Have Some News?
Do you have nutrition news, articles, research, grants, or other opportunities to share? We would love to highlight your information. Email PA NEN today!

EatTogetherPA.org is Getting a Makeover!
Keep an eye out during the month of June for EatTogetherPA.org's brand new look.

International News

New fruit juice guidelines for kids came out.

Nutrition advice that drives this dietitian nuts

How do the Greeks eat, especially when they’re in a financial crisis?

Is Body Mass Index for measuring youth’s obesity going out of style? More research is needed.

A swimmer shares how exercising in nature can be healthy emotionally, physically and beyond.

Do diet sodas cause dementia? As research claims seem to bubble-up some enthusiasm, this dietitian shares some good links and commentary on the newly released studies.

Global food insecurity is on the rise, and a new report shares the causes and various solutions.

Toddlers are more likely to eat French fries than vegetables. A new study looks into toddler eating habits.

How do you encourage your kids to have a healthy lifestyle? Well-known health professionals chime in.

Can we renew a segmented food system? This article has resources and links to organizations fighting the good fight.

Food and agriculture technology will be crucial for a healthier
Dairy farmers complain about the glut in milk worldwide. This causes milk prices to fluctuate. But, Canadian farmers do not feel this pain.

Breastfeeding policy is related to global trade issues?

A long article covering details on the history of weight loss

This quick video is packed with tips on how you can reduce your cancer risk while grilling this summer.

National News

A teen in Summerville, South Carolina grows and distributes 22,000 pounds of fresh produce grown in gardens in her suburban neighborhood. Her food is given soup kitchens, pantries, and families. Now, her organization helps start gardens all over the country.

California is researching avocados that could grow all-year-round.

What does Meals on Wheels do? How might it be impacted by funding cuts?

These days, women and men split the grocery shopping. This information and more consumer behaviors are shared in this article.

New Mexico looks to become the first state to pass legislation to prevent punishment of students with unpaid school meal debt.

Think your drink has too much caffeine? Research shows most Americans caffeine consumption is within recommended limits.

In this research study, Americans (regardless of this political standing) wanted people to receive Supplemental Nutrition Assistance Program benefits.

A majority of those who receive Supplemental Nutrition Assistance work, but they don’t get paid enough very much.

Immigrants in Georgia have shied away from receiving Supplemental Nutrition Assistance Program benefits.

The Senate Agriculture Committee held a Farm Bill hearing on May 6. You can watch it here, and see all the witnesses who spoke here. Lots of nutrition programs are covered under this bill.

With looming cuts in the new budget proposal, here is a laundry list
of research that shows how the Supplemental Nutrition Assistance Program works.

How does the new budget challenge the current Farm Bill and the Supplemental Nutrition Assistance Program? A snapshot here.

The compliance date for menu labeling rule was extended to May 7, 2018. Health and Human Service’s Secretary Price praised the decision. More details on the matter here, there, and here.

The National Restaurant Association (NRA) expressed concerns about the delay of the labeling law just days before the scheduled effective date. This delay upends plans that have been in motion for years throughout the food industry. This story shares the progress of menu labeling efforts.

Senators Portman and Heitkamp introduced the Regulatory Accountability Act (RAA). It would make it more challenging to adopt health and safety protections like any future initiatives around added sugars, food labeling, and sodium reduction.

The US Department of Agriculture signed a proclamation announcing relaxation of school meal requirement for school districts. The press release shares that he wants to:

- exempt schools from serving 100 percent whole grain products in 2017-2018
- delay the sodium requirements through 2020
- begin the regulatory process to allow schools to serve 1% flavored milk

Commentary on the politics behind school meals here. A dietitian comments on the relaxation of the school lunch standards in a very practical way.

The Robert Wood Johnson Foundation responded to the relaxation of these standards by listing various research studies that supported the previous administrations standards.

Seven of the nation’s largest urban school districts will continue to reduce sodium levels, increase the percentage of whole-grain rich foods to 100 percent and serve only nonfat flavored milk rather than 1 percent milk. The Urban School Food Alliance issued a statement on the matter and more on the story here.

Columbia University’s Laurie M. Tisch Center for Food, Education & Policy has received a grant to study the impact on school meal participation because of school cafeteria renovations like adjustments to lunch lines, seating areas, and more!

