**Food & Nutrition Conference & Expo Roundup!**
Last week, 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. Read on, friends!

**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**

As food prices rise and wages fall, the U.K. is seeing a rise in cases of malnutrition despite being the world's 5th richest nation.

Uganda looks to decrease vitamin A deficiency with the biofortification of sweet potatoes.

A worker strike in Mexico is causing fewer avocados to hit our grocery store shelves.

Have you seen that calcium supplements are bad for you? This article explores the legitimacy of that research.

How does your diet impact the planet?

You ask; a registered dietitian answers – Can you drink too much milk?

“Mukbang” is a new trend that began in South Korea and now has people all over the world indulging in meals, filming themselves eating, and posting it online. The new social eating trend is providing people with a platform to discuss their dietary choices, commonly vegetarianism and veganism, and a chance to show their audience how people follow those diets (and others) on a day-to-day basis.

Eat for your gut bacteria. Research has just begun to see how a healthy microbiome might reduce stress, influence satiety, and much more!
**National News**

The Hmong American Farmers Association leads the local food economy in Minnesota. **They also work with schools to connect children to local food and educational activities involving healthy food and the Hmong culture.**

**In Oregon, a farmers market sees success in allowing the Supplemental Nutrition Assistance Program (SNAP) participants to purchase two times the amount of produce with their Electronic Benefits Card.**

**Illinois Supplemental Nutrition Assistance Program (SNAP) participants will not have to worry about being cut off from Food Stamps.**

Many University of California workers struggle to feed their families. Watch the video [here](#)!

Advocates for the Women Infants and Children (WIC) program want to expand service to children and their families until kids turn 6 years old. [Here is why](#).

The Flint farmer’s market in Michigan is working to combat the community’s exposure to lead with lead-fighting diets low in fat and high in calcium, iron, and vitamin C. Other organizations, such as the National Basketball Players Association and the Fair Food Network, have offered Flint citizen’s incentives to increase the number of people utilizing the farmer’s market.

National School Lunch week was in October. To celebrate, see [what progress has been made in school lunch!](#)

A few foods have been found in various studies to reduce anxiety.

The cost of groceries is decreasing which is good for middle and low-income families but places a strain on the country’s farmers.

How has one family’s dinner table become a beacon of hope for homeless, hungry, and abused teenagers?

Keep these 5 numbers in mind while you grocery shop for a healthy cart!

3-D printing is now being used in commercial capacities to make food. This could lead to a future of foods being printed with customizable nutrition content.

**Local News**

**Harrisburg:** The Bethesda Mission in Harrisburg and LifePath Christian
Ministries in York have partnered for their annual food drive from October 23-December 23. See how you can help.

**Philadelphia**: Drexel University is opening the city’s first pay-what-you-can restaurant, EAT Café.

**Philadelphia**: Danny Garcia, an undefeated boxing world champion, wants his fans to knock out hunger by donating $10 to Philabundance through their ticket purchase to his next fight on November 12.

**Philadelphia**: HYPE Philly! works to empower thousands of youth leaders focusing on agriculture, fitness and nutrition education.

**New Jersey**: The Healthy Parking Spots Initiative has installed signs in a Walmart parking lot to tell customers how many steps away they’ve parked from the store. Every step counts when you’re walking towards good health!

**Scranton**: A Scranton school’s participation in the Community Eligibility Provision has increased the consumption of both school breakfast and school lunch.

**State College**: Penn State hospitality students partner with large foodservice companies to research how the system can run more efficiently.

### Resources

Did you miss the Academy of Nutrition and Dietetics’ Food and Nutrition Expo? If so, you can see speakers and their handouts at the FNCE "Day at a Glance" website! Within these webpages, click on the date and presentation title that interests you most. Then, scroll down to the bottom to view the handouts.

Salud America shares a report card rating health outcomes of your county. Compare results to the rest of your state. Also, because this organization focuses on Latino research, it shares the percentage of Latinos across the state. Share your report card on social media, email them, and more!

Need food related photography? Check these sources!

As we reach November, pumpkin flavors are in full swing. Learn how to properly store and prepare canned pumpkin. Then, try simple recipes to put your extra cans to good use!

### Social Media

Food allergies can make Halloween extra scary for some kids. Check out these facts on food allergies and some non-food treat ideas on
this infographic and tip sheet.

Some things are better together. Try this infographic's foods pairings for an extra nutrition boost!

November 3rd is #NationalSandwichDay! Use these video tips to make healthy ones that kids will love!

The US Department of Agriculture created this infographic about enhancing food safety in the school cafeteria.

**Webinar**

*NEW*– The Society for Nutrition Education and Behavior (SNEB) is hosting a webinar on Monday, October 31 from 12:00 – 1:00 PM. It's titled, "Parental Nutrition Knowledge Rather than Nutrition Label Use is Associated with Adiposity in Children." You can register here. If you are not an SNEB member, the webinar costs $25. For members the webinar is free.

*NEW*– Learn the best practices for distribution of the US Department of Agriculture foods to child, school and household nutrition programs in this archive.

*NEW*– Clancy Cash Harrison, a registered dietitian from Pennsylvania, presented at TEDx Wilmington. She addressed food security, the social stigma associated with food assistance, and the faces of hunger. Fast-forward to her thought-provoking talk at minute 50 to 1 hour and 3 minutes.

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.

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**Events**

**NEW**—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.

**NEW**—November 3, 2016 is #NationalSandwichDay and Feeding America has partnered with Subway to alleviate hunger. During this campaign, you can buy a sub and a drink. Subway will donate 1 meal to Feeding America.

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*-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 classified 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](#).
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.