



Nutrition
News Nibbles

Nutrition and Food Resources



Resources
for Food & Health Pros

PA NEN Events



Food Politics



Your Nutrition News Resource

Nutrition News Nibbles - October 10-21, 2016



[ARCHIVE](#)

PA NEN News

Last Week's 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

[Researchers found that in the past 30 years obesity rates in Brazil have increased by 12%. Healthy habits need to be encouraged now to stop this trend and combat the onset of obesity related diseases.](#)

[The World Health Organization encourages countries to tax sugary beverages in an effort to decrease the rate of obesity.](#)

[What color is your butter?](#)

[But of course! Everyone needs to know how to eat like a Victorian!](#)

[Practical ways of conquering an iron deficiency](#)

[Can a new sweet potato help tackle malnutrition?](#)

National News

The Food and Drug Administration rolls out the new nutrition label! Highlights are [here](#)!

[Both presidential candidates agree \(Really!\). The Supplemental Nutrition Assistance Program \(SNAP\) should remain in the Farm Bill.](#)

[Another month of disaster food stamps are available to those affected by the flood.](#)

[In Texas, there might be less poverty, but the need for](#)



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RESOURCES FOR HEALTH PROS



FOOD POLICY UPDATES



[Supplemental Nutrition Assistance Program benefits remains high.](#)

[Congress wants to keep school lunch healthy.](#)

[The Beverage Industry spends big in Oakland and San Francisco in attempt to defeat soda-taxes.](#)

[Physical activity is important for healthy aging. Yet, the Center for Disease Control and Prevention states that most adults don't get enough.](#)

[Is daycare causing childhood obesity? The Journal of Pediatrics says, "No."](#)

[Delaware children are improving in healthy habits. But, there has been no drop in childhood obesity rates.](#)

[ExtraFood, a food recovery program and California non-profit has donated over 700,000 pounds of "extra" food from various businesses and organizations.](#)

[We have too much milk? Where does it go?](#)

[The Presbyterian Food Pantry in Green Bay and others are working to give people healthier food and nutrition education to meet dietary needs due to various health conditions.](#)

[A recent survey shows that 1 in 4 college students is food insecure.](#)

[The American Beverage Association, several billionaires, and the American Heart Association are spending millions of dollars to effect votes on soda-taxes coming in November to 4 cities. See how they're spending their money to influence citizen's votes.](#)

[Tree Top Inc. is changing the fate of ugly fruit. Each year, over 600 million pounds of ugly fruit are processed into juice, applesauce, and pieces for oatmeal instead of being wasted due to their cosmetic imperfections.](#)

[A survey shows that American's underestimate how much food they waste.](#)

[In 2016, we hit the lowest participation rate in the Supplemental Nutrition Assistance Program since 2010.](#)

[A school in California tried banning chocolate and strawberry milk and found an alarming increase in wasted plain milk. They will bring chocolate and strawberry milk back into school cafeterias.](#)

[A Texas high school got rid of their football team and used the empty field space to grow fresh produce to serve the need in their community.](#)

[How can you support a grocery store in a low-income area?](#)

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[2015 poverty statistics of the US were released with information on different categories regarding poverty in terms of earnings, sex, income inequality and more are provided.](#)

[Seasonal exercise ideas to get you moving this autumn!](#)

[Find answers to commonly asked questions about feeding babies.](#)

[What happens when children on WIC lose their benefits before they begin receiving food resources at school.](#)

[Look a little closer at the impact of food insecurity on teens.](#)

[What are the benefits of eating fish?](#)

[Encouraging tips for parents of picky eaters](#)

[Schools across the U.S. inspire healthy habits in the classroom.](#)

Local News

Pennsylvania: [Blue Bunny Ice Cream is recalled because a Listeria contamination.](#)

Pennsylvania: [A grant program is expanding their funds into Pennsylvania schools during 2015-2016 to support breakfast in the classrooms.](#)

Harrisburg: [A local food pantry had to close last week due to a shortage of food. They are in need of donations to be able to stay open.](#)

Lebanon: [The annual Bag Hunger Campaign has raised over \\$500,000 for food banks this fall.](#)

Mercersburg: [A Mercersburg family's 8-year tradition of preparing and serving a free Thanksgiving meal comes to an end.](#)

Philadelphia: [Learn about fad diets and their negative effect on a child's eating habits. Included are tips on establishing healthy eating behaviors for children.](#)

Philadelphia: [An organic farm in Northeast Philadelphia helps Philadelphia's prison system reduce food waste and teaches inmates organic agriculture techniques.](#)

Pittsburgh: [Pokémon Go is still encouraging exercise and also learning for kids in Pittsburgh.](#)

Pittsburgh: [What vitamins are Americans relying on?](#)

Resources

Check out Fruits and Veggies More Matters' [webpage](#) for useful tips on selecting and storing spinach.

Health Economics printed [study](#) analyzes the relationship between the time that food stamps are received and the types of foods purchased.

The New York Academy of Sciences printed a [study](#) questioning whether or not obesity leads to other health problems. This conclusion might depend on the individual.

Study up with Fruit and Veggies More Matters [tips](#) for selecting, storing, and preparing these seasonal fruits.