Over 200 Nebraskan schools fight classroom hunger through community eligibility.
Local News

**Pennsylvania:** A School lunch shaming bill has been drafted in the Pennsylvania Senate.

**Pennsylvania:** Taking a hungry kid’s food away from them because of an unpaid bill happens everywhere, even in our state.

**Pennsylvania:** Multiple products have been recalled across the state over the past month:

- Nationally, Ben & Jerry’s Chocolate Fudge Brownie Pint Slices may inadvertently contain Vanilla Peanut Butter Cup Pint Slices.
- Campbell Soup Company is recalling chicken soup products due to misbranding and undeclared allergens. The products contain milk, a known allergen, which is not declared on the product label.
- Italian Gluten-Free Food Cl issued an allergy alert on undeclared allergen, eggs, in “Chef Luca’s Lasagna Al Forno – Baked Cheese Lasagna”.
- Edible basil seeds have been recalled because of a potential Salmonella contamination.

**Pennsylvania:** Hunger-Free Pennsylvania is advocating for more money in Pennsylvania’s budget for the State Food Purchasing Program. This money will be spent to provide food for the hungry across the state.

**Pennsylvania:** In the past couple years, Pennsylvania has stepped up their services to people receiving Supplemental Nutrition Assistance Program (SNAP) benefits.

**Pennsylvania:** Joseph Author, executive director of the Central PA Food Bank, shared about how food banks rely on Supplemental Nutrition Assistance Program (SNAP) during the House Agriculture’s meeting. Read his testimony here.

**Pennsylvania:** One of our members and dietitian, Dr. Amy Porto, shares a video on how to navigate weight loss plateaus and fitness. Watch her video here.

**Central Dauphin:** Reports of school lunch shaming is real in Central Dauphin school district. Free and reduced-priced lunches will save many children from facing this issue. Until then, suffering from hunger and poverty hurts the students and the schools’ finances.

**Central Pennsylvania:** Geisinger is starting a Fresh Fruit and Vegetable Pharmacy.

**Central Pennsylvania:** ProduceRX is a fruit and vegetable prescription for patients throughout the Milton S. Hershey Medical
Central Pennsylvania: Congratulations to Jorja Barton, director of agency relations for the Central Pennsylvania Food Bank and PA NEN board member. She received the United Way 2017 Grady Award! This award is presented to an outstanding professional at a United Way program partner agency.

Philadelphia: Nutrition advocates focus on the need for Supplemental Nutrition Assistance Program (SNAP) benefits.

Philadelphia: Simply put, the Supplemental Nutrition Assistance Program (SNAP) works.

Philadelphia: Fresh Connect in Bucks County will provide fresh fruits and vegetables to people in need.

Philadelphia: The NFL draft took place in Philadelphia and plans were made to donate the food waste. An app helped them plan the donations.

Philadelphia: Two people servicing Philadelphia have been highlighted as food leaders under 40 years old.

Philadelphia: Check out Drexel’s Eat.Right.Now program’s May and June E-Newsletter!

Pittsburgh: The Phipps Conservancy will be creating three organic courtyard gardens on UPMC hospital services. The vegetables and herbs are utilized in healthy foods for staff and patients. Heinz Endowments provided funds for this opportunity. More here.

North East Pennsylvania: Did you know you could donate to the Second Harvest Food Bank in North East Pennsylvania by giving to the #GiveHealthy campaign online? Items available include fresh fruits and vegetables!

Resources

Feeding America printed its Spring 2017 Impact Report. On page 5, you’ll see the Mid-Atlantic Regional Cooperative, a program that will bring more fresh fruits and vegetables across Pennsylvania.

The International Food Information Council published their 12th Annual Food and Health Survey. It’s a national survey that asks consumers about their views and questions on food and nutrition! Always enlightening!

The Association of Public Land-Grant Universities released a report titled, “Challenge of Change” about how the US Department of Agriculture can take a new approach to supporting research to solve important problems in food and agriculture. The report wants food
and nutrition security as one of its priority.

The Center on Budget and Policy Priorities has published this report about how the Supplemental Nutrition Assistance Program (SNAP) helps millions of people getting through unemployment spells, those working multiple shifts, low-wage jobs, unpredictable schedules and all with very few benefits.

