area food bank. Find ticket information [here](#).

NEW-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](#).

"Moving People from Resistance to Willingness: A Skills-based Motivational Interviewing Workshop" is a workshop slotted for July 13, 2016 from 9:00 AM-4:00 PM. During this time, you will jump into motivational interviewing demonstrations and tactics that will help clients stick with their healthful behavior changes. The event is hosted by Villanova University College of Nursing in Driscoll Hall Auditorium. Registration ranges from \$79-99, depending on when you register. 5.5 continuing education credits will be awarded to registered nurses, registered dietitians, and other fitness professionals. Find out more information by going to this [website](#). You can also register [here](#). Email questions to [Rebecca Shenkman](#).

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](#).

Grants and Opportunities:

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](#).