



Your Nutrition News Resource

Nutrition News Nibbles - October 31, 2016



[Archive](#)

PA NEN News

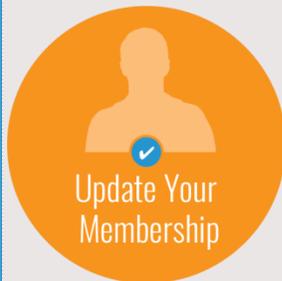
Food & Nutrition Conference & Expo Roundup!

PA NEN staff attended an action-packed conference - the Academy of Nutrition and Dietetics' Food and Nutrition Expo (FNCE). Throughout the next couple of weeks, you'll find topics and awesome resources discussed throughout this conference throughout the News Nibbles. Resources will be titled, "FNCE Follow-Up". Read on, friends!

Archived News Nibbles

Though the previous week's News Nibbles might be buried in your inbox, you can review [the News Nibbles archive](#) for the weekly updates you might have missed!

International News



[Update Your Membership](#)

FNCE Follow-Up: [Check health claims versus the science behind coconut oil.](#)

[Here](#) is a quick read on osteoporosis prevention.

[Tips for treating malnourished seniors](#)

[How much caffeine can kids drink?](#)

[A review and meta-analysis suggests that industry-sponsored nutrition studies may have more favorable conclusions compared to independent studies. However, there was not a significant difference between the results.](#)



www.EatTogetherPA.org

National News

[The 2016 National Good Food Organization Guide shares programs working hard for the anti-hunger cause!](#)

[This hospital serves food to their local community.](#)

[The US Department of Agriculture provides \\$56 million dollars in grants to strengthen regional and local food systems.](#)

The Senate tried to quickly pass this version of the child nutrition



RESOURCES FOR HEALTH
PROS



FOOD POLICY UPDATES

reauthorization ([S. 3136](#)), but it did not go through. This House measure ([H.R. 5003](#)) has not been brought to the House floor.

The [Food and Drug Administration \(FDA\)](#) is looking to redefine the “healthy” nutrient content claim for food labeling and is asking for public comment on the matter. Public comment is due in January of 2017. You can access the Federal Register notice for more details [here](#) and the [FDA Guidance for the food industry](#).

[Why should school food reform happen?](#)

The Food and Drug Administration is changing what they label as “healthy”. [Here](#) is what consumers think this term means.

[The Food and Drug Administration shares what details are going into their new Nutrition Facts Panel and why.](#)

[The White House garden now grows their grains.](#)

[The US Preventative Task Force is looking at childhood obesity trends. They recommend an obesity screening when kids reach the age of six and various behavioral adjustments when necessary.](#)

National Eating Healthy Day was this week! [Take a dietitian’s tips for celebrating.](#)

[Soul Fire Farm aims to revitalize the land and their surrounding community too. Issues of food insecurity, equality, socioeconomic status and education are all brought to the farm’s table.](#)

Local News

Pennsylvania: [Whole Food’s chocolate croissants are recalled because of an undeclared egg allergen.](#)

Maryland: [What does it take to run the Loyola’s University farm?](#)

Philadelphia: [The city of Philadelphia gets sued to stop the soda tax from happening.](#)

Philadelphia: [Learning initiatives can happen in the grocery store and beyond!](#)

Philadelphia: [A local dietitian shares how she grocery shops during the holiday season.](#)

Resources

FNCE Follow-Up: [The Protein Flip](#) was created by the Culinary Institute



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of America. It's an infographic and report about reducing the amount of animal protein that people eat.

1000 Days released a [report](#) with policy recommendations to improve nutrition among pregnant women, infants, and toddlers.

The SNAP-Ed Connection updated their [handouts](#) with meal and snacks for a tight budget.

The National Collaborative on Childhood Obesity Research (NCCOR) shares two tools helping public health researchers and practitioners work more efficiently and effectively—the [Measures Registry](#) and the [Catalogue of Surveillance Systems](#) are two free, online repositories of publicly available data resources that boost research and evaluation of childhood obesity.

