



Your Nutrition Resource Connection

## Nutrition News & Opportunities

IMPORTANT  
PA NEN LINKS

### PA NEN News:

#### **Summer Workshops are HERE!**

Registration for 2016 Summer Workshops is open! Attend to learn more about engaging education and cultural competence. Speakers, dates, and other registration information is listed [here!](#)

[NEWS NIBBLES ARCHIVES](#)



### International News:

[A healthy lifestyle involves maintaining your body weight, exercising regularly, not smoking, and not drinking more than one-two drinks a night. Could this reduce cancer risk?](#)

According to [one study](#), babies who receive food through big bottles gain weight faster than those with smaller bottles. Clinicians worry that these babies will have trouble recognizing when they're full, which is a risk factor for obesity in the future. The bottom of this article contains discussion and issues that limit this study's findings.

[PA NEN  
CONFERENCE  
CREDIT INFORMATION](#)



More studies come in supporting the Mediterranean diet - a method of eating that is high in healthy fats, vegetables, fruits, nuts, and seeds. [One randomized trial](#) looked at consumption of this diet without calorie restriction, and it did not lead to significant weight gain. Another [study](#) looked at associating it with breast cancer risk. Remember, it's best to look at the entire body of research behind this diet, rather than taking each individual study as truth.

[Let's talk fats.](#)

[General Mills recalls 10 million pounds of flour due to a possible link to a current E. Coli outbreak.](#)

[In Massachusetts, the majority of people eligible for the Supplemental Nutrition Assistance Program \(SNAP\) are not currently enrolled. If they were, the state could receive an additional \\$500-\\$800 million dollars annually from their purchasing of food.](#)

[\\$100 million goes towards fighting malnutrition in Nigeria.](#)



### National News:

[The Food and Drug is now proposing a voluntary sodium lowering plan for](#)



[processed food companies.](#)

[Hundreds of thousands Florida citizens lose Supplemental Nutrition Assistance Benefits \(SNAP\) benefits.](#)

[Culinary students who won their local "Cooking Up Change" contest prepare their dishes for the lawmakers working toward a fair Child Nutrition Reauthorization Act.](#)

#### FOOD POLICY UPDATES

[Here](#) is a brief summary of the controversy behind school lunch policy. [Certain advocates oppose the child nutrition bill as it stands.](#)



[The Food and Drug administration tries to limit arsenic levels in baby food.](#)

[Obesity rates among women are on the rise.](#)

[In one college, students raise concern about incorrect food labels.](#)

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#### Local News:



**Pennsylvania:** [Those who are receiving Supplemental Nutrition Assistance Program \(SNAP\) benefits but are not working a minimum of 80 hours a month or are not in an approved training program to obtain employment, will no longer receive their benefits.](#)

**Pennsylvania:** [Pennsylvania Food banks are getting ready for influx from SNAP cuts.](#)

**Central Pennsylvania:** You can pick your own strawberries all over Central Pennsylvania. See locations [here](#).

**Philadelphia:** [How can you start exercising when your overweight?](#)

**Philadelphia:** A [study](#) done by the University of Pennsylvania shows that eating well during childhood has a positive impact on a child's social behaviors and development. The research study was conducted in Africa, which has a wide diversity of ethnicities; however, the researchers would like to perform the study in large U.S. cities too.

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#### Resources:

UMass Amherst held a "Chef Culinary Conference" last week. See all renowned speakers and resources that were posted over [Twitter](#).

The Society of Nutrition Education and Behavior presents [steps to recruiting participants for your nutrition education over social media](#).

The Food Reclamation Network of Centre County is on [Facebook](#). Learn more about this group through this [podcast](#).

The Woman, Infants and Children Program of Adams and Franklin County held a Farmers Market Festival. [See their photo album.](#)

Pulses (i.e. beans, lentils or dried peas) reduce food insecurity according to this [fact sheet](#) from the Food & Agriculture Organization of the United Nations.

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### **Social Media:**

SNAP-Ed Connection has a new and improved [library](#) with everything for those providing nutrition education for the food stamp audience.

Innovative self-regulation strategies to reduce weight gain from the [Journal of the American Medical Association](#).

Does metabolically healthy obesity exist? [Here](#) is a synopsis of what we know for now. More long term research is needed for the answer to the question above.

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### **Webinars:**

Join the Academy of Nutrition and Dietetics and the Partnership for Food Safety Education for a webinar called, "Nutrition + Food Safety = Great Eating." Learn about foodborne illnesses, to identify high-risk foods, ways to reduce the risk of getting sick and about retailers' efforts to educate eaters on food safety practices. Academy members will earn one continuing education credit for participating in the webinar. It will take place on June 16 from 1:00-2:00 PM (EDT). Register [here](#).

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### **Events:**

*NEW*-Now through June 17, the CenturyLink Backpack Buddies Food Drive is happening. All donations can be made on [this website](#). Make sure to scroll down and click to support Pennsylvania food distribution locations! The CenturyLink Clarke M. Williams Foundation will match all donations made through the site up to a total of \$1,000,000.

"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](#).

The Public Policy Workshop for the Academy of Nutrition and Dietetics is open to registered dietitian nutritionists and dietetic technicians. It will take place on June 23-24 in Washington D.C. Find out about the event location, travel information and more at this [website](#).

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### **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](#).