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Your Nutrition Resource Connection

Nutrition News Nibbles - September 12, 2016



[ARCHIVE](#)

PA NEN News

Verify Your Membership Information & Win!

Make sure your PA NEN membership information is updated, so you can receive top-notch professional trainings, the latest in nutrition news, action-packed volunteer opportunities, and so much more! Verify your membership by Friday, September 30, and you'll be entered into a drawing for a **FREE** 2017 PA NEN Annual Conference registration. Click [here](#) for details on the process.

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International News

[Explore the health benefits of brown rice compared to white rice.](#)

[A Registered Dietitian discusses The New England Journal of Medicine's "Learning Early About Peanut Allergy \(LEAP\)" study and new beliefs on preventing peanut allergies in children.](#)

[The University of Exeter study finds that teenagers burn up to 500 fewer calories while at rest, than they did at 10 years old and they will at 16 years old.](#)

["Walk-and-talks" are an easy and effective way to get more active while at work.](#)

Watch [this video](#) about why fiber is important and how to get kids to eat more of it.

Want a balanced view on eating fat. Look [here!](#)

[Now, let's look at the research behind recommendations for saturated fat.](#)

[One research study declares eating pasta, in healthy portions, does not make you fat. One study does not warrant a recommendation, still scroll down for the take-aways.](#)



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RESOURCES FOR HEALTH PROS



FOOD POLICY UPDATES

[Kids take their food allergies as an opportunity to help others! So special!](#)

National News

Are you prepared for a weather emergency? [Find out with this Food and Drug Administration guide to food and water safety during storms.](#)

The Child Nutrition Integrity and Access Act of 2016 (formerly the Child Nutrition Reauthorization Act) was under review by the Senate yesterday, see what budget priorities for this Act were set out by Feeding America and the Food Research & Center [here](#).

[The American Institute for Cancer Research \(AICR\) has added carrots to their list of Foods that Fight Cancer.](#)

[The U.S. Department of Agriculture data shows that food insecurity is continuing to fall.](#) But, some [believe we have a ways to go before we can celebrate.](#)

[Learn how to talk to children at every age about their weight.](#)

Watch [this video](#) about the Massachusetts Food Trust's community garden.

[Michigan reduces its food aid.](#)

[Portland hosts a huge feast to kick off a campaign to end hunger.](#)

[Oregon State University pushes small changes in school cafeterias to boost healthier options.](#)

[The amount of hungry children reduces to pre-recession levels.](#)

[Grants in Colorado urge schools to increase fruit and vegetable consumption.](#)

[Our food system continues to get safer. Check the latest, greatest food safety measures.](#)

[Boulder is looking to pass a tax on soda.](#)

The Child and Adult Care Food Program takes on the First Ladies' [#GimmeFive](#) Challenge.

Local News

Pennsylvania: Across the state food banks and food pantries



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need your help to celebrate September, Hunger Action Month! Here are 30 ways you can support the cause in 30 days at [Phlabundance](#), the [Central PA Food Bank](#), or across Pennsylvania with [Hunger Free PA's suggestions](#)! Search online to see if your favorite hunger organization has a 30 ways in 30 days calendar!

Pennsylvania: [Pennsylvania improves slightly in nation-wide obesity rankings.](#)

Harrisburg: [The Salvation Army in Harrisburg opened a new food pantry. Volunteers needed!](#)

Lewistown: [Asher Chocolate Recalls 41 of its chocolate products because of a potential Salmonella Contamination.](#)

Philadelphia: [The Food Trust was listed as one of the world's top 35 food education organizations making a difference.](#)

Philadelphia: [A new app designed to reduce food waste during the Democratic National Convention will continue to be used.](#)

Philadelphia: [Phlabundance hosts a fundraiser in honor of Hunger Action Month.](#)

Pittsburgh: [Community Kitchen and Life Works receive consumer alerts because of a roach infestation within their shared prep kitchen.](#)

Resources

How much should you feed a toddler? Check [this guide](#)!

The Journal of American Medical Association (JAMA) Pediatrics has published the "[Association Between Cesarean Birth and Risk of Obesity in Offspring in Childhood, Adolescence, and Early Adulthood.](#)" which suggests babies born via cesarean birth are at a higher risk for obesity. More research is needed to prove this association.