The North East Sustainable Agriculture Working Group is sharing farm, food, and nutrition resources; annual conference information; and much more on [their website](#).

ChooseMyPlate's 10 tips sheet shares [10 things you need to know about "What's Cooking? USDA Mixing Bowl's"](#) website and recipe collection.

Philadelphia's Eat.Right.Now Newsletter is [here!](#) See all the good stuff within it!

Philadelphia's bike lane [map](#) has been updated.

Social Media

The American Public Health Association's meeting happened this past week. Follow the hashtag, [#APHA2016](#), to see all the best practices shared and more resources.

Dr. David Satcher was the previous Surgeon General. In this [video](#), he shares his views on the US becoming the healthiest nation in one generation.

Philadelphia-based nutrition education programs have Twitter pages:

- [@NutrEd4Philly](#)
- [@GetHealthyPhilly](#)
- [@theFoodTrust](#)

Webinar

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.

Nutrition411 is hosting a free webinar on Tuesday, November 15 from 1:00-2:00 PM (ET). It's about how dietitians can help clients support a healthful lifestyle to fend off the stresses of the holiday season. More information can be found [here](#).

The "[Food Heaven Made Easy Podcast](#)" is a radio recording made by two registered dietitian nutritionists in the New York City area. Learn how they strive to make everyone healthier, one meal at a time.

SlowFood USA archives their monthly webinars about nutrition and school garden education, integrating fresh foods into school foodservice, farm-to-school programs and much more. Find the webinar listing [here](#).

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](#).

Learn the best practices for distribution of the US Department of Agriculture foods to child, school and household nutrition programs in this [archive](#).

Nutrition 411 hosted a webinar on September 21 called, "Motivational Interviewing Workshop: Counseling Dialogue for Moving Toward Change". A recording is now available on their website. By the end of the recording, you will understand the root of clients' ambivalence to change; how to motivate and counsel people through the change; and how to build a strong, client-dietitian partnership. One continuing education credit is available to dietitians and dietetic technicians who listen to [the webinar](#).

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](#).

The Sacramento California Food Tank Summit brought together thought-leaders involved in the global food movement. All panels were streamed onto a YouTube video. Watch them [here](#). Food Tank also houses YouTube playlists that categorize various food tank videos into pertinent themes like food waste reduction, food system innovation, etc. Find them [here](#).

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

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.

On November 10 from 5:30-7:30 PM, in the Center for Sustainable Landscapes Classroom, Let's Move Pittsburgh is hosting a 5-2-1-0 Speaker Series. It will celebrate the efforts of local organizations enacting this program. More information can be found [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](#).

[Back to top](#)

Grants & Opportunities

The Partnership for Food Safety Education wants you to lend a hand to prevent foodborne illness. During the month of November they are asking people to create a turkey hand, and share it with their social media pages, using the hashtag #HandinHealth. Those who contribute will win a supermarket gift card. Look for examples of the hands here

- Twitter: [@Fight_BAC](#)
- Instagram: [@pfse.fightbac](#)
- Facebook: [@FightBAC](#)

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](#).

You can host a Friendsgiving while fundraising for Feeding America's fight against childhood hunger. Click [here](#) for details.

The US Department of Agriculture is providing millions of dollars in grants to farms, local food systems, crop research, and community programs focusing on Farm Bill priorities. The Academy of Nutrition and

Dietetics is charged to divvy out the money. More information [here!](#)

The Food and Drug Administration is asking for public comments as it tries to redefine what's classified as "healthy" foods. See more information and add your input [here](#).

The Alliance for a Healthier Generation lists multiple funding opportunities for those involved in school food and nutrition. Find them [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](#).

Bring your pen to that paper and brainstorm! In September-November 2016, organizations and individuals will be asked to submit state- and territory-specific MyPlate graphics which may show up on ChooseMyPlate.gov. The diagram should increase awareness of the Dietary Guidelines messages while highlighting local ingredients grown in the state of Pennsylvania. Find more at this [website](#).

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