



Your Nutrition Resource Connection

## Nutrition News & Opportunities

IMPORTANT  
PA NEN LINKS

### PA NEN News:

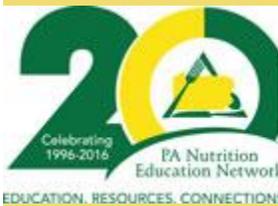
[PA NEN NEWS](#)  
[NIBBLES ARCHIVE](#)

#### **PANEN.org's Whole New Look**

Since the kick off of PA NEN's fabulous, [new website](#), there have been a couple glitches that will be resolved soon!

- EatTogetherPA.org is not up and running right now.
- Old SNAC Vegetable resources are not available yet.

Otherwise, enjoy the [website](#). It's jam packed of awesome information!



### **Thank You for Joining Us at PA NEN's Annual Conference!**



A huge thanks to all the members that joined this year's PA NEN conference! We hope you pulled some useful tips from each session and had a chance to speak with your fellow health professionals.

Continuing Education information will be emailed to you soon.

Until next year...



### International News:

[Can you really outrun a bad diet? This article says, "No."](#)



[A chef tells her story of becoming a doctor, providing her skills to the underserved.](#)

The British Medical Journal claimed, "Findings from the [Minnesota Coronary Experiment](#) add to growing evidence that incomplete publication has contributed to overestimation of the benefits of replacing saturated fat with

vegetable oils rich in linoleic acid.” However, [research professionals didn't seem to come up with the same conclusions](#).

Sugar, not fat, is a danger to our health claimed an [article](#) in the Guardian. However, [this](#) is how some researchers really feel about that assumption.

### [National News:](#)

Republicans drafted a version of the [child nutrition reauthorization bill](#). The Food Research & Action Center (FRAC) answered with [this analysis](#). This [letter](#) was also sent to the White House from food and nutrition advocates who opposed the measure.

[A study shows that those who lost weight on the TV show, the “Biggest Loser” often gained all the weight back after the show was over](#). Hear from the actual researcher on this [radio broadcast](#). You can see [commentary](#) behind this article from a prominent doctor focused on preventative medicine.

[Colorado finds an environmentally responsible way to handle food waste](#).

[The number of households suffering from food insecurity remains high](#).

[The amount of schools meeting the recommendations for physical education is low](#).

[Kansas' innovative summer meals program is a mobile bistro built by students!](#)

[Nutrition advocates oppose the child nutrition reauthorization bill](#).

[Agriculture and nutrition advocates get ready to stand up for their opinions of the the future Farm Bill](#).

[In Maine, farmer's markets reap the benefits of shoppers using their EBT cards](#).

[This person supports universal free lunch for all students in New York City](#). His opinion is based off of a [report](#) by Columbia University's Laurie M. Tisch Center. In it many principals share positive responses to universal free lunch for the cities' middle schoolers.

[What is the cumulative impact of food insecurity on children's wellbeing?](#)

[Child obesity rates plateau](#).

### [Local News:](#)

**Pennsylvania:** [Feeding Pennsylvania reports that over 40,000 volunteers gave their time and millions of pounds of food donations to support the](#)

[hungry across the state.](#)

**Pennsylvania:** [Mountain Thins “Trail Mix” flavored chocolate might contain seeds contaminated with Listeria.](#)

**Pennsylvania:** [Tea Republic’s Organic Tumeric Ginger Green Tea is recalled because of the possibility of Salmonella contamination.](#)

**Pennsylvania:** [Giant Eagle’s Pecan Tassie Cookies are recalled because of an undeclared milk allergen.](#)

**Pennsylvania:** [7-Eleven recalled certain varieties of fully-baked cookies because of an undeclared peanut allergen.](#)

**Philadelphia:** [Philadelphia’s decision on the soda tax plays a role on the national stage.](#)

### **Resources:**

The US Department of Agriculture created a new resource, “[Running a Food Hub: Assessing Financial Viability](#)”. It has materials and best practices to help people understand how to create a sustainable, profitable food hub.

The National Academies of Sciences, Engineering, and Medicine’s Food and Nutrition Board held a workshop about the impact of communication and marketing on consumer knowledge, skills, and behavior around food and nutrition. A summary can be found [here](#).

ChooseMyPlate shares [10 tips](#) for adding affordable fruits and veggies to your diet.

The Journal, “Obesity,” posted this report, “[Are we making progress in the prevention and control of childhood obesity? It all depends on how you look at it.](#)”

The US Department of Agriculture’s Economic Research Service (ERS) provides updated, 2015 food and nutrition data on their “[Research Reports & Articles Database](#)”.

Let’s Move Pittsburgh created the [Green Light Foods app](#) that grades various foods according to their nutrition facts label. It’s kid-friendly and easy-to-use.

[Recipe Rainbow](#) is the Greater Pittsburgh Community Food Bank app that contains simple recipes for the ingredients that you choose.

Feeding America has released the “[Map the Meal Gap 2016](#)” report comparing county-specific and national food insecurity data.

[Find out what your body has been doing over your lifetime.](#) How much have you sweat, eaten, drank and then some?

## **Social Media:**

### [8 tips for foodies creating Instagram videos](#)

Hunger Free America is a non-profit working to end hunger through political work and citizen service. This week they advocated for more funding for emergency food assistance. You can follow what they're doing on their [Twitter page](#).

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## **Webinars:**

*NEW*-What's in a healthy diet? Dr. David Katz shares his opinion in this 6 minute [video recording](#).

*NEW*-Dr. David Katz shares his views on plant oils in this [quick video](#).

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](#).

The Society of Nutrition Education and Behavior (SNEB) is hosting a webinar called, "Hunger Issues: Engaging Participants for Lifelong Change". It will focus on nutrition educators sharing their strategies when speaking to a low-income audience who struggle with housing, healthcare costs, and other needs beyond nutrition. It is slated for May 17 at 1:30 PM (EDT). Click [here](#) to sign up. It's free to SNEB members but costs \$25 for others.

The US Department of Agriculture has a recorded webinar series, "[Planning for Farm to School Success](#)." It walks you through their [Farm to School Planning Toolkit](#) and more in eight, 30-minute-long recordings.

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](#).

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](#).

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

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](mailto:Amy.Wishner@panen.org).

### 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](#).

### 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](#).

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