PA NEN News

PA NEN's SNAC Materials
Fair warning! PA NEN's SNAC materials have been deleted from the site. In their place are a list of updated, relevant fruit and vegetable materials. The list stands [here](#).

Recovering from the Thanksgiving Holiday?
This slim version of butternut squash bean soup serves up more flavor, less glop, and full hearty satisfaction! Check [this recipe](#) and other [seasonal favorites](#) on the PA NEN's website.

International News

Are food allergies on the rise? Professionals aren’t sure.

A hunger crisis hits southern Africa as they suffer from the worst drought in 35 years.

Dietitians report that vegetarian and vegan diets work for everyone!

A new form of malnutrition is appearing in Brazil – obesity.

Check the [summary](#) of the research agenda for food systems and nutrition set by the World Health Organization.

Do kids’ genes make them overeat?

A registered dietitian shares how portion sizes of healthy and
### National News

Caffeinated gum? Is it the next big thing for athletes? Much more research to be had on the matter.

A panel encourages the U.S. to adjust their food allergy warning label along with other stipulations.

Here are a few food and nutrition bills that have been introduced over the past couple months.

- At the federal level, a bill encouraging more urban agriculture production is called, "Urban Agriculture Act of 2016".
- At the Federal level, they are looking to amend the "Food and Nutrition Act of 2008". The proposed act will eliminate the authority of the Secretary of Agriculture to grant a waiver from the work requirements for participation in the Suplemental Nutrition Assistance Program because of high unemployment rates.
- At the federal level, the "Farmers Markets for Food Deserts Act of 2016" would allow for more sales of regionally produced foods and produce in underserved communities.
- In Michigan, the "Healthy Food Assistance Act" will strive to increase statewide availability of fresh and nutritious food in underserved communities. How? By financing retailers to promote healthy foods and funding for county-based programs that provide assistance to small food retailers to increase the availability and sales of these foods.
- An Act in Massachusetts established Farm to School Month. It also initiated a joint task force to spread farm to school statewide.

After the election, 5 more cities adopted the soda tax.

Here is the incoming Secretary of the Health and Human Services, Tom Price’s record on food policy.

The National Organic Standards Board rids Carrageenan from organic foods.

U.S. meat production is back in full swing, and that means lower meat prices over the holiday season.

Diets of our nation’s kids have gotten better, but there is room for improvement.

See how Cleveland schools serve free and reduced meals.

A poorly run school bus pick-up makes kids miss breakfast in...
Texas.

A rally asks for Universal School Lunch in NYC.

In New Jersey, an initiative will help expand child nutrition programs and get the message out to parents.

The "2016 Status Report on Hunger in Rhode Island" shows that a significant amount of people are missing meals and going hungry.

A "Breakfast after the Bell" program increases participation in the school breakfast.

A three-year campaign reduce the amount of sugar this county drank. Advocates dump thousands of pounds of sugar prove it.

Local News

Pennsylvania: A Pennsylvania dietitian shares her view that one person’s poison is another’s medicine. This rings true for those who can only spend a small amount of money on food. Their choices might not look the same as those who can spend what they want.

Philadelphia: School Food Focus posted a map of the nation, along with prominent school meals programs supporting their hungry children, and the Philadelphia school district made the map!

Philadelphia: Over a quarter of the city is considered poor. Check out all the initiatives solving this problem.

Philadelphia: A Philadelphia hospital gives local farm shares as prescriptions for food insecure families.

Resources

Salud Today’s blog highlights programs reaching out to Latinos in the United States! This particular blog talks about programming that supports Latinos who use the Supplemental Nutrition Assistance Program (SNAP).

The UCONN Rudd Center hosts a legislative update database where you can search food and nutrition policy happening throughout the years!

The Milken Institute wrote a report about the health and economic impact of obesity. The cost rings in at about 1.4 trillion dollars annually.

A study analyzing the national Supplemental Nutrition Assistance
Program for Women Infants and Children (WIC) showed that children within WIC only had a modest dip in obesity over the past 5 years.

The Center of Disease Control and Prevention released its national report, “Early Care and Education State Indicator Report” tracking state policies that aim to prevent obesity in child care settings. See where Pennsylvania ranks in this summary, and find the entire report here.

The San Diego Hunger Coalition released their report about hospital screenings for food insecurity. More here.

John Hopkins Global Food Ethics and Policy Program focuses on various projects involving food, nutrition, the environment, and social justice. Learn more about what they’re accomplishing here.

The Food and Agriculture Organization of the United Nations just printed a report called, "Healthy diets through agriculture and food systems".

