**PA NEN News**

**Eat.Together.PA's Healthy Options While Going Out to Eat**

Having trouble choosing healthier when eating out? Then, check www.EatTogetherPA.org's resource list with healthier options.

- What does a 500 calorie meal look like? Check out these meal options.
- Picture healthier versions of the most commonly ordered meals.
- Use these tricks to order out.
- Review this "Fast Food Survival Guide."

More resources like these can be found on EatTogetherPA.org!

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**International News**

- Wild versus farm-raised blueberries – which are more nutritious?
- How to live to be 100 - commonalities between the healthy lifestyles of centenarians all over the world are analyzed.
- A Swedish study finds that more research needs to be done to determine how much gluten triggers celiac disease.
- Hunger is a stronger motivator than thirst, anxiety and fear.
- Read about the 7 questions you should ask to help put health news...
RESOURCES FOR HEALTH PROS

What are some new alternative proteins for vegetarians?

Now really, what’s the best diet for health?

National News

Could restrictions and exclusions on the Supplemental Nutrition Assistance Program (SNAP) help reduce overweight and obesity?

Prescriptions for produce? Health centers, clinics, and hospitals are working together to increase fresh produce access for low-income individuals.

Study finds that Major League Baseball Players’ obesity rates are increasing.

Five fall tastes for kids

The new Supplemental Nutrition Assistance Program’s (SNAP) Employment and Training Program aims to help SNAP recipients find and keep good jobs.

Michelle Obama and her Let’s Move campaign pushes to reduce childhood obesity and works to change the way American’s eat. See all their accomplishments here.

A Texas School Breakfast Report Card showed that public schools are a primary resource in fighting childhood hunger. The Waco Independent School District is one of those schools working to increase school breakfast participation.

October is National Farm to School Month! Visit this United States Department of Agriculture site for resources including toolkits and grant applications.

Local News

Philadelphia: Interested in finding healthy food at a good cost? See what a registered dietitian chooses to buy at a local grocery store chain.

Philadelphia: The American Heart Association outlines tips for reducing how much sugar you eat and ways to identify hidden sugar in food products.

Philadelphia: Drexel’s Eat.Right.Now program published their
October Newsletter. Read more about it [here](#).

**Philadelphia:** What do you get the Pope as a gift after last year’s visit? How about a food drive?

**Philadelphia:** [The United States Department of Agriculture through the Office of Advocacy and Outreach](#) has awarded $8.4 million in grants to support women, Hispanic, African-American, tribal and veteran farmers. In addition, [Common Market Philadelphia Inc.](#) received $200,000 to train urban farmers in Philadelphia.

**Philadelphia:** [A poll shows that younger Philadelphians](#) support the soda tax.

**Philadelphia:** [A Montgomery County hospital](#) is giving patients free bags of fresh produce after doctor appointments.

### Resources

*Obesity* printed a [study](#) comparing the effects of a self-regulatory therapy, an acceptance-based behavioral treatment, and the effects of standard behavioral therapy on obesity.

This US Department of Agriculture site is a great resource for [Spanish school nutrition materials](#) from Team Nutrition.

*The American Journal of Preventive Medicine* published the study, "[Healthier Standards for School Meals and Snacks](#)." It evaluates the effects of the 2012 United States Department of Agriculture school meal standards and the effects they had on school food revenue and lunch participation rates.

The United States Department of Agriculture has published a [report](#) focusing on area eligibility in child nutrition programs. It includes data pertaining to the Child and Adult Care Food Program and the Summer Food Service Program.

This site contains the [dataset](#) for the Food and Nutrition Services’ Child and Adult Care Food Program and Summer Food Service Program eligibility. The data can be used to create charts and maps.

[MyPlate – MyState](#) was released this week. This resource presents various educational resources combining topics on your state’s food and nutrition, farmers and farmers markets. Check all the awesome [resources](#)!

*The Journal of Nutrition* printed a study showing an association between food insecurity and high rates of mental illness. See the abstract [here](#).

The International Food Information Council Foundation shares all...
you need to know about canola oil in this poster.