Information on recovering food waste:

- **MealConnect** is a web-based application that shares food safety expertise of a food bank network to rescue small quantities of excess food. It facilitates food donations to food banks and pantries. It’s available for food-related businesses interested in donating food.
- **FurtherWithFood.org** is an online repository for information and solutions to reduce food waste.
- **FoodRescueHub.org** provides food rescue organizations with resources that will help them retrieve more wholesome food for people struggling with hunger.
- The US Department of Agriculture has a food waste initiative too.
- From New York City, this interactive guide lists 60+ ideas and links for its residents to reduce waste, including food waste.
- The US Environmental Protection Agency reported on how we can reduce food wasted by donating it to charity. In this article are the legal and food safety information behind doing so.

The Tisch Policy Scholar Callie Troutman breaks down how to engage in policy as a nutrition educator. Read more.

24 hours after eating salty foods, you don’t get thirsty. Instead, your body tries to conserve water, your thirst goes down and you get hungry. This recent discovery changed people’s view on salt and its relation to obesity. Find out more from the studies here.

This draft report, “Climate Change & Food Systems: Assessing Impacts and Opportunities” was written by the Meridian Institute. An executive summary and key points are available from this website.

Anyone interested in trying the "walking school bus" in your community? Safe Routes to School National Partnership offers in-depth of expertise, a national support network, and the know-how to help implement the walking school bus. They’re step-by-step process for developing your own walking school bus can be found here.

New materials have been printed for the Child and Adult Care Food Program (CACFP) providers and operators to encourage people to implement the updated CACFP meal pattern requirements that are effective October 1, 2017.

A new report was released by the National Recreation and Park Association and Public Health Law Center called, "Reducing Food
Waste In and Out of School Time Programming” (programs like sports leagues, summer feeding programs, and afterschool care).

Team Nutrition has lots of Garden-Based Resources to connect nutrition education to school and childcare gardens, local farms, and farmers markets.

**Pre-school age children who are exposed to child-targeted fast-food advertising on television are more likely to consume fast-food products, according to a recent study.** The full-length study can be found [here](#).

The United Fresh Produce Association encourages businesses, restaurants, cafeterias, and other food providers to have a food recall plan. More information in this [handout](#).

### Social Media

These charts share pictures of the history of all presidents’ discretionary budget spending. Spending on items pertinent to food and nutrition are highlighted.

Throughout the month of April, PA NEN focused on kids health through the #EveryKidsHealthy Campaign. Scroll down our Newsfeed to the month of April to see all the awesome resources.

Did you know the Society of Nutrition Education and Behavior (SNEB) has a blog? Even if you are not a member, you can access this resource!

The #GoodFoodForAll conference was held in Philadelphia. Many community partners came together to share the message about issues surrounding hunger. A list of awesome presenters can be found [here](#). Scroll down this Newsfeed to find resources from the conference marked with the hashtag, #goodfoodforall. Or, scroll through the Greater Philadelphia Coalition Against Hunger's [Twitter page](#) for conference links and quotes.

The Global Alliance for the Future of Food held its 2nd annual global dialog on the future of food in a climate changing world. Resources are marked by the hashtag #GAID2017 on Twitter and Facebook.

"Partnership for a Healthier America: Building a Healthier Future for Tomorrow" was a summit held with multiple sectors who are interested in investing in our nation’s health. The event included industry, non-profits, government, you name it. The conference resources can be found by following the #PHASummit hashtag on Twitter.

Clancy Cash Harrison stands for "Fostering Food Dignity through Choice". Now, read her blog to see what that means.
The United States Department of Agriculture released meal patterns for the Child and Adult Care Food Program. This picture shares all the program does.

**Webinar**

**NEW**-On May 4, the Society of Nutrition Education and Behavior, the Academy of Nutrition and Dietetics and the American Public Health Association collaborated to put on a free webinar called, “Efforts to Reduce Global Food Insecurity: Perspectives from the United States and the United Nations”. Hear Robert Bertram, PhD, Chief Scientist for USAID’s Bureau for Food Security and Trudy Wijnhoven, PhD, Nutrition Officer for the Nutrition and Food Systems Division (ESN) of the Food and Agriculture Organization of the United Nations in the recording here.