Montana State University, the State’s Extension service, Montana Team Nutrition, and the National Center for Appropriate Technology printed, "Mooooving It Forward: Strategies for Beef to School in Montana". This report shares how Montana brought local beef options to their schools.

Social Media

Now, who would think to eat an entire banana - peel and all?! This video shows how it’s possible.

Holidays can be stressful for most! Real Mom Nutrition shares some health goals for the holidays on her Facebook Live post, and here is her blog mentioned in her showing!

Now, this is a movement break! One teacher shares her student’s dance skills and song over an empowering post on Facebook. It went viral!

The Barilla Center for Food and Nutrition held a global conference about nutrition, sustainability, and feeding the world. They used the hashtag, #BCFNforum, to list conference highlights and resources.

True Health Initiative is on Instagram! This is a group of scientist and advocates working to create one voice behind science-based, lifestyle medicine research.
Change Lab Solutions encourages community-wide changes to prevent diseases like diabetes, obesity, heart disease, cancer asthma. Search food- and nutrition-related key words for awesome recorded webinars in their archive.

"Connect & Explore: Assessing Prevalence and Trends in Obesity: Navigating the Evidence" will be presented by the National Collaborative on Child Obesity Research. It will be held on December 5 at 3:00 PM (ET). Register here.

The Society of Nutrition Education and Behavior will be hosting their 10th Journal Club webinar called, “Impact of Cooking & Home Food Preparation Interventions Among Adults”. It will be on December 5 at 1:00 PM (ET). You can sign up here.

Food Tank is an organization that strives to bring together all stakeholders, food producers, entrepreneurs and others involved with our food system. They do this by bringing asking food leaders to discuss issues at Food Summits throughout the nation. This recording comes to you from the last summit in Chicago.

The Society of Nutrition Education and Behavior (SNEB) is hosting a webinar about the microbiome and our health. It’s set to take place on December 7 from 12:00-1:00 PM (ET). As research in this area grows, clinicians and health providers must learn more about the bacteria in our gut and how to encourage the beneficial microbes. Learn more about the microbiome, diets supporting it, and probiotic supplementation. Register today. SNEB members can attend the webinar for free; it costs $25 for non-members.

The Southern Rural Development Center hosted webinar series about igniting communities on issues like regional food systems, Extension services, and agricultural workers’ wellness. The recordings are here.

A Pediatric Obesity Symposium was held by the University of Michigan's Momentum Center. You can find recordings from the forum here.

The National Collaborative on Childhood Obesity Research (NCCOR) has two webinar trainings regarding the SNAP-Ed Evaluation Framework released this summer. The two webinars were recorded and took place on August 18 and September 8.

Villanova’s College of Nursing hosts nutrition and wellness webinars through their MacDonald Center for Obesity Prevention and Education. Upcoming webinars focus on best practices for changing food behaviors and information on non-caloric sweeteners. Previous webinars like these are archived here.

| Events |

NEW-Did you dine at home for healthy families on December 3rd?!
Even if you didn't, join the American Association of Family & Consumer Sciences (AAFCS) in celebrating Family and Consumer Science Day and family mealtime, you can still make a commitment to dine-in anytime and support the cause.

The Pennsylvania Association for Sustainable Agriculture is hosting a conference "Farming for the Future: Hope, Farm, Heal" from February 1-4, 2016. Registration is now open. Find more details here.

Over the next month, the Coalition Against Hunger is hosting the Philadelphia Eagles Healthy Food Drive. You can donate food online. Click here for more information.

The Delaware Valley Chapter of the Society of Nutrition Education and Behavior is celebrating its 40th Anniversary during event on December 28, 2016 from 1:00-4:00 PM. You can see what’s on the agenda here, and sign up here.

Registration is now open for the National Anti-Hunger Policy Conference in Washington, DC on March 5-7, 2017. You can see pricing information and register here. Register by January 13 for a discounted rate.

“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.

Grants & Opportunities

NEW-NRG Gives is supporting charities nominated by NRG employees. Manna is one of the three finalists! This organization prepares and delivers nutritious meals to the critically ill across Philadelphia. They have the opportunity to win $5,000-$100,000. And, it all depends on your vote! You can learn more about this charity, and vote for them to win every day until December 9!

The United States Department of Agriculture has $16.7 million in grant funding available to increasing fruit and vegetable purchases by families and household participating in the Supplemental Nutrition Education Program (SNAP). Applications are due December 12, 2016. See more information here.

The U.S. Department of Agriculture announces $5 million in grants available for Farm to School programs. The application period ends on December 8, 2016. Here is more information about the grants.

The National Collaborative on Childhood Obesity Research has many funding opportunities available to universities and nonprofits. See all
of them and the application deadlines [here](#).