Food Policy Action [rates](#) your state's legislators on their food politics views.

You can view the food insecurity across Pennsylvania from Feeding America's [Map the Meal Gap project](#).

The [Kids Count Data Center](#) from the Annie E. Casey Foundation houses data on child and family well-being.

Social Media

Carving a pumpkin to get ready for Halloween? Instead of throwing the seeds away, eat them! Use this Cleveland Clinic infographic for [7 ways to roast this healthy snack!](#)

Try this quick and easy [recipe](#) for a Pumpkin Smoothie from the US Department of Agriculture's *What's Cooking? USDA's Mixing Bowl*. The recipe uses low-sodium canned pumpkin and ripe bananas for a fall flavored snack packed with important vitamins.

Get involved in MyPlate's MyPlate-MyState campaign by tweeting pictures of Pennsylvania's healthy food with the hashtag, [#MyPlateMyState](#).

Butternut squash is a staple of fall cooking. Watch this [video](#) for easy ways to peel and cube the squash for cooking.

The Cleveland Clinic has this [infographic](#) to show the spooky side of that Halloween candy stash.

An Obesity Symposium was held by the University of Michigan's Momentum Center. You can follow their [Twitter Feed](#) to see who attended and all the awesome resources.

Webinar

NEW-A [webinar](#) from December 2013 discusses methods to increase the amount of fresh, local food at food banks. It's presented by FoodLinkNY and the Sacramento Food Bank.

NEW-A webinar hosted by the Society for Nutrition Education and Behavior will explore how to identify barriers and ways to improve fruit and vegetable consumption of Latina WIC. It's happening on October 24, 2016 from 12:00-1:00 PM (EDT). More information [here](#).

NEW-Food Tank is hosting a webinar called, "The Extraordinary Science of Addictive Junk Food" with Michael Moss, a food journalist and author. The webinar is scheduled for Wednesday, October 26 at 12:00 PM (EDT). Click here to [register](#).

NEW-A webinar titled, "The Meaning of Food in Our Lives-A Cross-Cultural Perspective on Eating and Well-Being," was recorded by the Society of Nutrition Education and Behavior. It discusses food attitudes and beliefs in different cultures. It's free, and you can listen [here](#).

NEW-The US Department of Agriculture lists webinars from January-May of 2016 with a focus on farm to school projects. See the listing [here](#).

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

NEW- Registration is now [open](#) for the National Anti-Hunger Policy Conference in Washington, DC on March 5-7, 2017. You can register by January 13th for a discounted rate.

NEW- The Society for Nutrition Education and Behavior has its 50th annual conference from July 20-24, 2017 at the Grand Hyatt in Washington D.C. Find more [here](#).

NEW- The Pennsylvania Chapter of the Association of Nutrition and Foodservice Professionals is hosting a Fall Meeting on October 27-28 in the DoubleTree by Hilton in Lancaster, PA. Find more information [here](#).

NEW- [Taste of Central Pennsylvania](#) on October 30, 2016 11:00 AM-3:00 PM in Strawberry Square, Harrisburg, Pennsylvania.

NEW- Give your GIANT food store and gas receipts to Project SHARE, and \$1.00 will be donated for receipts collected up to a total of \$5,000. Deposit them in special boxes at Project SHARE and other locations including: Farmstand, F&M Trust, Woodforest Bank, BB&T Bank, Pet Valu as well as other churches and organizations. More information [here](#).

Cedar Crest College is hosting an event, "Cooking, Community & Creating Success: A Conversation with Chef Lidia Bastianich." Learn how she became successful in the food industry and why she believes food plays such a critical role in our lives. The event is scheduled for Saturday, October 29, 2016 from 12:30-2:00 PM in Cedar Crest College's Alumnae Hall Auditorium. More information is [here](#).

Support the Central Pennsylvania Food Bank by attending the 29th Annual Taste of Central Pennsylvania. Taste food and beverage samples from the area's most popular restaurants. Also, enjoy live entertainment, raffles, and a silent auction. The event is on October 30 from 11:00 AM-3:00 PM in Harrisburg, PA. Find ticket, location, and time information [here](#).

On Friday, November 4 at Mohegan Sun at Pocono Downs Hotel, the Northeast Pennsylvania Academy of Nutrition & Dietetics (NEPAND) will host their fall seminar. It will be day filled with health and wellness updates. Dietitians and dietetic technicians can earn 6 continuing education credits by attending. More information can be found [here](#).

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](#).

Grants & Opportunities

NEW- Feeding America is working with General Mills, Conagra Foods, and Big Machine Label Group to fundraise for local food banks. For every code entered on select [General Mills](#) and [Conagra](#) Food products, Feeding America will receive 45 cents.

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!](#)

Help others make a healthy lifestyle affordable by teaching or assisting with cooking classes, grocery store tours, and more! Check out the Cooking Matters [website](#) to find opportunities near you.

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

The Nature Conservancy is presenting \$2,000 to install "green infrastructure" at schools. They're awarding 55 projects across the country that will address environmental and food access issues in their communities. Applications are due by 5:00 PM on October 31, 2016. To learn more about the Nature Works Everywhere grant program, click [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](#).