PA NEN News:

**PANEN.org's Whole New Look**
Since the kick off of PA NEN's fabulous, new website, there have been a couple glitches that we're working on!

- EatTogetherPA.org is not up and running right now.
- Old SNAC Vegetable resources have been posted here!

Otherwise, enjoy the website. It's jam packed of awesome information!

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**Summer Workshops**
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.

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International News:

**Is a calorie a calorie?**

**What's the value of urban farming?**

**School wellness ideas that rock!**

**What's the difference between fermenting vs. pickling?**

**Kids teach other kids to be healthy!**

**What does the real Mediterranean diet look like?**

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National News:

**What's the controversy behind healthier school lunch standards?**

Polls share that American’ views are divided regarding the soda tax See where
An algorithm-based smartphone app directs excess food that would otherwise be wasted to the hungry.

Washington DC fed 5,000 people on food that would be wasted.

This Saturday is the 6th annual Kids to the Park Day! Join the thousands who take to the parks! This website can help you find one near you.

Thinking about keeping a day or two per week meatless? Then, try this [kale and beans recipe](#) from What’s Cooking? USDA Mixing Bowl! See how high-quality plant proteins pack in the protein through this [infographic](#).

Federal Food Assistance, the backpack program, initiatives at farmers markets, and other programs increase family health and well-being.

The House Agriculture Committee held another hearing on the Supplemental Nutrition Assistance Program (SNAP) last week, “The Past, Present, and Future of SNAP: The Retailer Perspective”. The webcast can be accessed [here](#).

The House [child nutrition reauthorization bill](#) received a [negative response](#) from the US Department of Agriculture. The Society of Nutrition Education and Behavior signed a [letter](#) opposing the legislation. Read the list of signatories [here](#).

Stamp out Hunger asked letter carriers to pick up donated food set out at mail boxes. [Here](#) is one of many success stories behind this event.

Have you tried these [healthy school fundraising tips](#)?

**Local News:**

**Pennsylvania:** The Quaker Oats Company recalls their Quaker Oats Quinoa Granola Bars because it’s contaminated with Listeria.

**Pennsylvania:** The Pennsylvania Chapter of the Academy of Pediatrics released this report stressing the importance of Pre-K’s impact on health and behavioral outcomes.

**Indiana:** The Indiana University of Pennsylvania’s College of Health and Human Services’ 26th annual awards luncheon was held in May. They recognized many food and nutrition faculty for outstanding research and service.

**Philadelphia:** The Philadelphia Phillies and their minor league teams put a healthy diet first.

**Philadelphia:** Witnesses to Hunger offered their suggestions for Child
Nutrition Reauthorization. Read the report!

Philadelphia: Philadelphia Medical School students teach an after-school cooking class, bringing the conversation behind childhood obesity to light.

Pottstown: Girls on the Run’s elementary school kids finish a 5K!

Resources:

Do you know where kids can get free and reduced meals during the summer? Look at this map to find out!

The US Department of Agriculture's Economic Research Service released the 2014 Eating & Health Module data and estimates. In this report, you’ll find Americans’ time use and eating patterns including soft drink consumption, Body Mass Index (BMI), exercise frequency, USDA food assistance program participation, grocery shopping, meal preparation, meat thermometer usage, raw milk consumption, exercise, and more. Check this link for a summary of their findings. Further information about the Module can be found here. A report with extensive estimates and analysis will be printed in June 2016.

This research study associates more physical activity with a lower risk of cancer. More research needs to be done on this topic.

The Center for Food Integrity holds a Consumer Trust Survey every year to understand eaters behaviors and attitudes toward our food system.

Fruit and vegetable nutrition information, recipes, selection ideas, and activities are at California’s Harvest of the Month website.

Warmer weather (...coming soon!) will invite you to the grill. Grilling foods can be harmful or healthy! Here are some tips for latter.

Alice Henneman from the University of Nebraska Cooperative Extension shares her PowerPoint with food safety and selection tips at the farmers market.

MyPlate’s activity sheets for kids

Social Media:

Catch how people are putting MyPlate into practice by following the hashtag #myplatewins.

The United Nation’s Nutrition Education Infographic

The magazine, “Today’s Dietitian,” held their national meeting this week. Find all the prominent research and speaker-input by following the
hashtag #TDSS16.

The Healthy Corner Store Initiative started in Philadelphia but has spread nationwide. Watch this heartwarming video about its benefits!

20 social media time management tips from Registered Dietitians.

Did you know that the Pennsylvania Academy of Nutrition and Dietetics is on Pinterest? Find recipes, nutrition activities and so much more to explore!

Webinars:

NEW-On June 9, 2016 from 2:00-3:00 PM (EDT), you can join this webinar called, "Exploring the Benefits of Increased Protein Consumption to Improve Health Outcomes". By the end of it, you'll be able to identify ways to maximize dietary protein intake by understanding the research behind questions like how much, what type and when to eat protein foods. For dietitians and dietetic technicians, you can receive 1 credit hour by participating. Register today.

One of our conference speakers, Monica Reinegal, produces a weekly podcast called, "Nutrition Diva's Quick and Dirty Tips". Click on the pictures at this website to listen to some of her work.

Come learn how sleep can influence weight status, about tips to improve your clients’ sleeping patterns, and more in this webinar, "Epic Let's Talk Pediatric Sleep and Obesity". It will be put on by EPIC, a part of the Pennsylvania Chapter of the American Academy of Pediatrics. It takes place Thursday, September 22, 2016 at 12:15-1:30 PM. Register at this website, and find more information at this one.

Kaiser Permanente believes that healthier school environments can support productivity in and outside the classroom. A part of school wellness initiatives is the need for healthier employees. This three-part webinar series focuses on employee wellness in the school setting. Click here to see them.

The National Good Food Network hosted a webinar about using and selling imperfect produce. There is a lot of opportunity and challenges faced by the farmers and the foodservice facilities receiving this food. Find out more about this process in this recorded webinar.

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.
**Events:**

NEW-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 1-1/2 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.

The Central PA Dietetic Association is hosting a farm tour in State College, PA on May 20, 2016 from 9:45 AM-4:00 PM. Event details can be found on this page. Click the image on this website for a close up of the day’s agenda.

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.

**Grants and Opportunities:**

To all our Registered Dietitians and Dietetic Technicians: Today’s Dietitian online magazine posted this article, “Stress and Weight Management — Learn About the Body’s Physiological Responses to Stress and Effect Stress Has on Weight Management.” You can read it, answer questions at the bottom of the page, and gain Continuing Education Credits.

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.

The US Department of Agriculture announced that $90 million is now available...
to support local food systems and those growing specialty crops like fruits, vegetables, tree nuts and more. Apply by July 6. Find out details behind this grant in this press release.

View the full funding statement by clicking here.

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