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:**

The dangers and myths of dehydration according to one health professional.

The Biggest Loser phenomenon: [How does binge dieting affect metabolism?](#) A couple nutrition professionals weigh-in on the matter by sharing their tips for long-term weight loss success [here](#) and [there](#).

[Why shouldn’t you lose hope in scientific research? Because we need to look at the big picture.](#)

[How can we localize the food system to make sure there is better food for everyone?](#)

Urban farms bring the community together, but can they feed the masses?

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**National News:**

In food safety news – [homemade foods may be sold at public events in](#)
Delaware, so long as they're properly handled.

Summer Electronic Benefits for children at $30-$60 per month reduce food insecurity.

What are the impacts of adjusting the standards for the Federal Child and Adult Care Food Program (CACFP)?

What if food crops didn’t need to be watered?

Michigan’s school breakfast success

The Food and Drug Administration is revising their definition of "Healthy".

Restaurants will now display calorie counts on their menus nationwide.

Local News:

Pennsylvania: Hunger in Pennsylvania is a political issue that needs to be addressed. See all the important legislation [here].

Pennsylvania: The Pennsylvania Academy of Nutrition and Dietetics highlights local dietitians and their non-traditional job roles. One of our members wrote this article!

Pennsylvania: Listeria has been found in Nature’s Promise’s, Woodstock’s, and Market Basket’s trail mixes.

Chester: Fair and Square is a non-profit grocery store in the food desert of Chester, Pennsylvania. It’s being highlighted nationwide for its nontraditional business model.

Philadelphia: Inmates strive to get a job after prison by learning to cook at Philabundance.

Resources:

You’ll see some Latino recipe booklets, resources, and tip sheets for the Supplemental Assistance Program for Women, Infants and Children (WIC) participants below. Some are in Spanish and others English:

- “Let’s Cook with Kids” in Spanish and English from a California WIC collaboration
- California Health Services’ “Healthy Latino Recipes Made with Love” in [Spanish] and [English]
- A resource list called, “WIC Works” from the US Department of Agriculture - Scroll down, and click through the links for some Spanish and English recipes.
- Healthy Latino Recipes for the SNAP-Ed audience or those on Food
Stamps

- An online database called, "Recipes for Every Kitchen," from WIC Texas
- WIC Works’ "Sharing Gallery" with tip sheets and resources in Spanish and English
- WIC Louisville’s online database of Spanish Recipes called, “¿Busca algo diferente que preparar?”

Food and Nutrition Magazine keeps a list of blog posts about keeping your bones healthy at any age!

One of this year’s PANEN Conference speakers – Monica Reinegal – writes for Food & Nutrition Magazine. Pick one of her articles that interests you.

Social Media:

The Fill a Glass with Milk campaign kicked off in Philadelphia at Feast of Justice. See Facebook pictures and more about Philabundance’s campaign on their website.

Webinars:

NEW - 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.

NEW - 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.

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.

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.

Events:

NEW - “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.

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.

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
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.