**PA NEN News:**

**Summer Workshops are HERE!**

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](#).

---

**International News:**

What is the research behind eating breakfast?

With a warming planet, how might we feed the world?

Preliminary research shows that mothers who eat lots of fruit while pregnant might have 1-year-olds that have higher IQ scores. Much more research is needed to prove the link.

This interview reviews the myths behind exercise during pregnancy.

Which cooking oils work best?

Only 6% of the population follow all recommendations for being healthy.

One registered dietitian shares other health professionals can make a global impact.

Are people who exercise a moderate amount at reduced risk for 13 types of cancer? Remember, this research proves an association; one factor doesn’t cause the other.

Beans could be “the elegant, low-tech solution to the nutrition and environmental problems of food production.”

International fisheries are urged to focus on the nutritional value of the fish sold.
National News:

"Evaporated Cane Juice" will now be labeled as sugar in the ingredients list!

What does the newest food label, "Mechanically Tenderized Meat," actually mean?

The Food and Drug Administration releases a final rule; this one is on international adulteration and food defense plans. Find out more here and there.

The Food and Drug Administration released guidelines for sodium reduction in processed food. They strive to limit sodium in 150 food categories.

Atlanta schools work with their large-scale food service provider to get an innovative garden program started.

What is “Front of Label” packaging and what’s happening with it?

Have you seen the Food Research and Action Center’s up-to-date analysis of the Child Nutrition Reauthorization Bill?

The Nutrition Fact Panel will now have "added sugar" included within it.

8 ways registered dietitians’ diets have changed over the past 10 years

What have we been eating for the past 40 years? See the data here!

A hearing held on May 25 by House Agriculture Committee focused on strategies that Congress can take to reduce food waste. The meeting looked at the newly introduced Food Date Labeling Act.

Local News:

Pennsylvania: A recall was set on Gold Medal Flour because of an E. coli contamination.

Pennsylvania: Certain granola bars are recalled because of a possible Listeria outbreak.

Pennsylvania: The list of foods, mostly frozen foods, being recalled due to a possible Listeria outbreak now includes sunflower seeds. To learn more about this foodborne illness, read this.

Central Pennsylvania: H.R. 5003, a bill introduced could reduce the amount of students receiving free and/or reduced-price breakfast and lunch at school. However, the bill could save the country $1 billion. This money could help schools purchase new equipment for more food storage. Read about it.

Harrisburg: Hibachi Grill & Supreme Buffet in Harrisburg, PA was found to be
operating under a fake food safety certificate. The restaurant states that it is working to correct the situation and its 16 food safety violations.

**Resources:**

This randomized controlled trial was striving to see if nutrition counseling, over the course of two years, impacted the weight status of people in their 40's-60's.

Find everything you could want to know about the changes to the nutrition facts label straight from the Food and Drug Administration. Details include: the new design, updates to serving sizes, and why added sugars are included on the label. Read more about it [here](#) and [there](#).

Have you heard of the “Food Insecurity/Food Banking Supervised Practice Concentration” for dietetic interns. See the preceptors’ guide to this concentration at the Healthy Food Bank Hub website.

The [Journal of the American Medical Association](#) explains the implications of sodium reduction.

Food Tank’s recommended Summer reading list covers everything from agriculture, food systems, to the impact of food and nutrition on infants. See the list [here](#).

A Capitol Hill briefing looked at the new “[Roadmap to Reduce U.S. Food Waste](#)”.

**Social Media:**

The People’s Garden highlights garden initiatives striving to support their local communities. Follow their [Twitter handle](#) to see who's planting what across the country.

Hunger Free Pennsylvania highlights legislators who are Anti-hunger champions. See who supports this cause by going to their [Facebook page](#).

**Webinars:**

NEW-Join the Academy of Nutrition and Dietetics and the Partnership for Food Safety Education for a webinar called, "Nutrition + Food Safety = Great Eating." Learn about foodborne illnesses, to identify high-risk foods, ways to reduce the risk of getting sick and about retailers' efforts to educate eaters on food safety practices. Academy members will earn one continuing education credit for participating in the webinar. It will take place on June 16 from 1:00-2:00 PM (EDT). Register [here](#).
**Events:**

*NEW-* "Moving People from Resistance to Willingness: A Skills-based Motivational Interviewing Workshop" is a workshop slotted for July 13, 2016 from 9:00 AM-4:00 PM. During this time, you will jump into motivational interviewing demonstrations and tactics that will help clients stick with their healthful behavior changes. The event is hosted by Villanova University College of Nursing in Driscoll Hall Auditorium. Registration ranges from $79-99, depending on when you register. 5.5 continuing education credits will be awarded to registered nurses, registered dietitians, and other fitness professionals. Find out more information by going to this website. Register here. And, email questions to Rebecca Shenkman.

*NEW-* Penn State Nutrition Links hosts food, nutrition, and exercise workshops across the state. Review their event listing on this website!

*NEW-* A three-day event called, “Three Day Blow Festival” will be happening in Pittsburgh on August 26-28. It will bring people together from around the country to converse about regional food systems. The festival will include workshops, networking, and “quirky programming and food and drink celebrations”.

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 and 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.

**Grants and Opportunities:**

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.
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.