**NEW**-Today’s Dietitian is hosting a webinar called, “Food Psychology: Why We Eat More than We Think.” It’s being led by dietitian, researcher and previous PA NEN Conference speaker, Jim Painter. It will take place on Wednesday, June 21, 2017 at 2:00 PM. It costs $19.99 to view. Registered Dietitians and dietetic technicians will receive 1 continuing education credit. More information can be found here.

**NEW**-Summer Meal programs are adopting the Farm to Summer movement, serving local foods and offering engaging activities. This US Department of Agriculture webinar recording provides an overview of farm to summer activities, resources, and a snapshot of how Regional offices and State agencies supporting the cause. Watch the recording here.

**NEW**-Gastropod is a podcast that explores food science, food trends, controversial food issues and nutrition. Listen to a few episodes yourself!

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 the benefits of a plant-based diet. Their previous webinars are archived here.

Webinars from the Academy of Nutrition and Dietetics are listed on this website. You can listen to recordings about food security, encouraging consumers to choose the healthy options, and more!

Dietitian Central shares all their available webinars and presentation dates. Many of them come with continuing education credits for registered dietitians nutritionists and dietetic technicians, but they also come at a cost. Find the listing here.

Change Lab Solutions encourages community-wide changes to prevent diseases like diabetes, obesity, heart disease, cancer, asthma. Search food- and nutrition-related key words for awesome
### Events

**NEW**-On June 15, MANNA is hosting an educational seminar at the Philadelphia County Medical Society on 2100 Spring Garden Street in Philadelphia, PA from 3:00-5:00 PM. Two continuing education credits will be awarded to registered dietitians and dietetic technicians. It's followed by their Nourish Awards celebrating innovations in healthcare. Secretary of the Pennsylvania Department of Human Services, Ted Dallas, will speak during this event which takes place at MANNA, 420 North 20th Street from 5:00-7:00 PM. RSVP to aglass@manna.org, or check this website for details.

**NEW**-Triyouthalon and the Philadelphia Parks & Recreation are hosting the 8th Annual Fairmount Park Family Triathlon & Dualthon. This exciting event takes place on July 15 in Fairmont Park for the whole family! This race is for kids of all abilities, adults, seniors, and families. More information and tickets here.

**NEW**-The future of food and agriculture will be revealed at FoodBytes! NYC. Join this conference to view food startups, investors and industry leaders in this arena. This will happen on in New York City on Thursday, June 15 from 2:00 – 8:00 PM. More information and an agenda here.

**NEW**-Gemma’s Angels, an anti-hunger non-profit in the Central Pennsylvania area, is hosting a fundraising breakfast at the Hershey-Derry Township Historical Society on June 3rd from 9:00 AM-11:00 AM. View the sponsorships and register for the event here.

The Academy of Nutrition and Dietetics with the Obesity Care and Advocacy Network (OCAN) is hosting an Advocacy on the Hill day that includes patient advocates, health care professionals, researchers and representatives from interested organizations. More information can be found here!

This Action for Healthy Kids Calendar will display tons of events, webinars and workshops helping to make school kids healthier.

The Academy of Nutrition and Dietetics is hosting their annual Public Policy Workshop on June 25-26, 2017 in Washington D.C. Everyone is welcome, whether you are a beginner or policy pro. Learn more about the event here!

Do you live near Philadelphia? Then, check out the Free Library of Philadelphia's Culinary Literacy Center. They host creative, forward-thinking workshops to support the community. Click this link to see what they're hosting.

“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*-Government food and nutrition grants are all listed on [Grants.gov](https://www.grants.gov).

*NEW*-Gemma’s Angels is asking for help to write and publish a Mobile Market Seasonal Cookbook as a fundraiser. Recipes would include those based on WIC staples and local, fresh fruits and vegetables. Recipes must be short, with few ingredients, and at 8th grade reading level. Recipes would be tested at and in cooperation and assistance with residents of local shelters. Find out more information about this project [here](#).

Lighten Up Lancaster is looking to identify needs, provide resources, and connect people interested in starting a school or community garden. For more information look to this [website](#) or email them at coalition@lightenuplancaster.org.

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](#).

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