No Time to Cook? Save Money by Prepping & Freezing!

Freezing food when you have time! It cuts the stress of making meals and snacks. Buy ripe fruits on sale, prep a meal when you have time, purchase in-season produce on the cheap, or get day-old baked goods for less; then pop these in the freezer to keep for a busy day! See ALL the foods you can freeze [www.EatTogetherPA.org](http://www.EatTogetherPA.org).

**PA NEN Speed Networking @ Our Annual Conference**

A new feature at this year's conference - Cafe Connections - is a Speed Networking event! This opportunity will let you meet with speakers, PA NEN board members, and other nutrition professionals. Click [here](http://www.EatTogetherPA.org) to learn more about the hosts, topics, and to pre-register. Space is limited, so be sure to register today!

**International News:**

5 tips to make fruits and vegetables more addicting

27 solutions to reduce food waste. Take these examples: healthy food bank donation others focus on individuals dietary choices.

How does sleep help control your cravings?

“Cheat meals” have been a controversial addition to dieters’ meal plans. Two
experts weigh in on this strategy.

Incredibly interesting strategies to train yourself to like healthy foods

No gym? No problem! Get a full body workout without equipment.

Are picky eaters born that way or made to dislike certain foods?

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National News:

New research used social media to prove that people living in food deserts eat differently than others.

The Public Health Prevention Fund is federal funding that supports state and local health departments with prevention programs focused on food safety, obesity, and breastfeeding. This funding is at risk of getting cut. Here is how the Academy of Nutrition and Dietetics feels about it.

"Ultra-processed" foods: What are they? How does consuming a lot of them affect eaters?

10 dietitians doing big things!

It's national nutrition month, so dietitians work together to build and promote their healthy cause.

5 healthful ideas to use during National Nutrition Month (and beyond!).

Public health and community planning coalesced to focus on their underlying goal, health!

At this time, no significant evidence shows that mindfulness helps weight loss.

School gardening means better learning, and research proves it.

In the midst of St. Patrick's Day, try these oh-so-festive green foods!

10 strange ways to loose belly fat...We promise this article is much more than it appears to be!

A Cleveland playground reopens 4-years after a tragic accident within it.

Underutilized commercial kitchens will become more available because of this app!

Enforcement of the menu labeling bill, which would require certain restaurants
to post food calories on their menus, was postponed

In-store dietitians share their ideas for National Nutrition Month!

The Academy of Nutrition and Dietetics supports Child Nutrition Programs.

Local News:

Pennsylvania: Yogurt produced in Pennsylvania and sold in New Jersey was recalled because of incorrect pasteurization. Product labels and pictures can be seen [here].

Pennsylvania: Canned tuna was recalled because of a potential health risk!

Pennsylvania: A state-based grocery store chain starts selling imperfect produce for a lower price!

Pennsylvania: Feeding Pennsylvania has an E-Newsletter to support all the local food bank and food pantry initiatives across Pennsylvania. Read it [here]!

Pennsylvania: Skip eating a iron-rich foods (i.e. meat, beans, dark leafy greens, dried fruit, iron fortified cereals) when drinking tea. This combination can reduce iron absorption and the teas healthy properties.

Lancaster: More Lancaster public school kids and their families face economic hardship.

Philadelphia: Family meals take over Philadelphia.

Philadelphia: Kathy Fisher of the Philadelphia Hunger Coalition shares a beautiful testimony about the need for food assistance even when schools are closed. Read it [here].

Pittsburgh: Kids suffering from poverty and hunger are more likely to face a number of potential health problems like excessive stress, obesity, asthma, and other developmental issues. For this reason, the American Academy of Pediatrics calls all health systems to have a screening for poverty.

Resources:

Tips and tricks for feeding a nine-month-old from Head Start

A [study] shares the impacts of reducing meat consumption and focusing on a
Coconut oil research shows that it might not be as healthful as other plant-based oils.

This US Department of Agriculture fact sheet provides direction on using school garden produce in the cafeteria during the school year and for summer meal programs. It also speaks to food safety practices and ways to successfully sustaining garden efforts.

A group of movers and shakers in the nutrition arena want to share a unified, research-based message about health. To do so, they created a new resource - the Media Response Team (MRT). See more information about it here.

The Interagency Committee on Human Nutrition Research (ICHNR) released first Nutrition Research Roadmap which will guide federal nutrition research from 2016-2021. This report stressed the importance of research and interventions that lead to more individualized food and nutrition advice.

Healthy Eating Research released a brief, The Impact of the First 1,000 Days on Childhood Obesity, which presents evidence on risk factors for developing childhood obesity and preventative interventions for children from conception through age 2. This issue brief is based on two review papers here and there.

Healthy Food America is a nonprofit supporting healthy food policy and responsible food industry practices. They've released the first edition of Research Watch, a monthly summary of key findings on the impacts of sugar on health.

Last week, a MyPlate resource for older adults was introduced by Tufts University. Here is a supplemental website with recipes and more.

Social Media:

Moms who are breastfeeding and healthcare workers within this arena might be familiar with the term "First Food Desert". What is it? Find out more in this YouTube video.

Webinars:

NEW-Communities around the world are sharing their progress in halting and reversing the childhood obesity epidemic. This March and April, the National Collaborative on Childhood Obesity Research (NCCOR) is hosting a series of
webinars to examine these strategies. Click here to learn more.

On March 1, a Congresswoman spoke on hunger and the importance of the Supplemental Nutrition Assistance Program. Watch her talk on CSPAN’s stream here.

