



Your Nutrition Resource Connection

Nutrition News & Opportunities

IMPORTANT
PA NEN LINKS

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



www.EatTogetherPA.org

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



PA NEN News:

Family Meal Tip from Eat.Together.PA

To keep costs down, try using coupons or stocking up when these items go on sale: fresh, canned, and frozen vegetables; cheese; tortillas; beans; and more. Fit them all into a Quesadilla! Mm...mm...



You can jump to some other tips and snack ideas at www.EatTogetherPA.org!

You're Invited to PA NEN's Board Meeting!

PA NEN members are invited to attend all Board meetings as guests. Find out what PA NEN has on their plate! The next PA NEN Board meeting is scheduled for Monday, May 2, 2016, from 10:00 AM-2:30 PM, at the Sheraton Harrisburg-Hershey Hotel. If you are interested in attending, please RSVP by Wednesday, April 13 to Julie at jbartol@phmc.org.

For more details, visit [PA NEN's Board Meeting page](#).

International News:

[To close National Nutrition Month, one dietitian shares her message.](#)

[Throw out those unhealthy behaviors for the healthier ones.](#)

These [books](#) speak to the stories behind food insecurity, local food systems,



gardening, farming, and people living off of Supplemental Nutrition Assistance Program (SNAP).

[Tips and tricks for freeze-ahead meals](#)

[How do dietitians make their eggs?](#)

The [EAT Foundation](#) is a new funding source that will support projects focusing on metrics for health and sustainable food, multifunctional environments, along with consumer behavior and choices.



[How your local area is built can contribute to a healthier you.](#)

[Where in the world does food grow?](#)

[The food science behind making your garlic more garlicky](#)

[What nutrition professional can you trust?](#)

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National News:

[A certain segment of the population, receiving Supplemental Nutrition Assistance Program \(SNAP\) Benefits in Washington state, will lose their benefits soon. Food pantries and food banks will have to provide.](#)

[Strong support for disaster food assistance helps those affected by the flood in Louisiana.](#)

[Read one families struggles to stretch Supplemental Nutrition Assistance Program \(SNAP\) benefits.](#)

[In New York, one night was designated to dial-up a dietitian for answers. Watch the video about it!](#)

[Fast facts and figures about growing and eating local foods comes to you from Farm-to-School](#)

[The Federal government is taking steps to fine schools and child nutrition programs, if they are not participating in the healthy nutrition standards of the Healthy Hunger Free Kids Act.](#)

[In Mississippi, they're doing fitness to promote learning in schools.](#)

[Kids taste test food straight from the garden!](#)

[Nebraska does not allow food stamps for those with a history of drug abuse.](#)

The House wants to reauthorize the Older Americans Act, and the Senate is likely to support them. Find the House [press release](#), a [summary](#) of the bill, and the [actual bill](#).

[A strong supporter of healthier school lunch shares his opinion.](#)

[Tips for kids to voice their opinion about school nutrition](#)

[National Nutrition Month is coming to an end, and a dietitian shares her mindful eating tips!](#)

[A wide-ranging, community-based approach is necessary to get kids \(and everyone else\) to eat healthily.](#)

[What are the benefits of local food system on diets and the environment in New York?](#)

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Local News:

Philadelphia: [What is it like being deeply poor and surviving on the Supplemental Nutrition Assistance Program \(SNAP\) benefits.](#)

Philadelphia: [A former graduate of the Philabundance's community kitchen program speaks to his experience.](#)

Philadelphia: [This city is the least healthy county in the state.](#)

Pittsburgh: [Grocery stores do their part to push for health.](#)

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Resources:

Check out [this list](#) of Dietary Guidelines from around the world. The Netherlands just printed theirs! All the guidelines can be translated to English.

Spending on food and nutrition programs totaled \$104.1 billion in fiscal 2015, five percent lower than the historic highs in 2015. Read the summary of the numbers [here](#) and the [full report](#).

"[The Economics of Local Food Systems: A Toolkit to Guide Community Discussions, Assessments and Choices](#)" was a report developed by the Agricultural Marketing Service (AMS). It's meant to help communities evaluate

the economic impact of investing in local and regional food systems.

The Child Health and Development Institute created this brief on childhood obesity, "[Ensuring Young Children Grow Up at a Healthy Weight: Policy Opportunities to Prevent Obesity](#)".

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Social Media:

[This](#) and [that](#) infographic from the American Institute for Cancer Research provide dietary recommendations to reduce cancer risk.

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Webinars:

NEW- In February, the Association for Public Policy Analysis and Management held a meeting, "Rethinking Food Assistance Policy: New Experimental Evidence on Improving Food Security and Nutrition among Low-Income Families and Implications for Policy." It focused on the results of evaluations of two pilot assistance programs: the Healthy Incentive Pilot (HIP) and Summer Electronic Benefit Transfer Children Demonstration (SEBTC). Both programs had positive results. You can listen to a recording and gain resources from this event at this [website](#).

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](#).

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Events:

NEW-The Philadelphia Food Fest is happening on April 10 at the Philadelphia Convention Center. Get details [here!](#)

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!](#)

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Grants and Opportunities:

NEW-Salud America is forming a national network of leaders working to promote health in schools, especially in Latino communities. By signing up to become a Salud Hero, you can gain critical resources, share your own, and network with other leaders like yourself. Find out more bonuses to signing up [here](#).

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.](#)

\$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 for this grant 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](#).

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