Social Media

The Cleveland Clinic has an infographic to explain which types of apples are the best sources of antioxidants.

This infographic shows the success of the new school lunch standards.

With kids getting back in the groove of school, follow this infographic to learn about food safety in schools.

Webinar

NEW-Food Tank will be hosting a webinar on October 12, 2016 at 12:00 PM (ET). This webinar, "Hooked for life: How Weak Policies on Added Sugars Are Putting a Generation of Children at Risk," will focus on federal guidance and policies on added sugars, especially regarding children’s foods. Register here!

NEW-The Food and Nutrition Services National Office, along with the Food Research and Action Center and Share our Strength will be hosting a "How to use Data in the CACFP and SFSP" webinar on Thursday October 13, 2016 from 2:00-3:00 PM (ET). This webinar is geared towards demonstrating the use of mapping (GIS) tools and analyzing data for program operators, partners, and state agencies involved in the Summer Food Service Program and Child And Adult Care Food Program. You can click this link to participate.

NEW-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 council 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.

NEW-The Society for Nutrition Education and Behavior (SNEB) is hosting a webinar on the relationship between cooking and well-being. The webinar is on October 10, 2016 from 12:00 PM - 1:00 PM (ET). Dietitians and dietetic technicians will earn one continuing education credit for attending. SNEB members can attend for free. Non-member must pay $25. You can register today.

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 Southern Rural Development Center is hosting the webinar, “Local and Regional Foods: Connecting Regional Efforts,” on October 7, 2016 at 10:30 AM (ET). This webinar will focus on interdisciplinary teams across several states creating ways to increase activity around local and regional food systems. Register here.

The Farm to Institution New England has archived a webinar from September 21, 2016 titled, “Getting it There: Understanding the Role of New England Food Distributors in Providing Local Food to Institutions.” This webinar discusses findings from their August research on food distribution including getting local foods to New England schools, colleges and hospitals. Watch it here.

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.

Melissa Joy Dobbins, a registered dietitian nutritionist, and Dr. David Katz speak about treating health like your wealth. Listen 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** - 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.

**NEW** - 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.

**NEW** - The Family Table program will bring together residents of Sto-Rox in Mckees Rocks, PA for a family dinner. Join locals in your community to learn food safety techniques, low-cost recipes, and
ways to make family meals happen. You can make a reservation for 5:00pm-7:00 PM on Monday, Tuesday, Wednesday and Thursday evenings. You need to attend 4 consecutive dinner times. To register for the Family Table, email Marsha Mayhak or call (412) 331-1685 x 310. Find more details here.

NEW-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.

NEW-The Academy of Nutrition and Dietetics' Food and Nutrition Conference and Expo is at the Boston Convention and Exhibition Center in Boston, MA on October 15-18. Registration is still open.

"Better Together: Lebanon County 2016 Summit - Moving Towards a Healthier Community" is scheduled for October 27 from 9:00 AM - 4:00 PM. Join movers-and-shakers in this area at Lebanon Valley College. You can register 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.

This National Conference Calendar shares events focusing on wellness and physical activity. Review the list, and search for more information on the events that interest you most.

Check 9 Pennsylvania apple orchards where you could pick fruit this fall!

“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-You can host a Friendsgiving while fundraising for Feeding America’s fight against childhood hunger. Click here for details.

NEW-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
NEW- 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.

NEW-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.

Do you live in a primarily Latino neighborhood? Then share how you or your community leaders are making your children healthier. List your school program or community nutrition work on this map to declare yourself a Salud Hero!

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 U.S. Department of Agriculture is looking for retail volunteers to test their Supplemental Nutrition Assistance Program’s online ordering pilot program.

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.

The U.S. Department of Agriculture has Farm to School Grants available to increase local foods in schools. Applications are due December 8, 2016. Go to this link to apply.

The US Department of Agriculture has grants available for training and education through graduate and postgraduate fellowship programs. Money will go towards masters, doctoral degrees or postgraduate training in the food and agricultural sciences. You can apply by October 11. Find more information about the grant 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.