Even with the healthiest intentions, something (unhealthy) off the grocery list always makes it into the cart. To help us understand how our environment encourages purchases like this, join “Why We Buy What We Buy: Anatomy of a Supermarket Purchase”. It’s a webinar by the Society of Nutrition Education and Behavior (SNEB) on April 13, 2016 at 2:00 PM (ET). The webinar is free to SNEB members but cost $25 for non-members.

Dr. David Katz, a preventative medicine doctor, shares his view on the new Dietary Guidelines in this video. After you listen in, review all his videos by clicking the “Play All” button on the side of his website.

On Thursday, June 9, 2016 from 12:15-1:30 PM, the Pennsylvania Chapter of the American Academy of Pediatrics is hosting a free webinar called, “Let’s Talk - Good and Cheap: delicious, healthful food for families on tight budgets.” The presenter will be Leanne Brown, M.A. – Food studies scholar and author of Good and Cheap, a cookbook for low-income and SNAP recipients. She brings her experience of working with people who are homeless, in shelters, without training in preparing food, without kitchens or cookware, and other factors making life difficult and chaotic. You can register here. Any questions can be emailed to Amy Wishner MSN, RN, APHN-BC.

Good Food Cheap is a cookbook created for those on the Supplemental Nutrition Assistance Program (SNAP). Google staff interviewed the author in this 50-minute presentation.

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.

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**Events:**

NEW-The Gleaning Project of Central Pennsylvania is hosting their Empty Bowls 2016 event on April 15 at Gettysburg College. A soup and bread dinner will be held to raise awareness of hunger and food insecurity in the local area. Find out more here. Register to volunteer at this website.

On April 16-17 the University of Arkansas’ Campus Kitchen Project is hosting a Food Waste & Hunger Summit. Student leaders will share their innovative solutions for ending food insecurity.

Harvard Medical School is hosting a two-day course called “Tools for Promoting Healthy Change - Lifestyle Medicine”. If you go, you’ll receive
state-of-the-art strategies, evidence-based tools, and techniques for effecting healthy changes in diet, physical activity, sleep, weight loss, and stress management. Find out more.

The National Farm to Cafeteria conference brings together 1500+ thought leaders in the farm-to-school arena. They’ll attend 40+ conference sessions and workshops. This year, the conference will be held on June 2-4 in Madison, Wisconsin. If you do not have the funds to attend, you can apply for a scholarship here. Or, you can register here.

The Gleaning Project of South Central Pennsylvania serves local foods to food insecure locals in Franklin and Adams County. This non-profit is hosting their Empty Bowl’s Fundraiser on April 15 from 4:30-6:30 PM. Join them at Gettysburg College for a locally-sourced soup and bread dinner to support their cause. More information can be found here.

Stamp Out Hunger is celebrating 24 years! On Saturday, May 14, this Letter Carriers’ Food Drive will take place. Until then, get updates about this event here.

Schools are encouraged to participate in the fourth annual Every Kid Healthy Week celebration on April 25-29. Whether just starting out or celebrating all your school’s health and wellness accomplishments, join the movement by hosting and registering your Every Kid Healthy Week event. Find ideas and resources for Every Kid Healthy Week at this website.

Register to “Walk Against Hunger” in Philadelphia on April 9. This event is celebrating its 20th anniversary by giving you the chance to raise funds for over 100 food pantries and other food assistance across the city. Find out more, and register for the event today!

The Pennsylvania Head Start Association is holding their conference at the Penn Stater on April 6-8, 2016. Find more about this year’s event and speakers, here.

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**Grants and Opportunities:**

*NEW*-The Robert Wood Johnson Foundation is looking for research proposals that help children grow up at a healthy weight. Studies must be related to food, nutrition, and healthy eating. They’ll need to have strong potential to help reduce children’s consumption of excess calories. They also must focus on eliminating racial, income, and/or geographic disparities. A third of funds will be allocated to those studying specific populations in the rural United States. Each grant will provide up to $190,000 for 18 months. In total, approximately $2.4 million will be awarded. Find more details, and apply today!

*NEW*-New funding through the US Department of Agriculture is available for growers and marketers of local and regional foods. Find out about all opportunities on this website.
The National Conference for Health Communications, Marketing and Media is being held on August 23-26 in Atlanta Georgia. A call for abstracts is open until March 18. See the requirements of each abstract here.

**Project PA’s Mini-grants** are now available to Pennsylvania school systems! Use them to enact some simple adjustments to help kids to choose healthier school lunch choices and to keep meal participation up.

Action for Healthy Kids is accepting School Grants for Healthy Kids applications for the 2016-2017 school year. Schools may apply for School Breakfast grants to pilot or expand their School Breakfast programs. Or, they can apply for Game On Grants to fund physical activity/nutrition initiatives. The deadline to apply is April 1. Visit this [website](#) for more information, and register for informational webinars:

- "**School Breakfast**" - March 1 at 3:00-4:00 PM (ET)
- "**Game On**" - March 2 at 3:00-4:00 PM (ET)

The Journal of Nutrition Education and Behavior is calling for research papers on Nutrition Economics. This subject matter could include behavioral economics, consumer food behavior, cost benefits of programs, food budgeting or even how economic status affects what people eat and their access to healthy options. Submissions are due by June 15. Follow the directions from this [website](#).

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.

The National Center for Childhood Obesity Research keeps a running list of grants available. Review all of them here.

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