[The American Institute for Cancer Research \(AICR\) has this fact sheet listing healthy habits for kids for lifelong cancer prevention.](#)

The U.S. Department of Agriculture's Welcome to School Lunch [handout](#) allows kids to practice sorting foods into appropriate foods groups and to get creative about fruits and vegetables.

Use this Fruits and Veggies More Matters [poster](#) as a reminder of the proper ways to store and freeze fruits and vegetables.

How many of you have seen this [map](#) of all the causes of obesity?

So complex but interactive! We love it.

Social Media

This year, Facebook joins the movement to end hunger by giving you the opportunity to create and promote Facebook Profile Frames for Hunger Action Month! Visit [this website](#), select "Causes" from the drop down menu, and click on Hunger Action Month.

Check the Facebook pages of these fabulous Penn State University programs working to bring about a healthier state.

- [Penn State Food & Health](#)
- [Penn State Extension Nutrition Links](#)

Kids headed back to school this fall, so take a moment to watch [this video](#), prepared by the Academy of Nutrition and Dietetics, on how to pack school lunches with food safety in mind.

Philabundance is encouraging the use of [#PlateItForward](#) on Twitter in support of their Plate It Forward campaign to fill the empty plates of their neighbors.

Check out this [infographic](#) about food safety in schools, as we start the new year.

Webinar

NEW-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](#).

NEW-The Society for Nutrition Education and Behavior is hosting a webinar on October 3 from 12:00-1:00 PM (ET). This webinar, "The Meaning of Food in Our Lives: A Cross-Cultural Perspective of Eating and Well-Being," will look at food choice, being overweight due to our biological predisposition, and our current food environment. You can register [here](#).

The Lifestyle is Medicine Annual Conference brings together physicians, health care professionals, ancillary health care providers, prominent leaders in preventative medicine, and other thought-leaders who support healthy routine for wellness. You can view some presentations from previous years' conferences [here](#).

Evaluation, Treatment, and Prevention in Community

Settings (EPIC) is hosting a Let's Talk webinar on sleep and obesity. It's slotted for Thursday, September 22, 2016 from 12:15-1:30 PM (ET). One speaker will focus on the science behind sleeping and obesity. Another will look at how people can practice better sleeping habits. [Register today!](#)

Events

NEW-This month, dine out and feed hungry people. Just type your zip code into the search box within [this website](#) to figure out which restaurants are donating to the Hunger Action Month cause.

The Central PA Academy of Nutrition and Dietetics is hosting their Fall Membership Meeting in Camp Hill, PA on Monday, September 26. Learn from a list of professionals focusing their practice on diabetes, food labeling, yoga, and more! 7 Continuing Education Credits are available for registered dietitians and dietetic technicians. More information and registration resides [here](#).

Check [9 Pennsylvania apple orchards](#) where you could pick fruit this fall!

Creating Healthy Communities is a summit being held in Pittsburgh, PA on October 6 by the Highmark Foundation. Nationally renowned speakers – including dietitian, blogger and NYU professor, Marion Nestle - will address the vast ways in which our food environment impacts our behaviors and choices. Find more information, and register [here](#).

In Pittsburgh, September brings about CityFit Wellness Month. [Click](#) through all the awesome events promoting health and wellness!

The St. Jude Walk or Run for Childhood Cancer is happening on September 24 in Pittsburgh, PA. You can register individually, join a team, or start your own. You can [register today!](#)

"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 National Collaborative on Childhood Obesity Research has many funding opportunities available to universities and

nonprofits. See all of them and the application deadlines [here](#).

NEW-Participate in Civil Hall Labs 2016 Healthy Public Challenge, and propose a civic solution with the potential to create a healthy community. Applications are due on September 16; you can apply [here](#).

NEW-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](#).

Do you support kids getting active within your community? Then photograph them on the playground, in the woods, in the pool, and other active spots because Salud America! and SaludToday are hosting a photo contest. Share that photo on Twitter, Facebook, or Instagram with the hashtag #ActiveSpaces. Your post will not only be shared nationally, but you'll also be entered to win a drawing for a Jawbone fitness tracker! Find out more details [here](#).

The Department of Health and Human Services posted a funding opportunity for those who work towards reducing health disparities among minority and underserved children. Application due dates vary. Look [here](#) for more information.

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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