



Your Nutrition Resource Connection

Nutrition News & Opportunities

IMPORTANT
PA NEN LINKS

[PA NEN NEWS](#)
[NIBBLES ARCHIVE](#)

International News:

[What would happen if the world ate less meat and a healthy variety of foods?](#)

[You can do more physical activity in your everyday.](#)

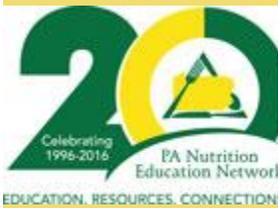
[What a message for the family – eating right shouldn't be about becoming skinny. It's all about being strong and healthy!](#)

[Research continues to grow about the benefits of a diversity of bacteria in your gut.](#)

[The concept of cutting food waste is gaining momentum in Europe. Starting with France, now Italy. Italy will begin giving its safe-but-wasted food from grocery stores to the needy.](#)

A global coalition of nutrition professionals join together to advocate for a unified, evidenced-based health message. Read more about it [here](#).

[Back to top](#)



National News:

[PA NEN's 2016 ANNUAL CONFERENCE](#)

[Less than 3% of Americans keep a healthy diet, exercise in moderation, and don't smoke.](#)

[One dietitian shares her experience of working with those who might not have food. It's eye-opening.](#)

[Nutrition experts bring up the good and some things that might be missing from the 2015-2020 Dietary Guidelines.](#)

[The Dietary Guidelines asked Americans to limit their added sugar intake.](#)



[You can now get Medicare coverage for diabetes prevention. You can](#)



view information about the matter [here](#) and [there](#).

A shout out to all those getting ready for gardening season! [Here](#) are three women highlighted for their gardening initiatives across the U.S.

All nutrition initiatives look different. [This one was built by parents' grassroots movement.](#)



[Many states ban people who have been incarcerated from the Supplemental Nutrition Assistance Program.](#)

[High school chefs compete to cook the most delicious vegetarian dishes!](#)

The 2017 budget proposal suggests shifting federal assistance programs (like the Supplemental Nutrition Assistance Program) funding to a block grants. According to [this article](#), this would limit states to a set amount of funding. The [Food Research Action Coalition](#) explains the repercussions of this move.

[A Maryland Elementary school won an award for innovating school breakfast.](#)

[Having two breakfasts seems a little excessive, but hungry students might need it.](#)

[Utah schools serve breakfast in the classroom.](#)

[Back to top](#)

Local News:

Pennsylvania: Many brands of canned tuna are being recalled. [See them listed](#), along with other food recalls.

Pennsylvania: [How fresh is your milk? In the future, your smartphone will be able to tell you because of a Pennsylvania-based researcher.](#)

Erie: [Second Harvest Food Bank is ranked as one of the best charities in the nation!](#)

Pittsburgh: [Younger people build up food culture in the city.](#)

State College: Nutrition students from Penn State started a blog to share food and nutrition tips to their peers. Here is the [news](#)

[brief](#) about it, and find the actual [blog](#) too!

State College: Barbara Rolls, a researcher at Penn State University, published a [new study](#): kids are just as satisfied with low-calorie meals and smaller portions as they are with high-cal, large meals!

[Back to top](#)

Resources:

The [Healthy Food Bank Hub from Feeding America](#) shares healthy recipes and other resources for food pantries and food banks!

[ReFED](#) – a new road map to reduce food waste by 20%

The Society of Nutrition Education and Behavior and many other organizations support the Older Americans Act. See all that it entails in [this letter](#).

“Snack Shack” is a new location within an interactive, online learning platform for kids, “[Whyville](#)”. This new addition teaches kids how to read the food label.

This year's County Health Rankings and statistics are available. Find yours [here](#).

The Food and Drug Administration created this website to encourage kids to eat breakfast. Find more [here](#)!

The Academy of Nutrition and Dietetics published this handout, “[Eating Right on a Budget](#)”.

The legislation requiring menu and vending machine nutrition labeling is delayed. Get the update from Food and Drug Administration [website](#).

How can you counteract lead poisoning with your diet? Find out [here](#)!

“Let’s Cook with Kids” is a fabulous cookbook that highlights WIC-friendly foods. It’s in Spanish and English! [Check it!](#)

[Back to top](#)

Social Media:

National Nutrition Month idea! One clan of dietitians took over their hospital's [Instagram account](#) for a day.

During National Nutrition Month, the US Department of Agriculture's [blog](#) highlights everything they're doing in food and nutrition.

National Nutrition Month brings about so many Twitter, Facebook, and Instagram hashtags to follow:

#nationalnutritionmonth – [Twitter](#), [Facebook](#), and [Instagram](#)

#NNM – [Twitter](#) and [Facebook](#)

#savorthe flavor – [Twitter](#), [Facebook](#), and [Instagram](#)

#DietaryGuidelines– [Twitter](#), [Facebook](#), and [Instagram](#)

National Nutrition Month is the perfect time to promote the new Dietary Guidelines, especially with this [promotion kit](#).

The first lady uses videos to encourage parents and kids to get up and move! Just watch [here](#) and [there](#). Then follow up with her [push up competition!](#)

Check this [National Nutrition Month event](#) on Facebook. What a wonderful share!

Did you know, it's World Salt Awareness week? This [page](#) will introduce you to it. and you can share this [infographic](#) supporting the cause!

The Twitter handle, [@eatforum](#), shares a really unique approach to global health, nutrition, and food systems.

This YouTube [video](#) looked at why we buy the food we buy at the supermarket.

[Back to top](#)

Webinars:

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](#).

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](#).

[Back to top](#)

Events:

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.

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!](#)

[Back to top](#)

Grants and Opportunities:

NEW-Action for Healthy Kids supports healthier school children through mini-grants. They're focused on increasing school breakfast participation, physical activity and nutrition initiatives. [Applications are due by April 1.](#)

NEW-\$200 mini-grants are available to present the "Tossed Treasures" toolkit by Kids Eat Right and the Academy of Nutrition and Dietetics. Recipients of this grant must be members of the Academy of Nutrition and Dietetics and willing to present twice, between April 11-June 10. The outlined presentations provide tips and tools for reducing food waste. They are intended adults or mature teens. [Applications are due April 11.](#)

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 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](#).

[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.

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](#).

[Back to top](#)

© 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](#).