**PA NEN News**

**Last Chance to Win!**
Do you suffer from FOMO (Fear of Missing Out)?! Then, you must make sure your PA NEN membership information is updated, so you don't miss top-notch professional trainings, the latest in nutrition news, action-packed volunteer opportunities, and so much more! Verify your membership by today, 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.

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

- 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](http://EatTogetherPA.org)!
"Superbugs," or antibiotic resistant bacteria, are a major global threat. On that point, a new strain of MRSA has been found in chicken, and it can be spread by eating contaminated birds.

What’s behind the scenes? What is the relationship between the media and those publishing scientific studies?

Can industry ethically fund nutrition and other scientific research?

Who’s looking for that anti-aging diet? Okay-okay, this healthy food can be for everyone.

More on red meat and sugar: “Part of the complexity of nutrition involves the acceptance of multiple truths. A call for a reduction in red meat should not automatically be equated with a recommendation that Americans load up on fat-free cookies, white bread, and sugary cereal. Similarly, voicing concerns about added sugar does not mean someone is a ferocious advocate of low-carb living who thinks bacon is a health food and brown rice is no different than a <insert your favorite pastry here>.”

The statistics are in. Adults ages 50 or older need more physical activity for healthy aging.

Gardening with kids has more longer-lasting effects than one might expect.

How can you handle tailgate parties like a food safety professional?

The White House released a report about the reduction of heart health issues over the past couple years, and here is the snapshot of how nutrition initiatives took part.

Check this list of easy-to-make lunch and breakfast ideas for busy people.

The economy is better but low wages and high unemployment still leaves many kids food insecure.

Delaware passes a “Breakfast after the Bell” bill to encourage more students to participate in their school breakfast programs.

Food banks are working to fill doctors’ fresh produce
“prescription”.

Why is our healthcare system struggling to curb obesity?

One politician declares hunger as his cause and wins a national award for his work.

Our food safety net supports our nation’s poor.

School breakfast is a good idea for hungry kids.

19% of Vermont schools give all their kids free lunch!

New Jersey school lunches improved throughout the years!

Research shows the benefits of allowing families on the WIC program until their child actually go to kindergarten.

Local News

Pennsylvania: Governor Wolf reveals a 4-year plan to help more Pennsylvanians gain steady access to food.

Pennsylvania: Frozen onion rings are recalled because of an undeclared milk allergen. Recalled products are listed at this link.

Pennsylvania: Koffee Kup Bakery, Inc. recalls their bread products because of plastic pieces in their baked goods.

Philadelphia: In Philadelphia, incomes have increased but the poverty level and food insecurity has barely changed.

Philadelphia: A Pennsylvania dietitian shares classic after-school snacks and how to pick options that are lower in sugar.

Philadelphia: Feastival brings together an eclectic group of Philadelphians, some of them being movers-and-shakers within the local anti-hunger and food movement.

Pittsburgh: A University of Pittsburgh study compared two groups of physically active people. They found that those who wore fitness trackers lose less weight than non-users. Much more research needs to be done on wearable tech and other ways to motivate people to maintain weight loss. More on the study, here!

Wilkes-Barre: A local pizza place was sued by parents of a child who was sickened by a “gluten-free” pie.
The United States Department of Agriculture’s SuperTracker now has a challenge feature to encourage healthy eating and physical activity.

The Food Research and Action Center released “Hunger Doesn’t Take a Vacation: Summer Breakfast Status Report,” the first report to analyze breakfast participation for summer nutrition programs.

Check out this United States Department of Agriculture infographic, “Talking Trash,” about reducing food waste.

Dietitians in Canada promote optimal mental health through their nutrition advice, and here is an extensive resource listing how they do it.

The Academy of Nutrition and Dietetics lists online resources focusing on all ages, but let’s look at the senior population.

Curious about community health and nutrition programs? Then here’s your text.

Take a look at these graphics to help you choose the best tasting produce!

The MyPlate, MyWins video series features real-life families sharing their tips for healthy living. A new video has been added to the collection sharing how a family plans meals and snacks with their two-year-old.

The National Council on Aging hosted a Twitter Chat this week for National Malnutrition Awareness Week. Check all the awesome resources posted during the question and answer session by following the hashtag #MAW2016. Participants (and their Twitter handles) included:

- The American Society of Parenteral and Enteral Medicine (@ASPENWEB)
- The Alliance for Aging Research (@Aging_Research)

Nutrition411 outlines ways for dietitians to become Pinterest Pros!

How much do you really know about school lunch? Give this quiz a try!
Fuel UP Play 60 is calling all kids to get active! Follow their hashtag, #fuelgreatness, for awesome videos and resources supporting their cause.

**Webinar**

**NEW-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](#).

**NEW-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](#).

**NEW-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](#).

**NEW-Food Tank** is hosting a webinar featuring M. Ann Tutwiler, the Director General of Biodiversity International, on October 5, 2016 at 12:00 PM (ET). The webinar, “A Tale of Two Countries: Using Biodiversity to Improve Nutrition,” will focus on how to put sustainably diverse, high quality, nutritious foods back into the food systems. Register [here](#).

**NEW-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](#).

**NEW-Melissa Joy Dobbins, a registered dietitian nutritionist, and Dr. David Katz** speak about treating health like your wealth. Listen [here](#).

The Society of Nutrition Education and Behavior is presenting a Journal Club webinar called, “The Meaning of Food in Our Lives-A Cross-Cultural Perspective on Eating and Well-Being”. It’s scheduled for October 3 from 12:00-1:00 PM (ET). During the webinar, you’ll learn about food attitudes, beliefs, and environments impact behaviors from around the world. You can register [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.

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.

### Events

**NEW**-“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!

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.

“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-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!

NEW-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!

NEW-Submit a workshop proposals for the 93rd Annual Pennsylvania Association of Family and Consumer Sciences (PAFCS) Conference by September 30, 2016. If you work in early childhood nutrition, you are encouraged to apply. The annual conference will be on April 27-29, 2017 at the Penn Stater Hotel and Conference Center in State College, PA. More information and applications can be found 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.

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](#).