

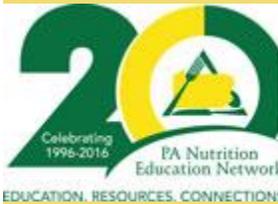


Your Nutrition Resource Connection

Nutrition News & Opportunities

IMPORTANT
PA NEN LINKS

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



What is Eat.Together.PA



The Eat.Together.PA campaign is helping Pennsylvanians to come back to the table for breakfast, lunch, dinner, and snacks too! EatTogetherPA.org is meant for **everyone!** We hope it will make cooking (for the craziness we call friends and family) a little simpler. Browse the websites for affordable [recipes](#), family meal [resources](#), [stories](#) from Pennsylvanians making meals together work, and more!

International News:

[Vertical gardens move into German grocery stores.](#)

[What's the "Fat Tax"?](#)

[How do you get the nutrition needed for endurance running?](#)

[To burn off 1 cookie, run 10 minutes. Would you like it if a nutrition label showed how much exercise it took to burn off that food's calories?](#)

[Eating trends: snacking](#)

[Researchers say the juice diet doesn't detoxify.](#)

[Reduce the energy behind food production and consumption for a more sustainable and nutritious food system.](#)

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National News:

The House Agriculture Appropriations Subcommittee marked up its fiscal year [2017 spending bill](#) last week. Spending levels weren't released, but policy

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





directives asked the US Department of Agriculture to consider and approve state exemption from the 2014 whole grain requirements, requested the dismissal of the future sodium reduction requirements in school meals, and wanted the menu labeling rule enforced in December 2016.

[School food revenues rebound two years after the implementation of the new nutrition standards.](#)

[Healthy school lunches make a difference. The graphs in this article prove it.](#)



The Food and Drug Administration's [June 17, 2015 determination](#) that [partially hydrogenated oils](#) are unsafe led to litigation, so the House Agriculture Appropriations Subcommittee asked that the government to take no further action until 2018.

[More than 500,000 Americans lost Supplemental Nutrition Assistance Program \(SNAP\) benefits in April, if they weren't actively working.](#)

[What do egg carton food labels mean?](#)

[Tulane University starts a test kitchen within their medical school.](#)

[PreventObesity.net comments on the implementation of National Minority Health Month.](#)

[Children help the first lady plant the White House Garden for the last time.](#)

Is it better when we eat together? Check it [here](#) and [there](#).

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Local News:

Lancaster: PowerPacks is in the running for funding to get meals out to the hungry. [Vote](#) for them today!

Harrisburg: Finally! [After years of no funding, an initiative now allows surplus produce to go to charitable food organizations and systems like the Central PA Food Bank.](#)

State College: [Nationally acclaimed registered dietitians visit Penn State for National Nutrition Month.](#)

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Resources:

[This fabulous resource collects games and activities to get kids moving.](#)

New from the World Bank, [this report](#) shares why the global food system needs to prioritize nutrition and health and deliver nutritious, safe and sustainable food.

Statistics support healthier school lunches [here](#) and [again](#).

MyPlate shares [10 Tips to Make Better Beverage Choices](#).

EDNET is FoodSafety.gov's April Newsletter. See it [here](#).

These [E-books](#) cover everything MyPlate from Team Nutrition.

Check [this list](#) of activities to keep kids active!

The Academy of Nutrition and Dietetics posted this [cartoon video](#) to describe the 2015-2020 Dietary Guidelines.

Team Nutrition keeps a [graphic library](#), and you can use it.

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Social Media:

The Food Tank Summit happened the past two days. You can see the conversation by following the hashtag, [#foodtank](#). Videos and recordings will be available [here](#) momentarily.

A #Startsmall twitter chat was held with national food and health leaders. See all the awesome [tips](#) that were offered during the talk.

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Webinars:

NEW-The "Unbalanced Breakfast" is a podcast held by Tufts University nutrition students. They touch on pertinent, current topics in health and wellness. Listen to each episode [here](#).

NEW-The US Department of Agriculture is hosting an April 27 webinar called, "Connecting Summer Meal Sponsors with Wholesome, Free Food". It is at 2:00 PM (EST), and you can register [here](#).

NEW-The US Department of Agriculture has a webinar slated for 2:00 PM on May 4. It's called, "School Meals Programs Donating and Receiving Wholesome, Excess Food". Registration and other details can be found [here](#).

Curious about what the Dietary Guidelines have to offer? Dietitian Central is hosting a webinar for everyone on the key recommendations of the new Dietary Guidelines. It costs \$18. Though the live webinar happened already, but you can watch the [recording](#) for an entire year.

As a nutrition educator, making your message stick is tricky! Your clients' ability to understand the topic you cover can impact how they apply your message. During this webinar, you'll learn about the "teach-back" strategy and how applying this teaching method could influence behavior change in your clients. The Society of Nutrition Education and Behavior (SNEB) will present this webinar on April 25 at 12:00 PM (ET). It's free for SNEB members but costs \$25 for non-members. Register [here](#).

"What's in a Name?" is a 2 hour webinar held by the Society of Nutrition Education and Behavior (SNEB). During this event, you will view short presentations about various approaches to help people eat better—from social marketing, to food and nutrition education, and other kinds of health promotion. Join the webinar from 9:00-11:00 AM (ET) on April 27. The webinar is free to Society of Nutrition Education and Behavior members but will cost \$25 for non-members. [Register today](#).

Tufts Freidman School of Food and Nutrition shares recorded videos of speakers presenting at their school. Watch them [here](#).

Academy of Nutrition and Dietetics Members can attend this recorded webinar, "Changing the Way We Look at Agriculture". It's a one-hour recording put on by the Academy's Future of Food initiative. It covers the U.S. and international farming practices, along with innovative ways to feed the world. One Continuing Education Credit is available to Registered Dietitians and Dietetic Technicians. Find out more details [here](#).

"Kids Eat Right" is an hour-long, recorded webinar that shares all the resources available to those who are a part of the Academy of Nutrition and Dietetics' "Kids Eat Right" initiative. Their website houses presentation toolkits, articles, video-recorded recipes, and more! One Continuing Education Credit is available to Registered Dietitians and Dietetic Technicians. [Watch it today](#).

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](#).

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Events:

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](#).

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](#).

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Grants and Opportunities:

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](#).

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](#).

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