PA NEN News

PA NEN’s 2018 Webinar Lineup!
Join PA NEN and fellow industry leaders from the comfort of your office, and tap into a wealth of information on key nutrition education topics. Check out our list of speakers for 2018.

EatTogetherPA.org is Getting a Makeover!
Keep an eye out for EatTogetherPA.org’s brand new look.

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!

International News

Fiber is good for you. Now we know why.

Peer into what hunger looks like over the holiday season.

What’s the true cost of food on our plate?

Climate may change our health, but it also provides us with an opportunity to start anew.

2017 Roundups:

- FoodTank, a major food think tank, shares there take on the 2017 food movement
- Civil Eats, a food policy and sustainability news real, shares their year in review.
- Take the year in review from the Hartman Group who is leading a 25-year-long study on American’s food and Beverages.

2018 predictions:
- 118 food and nutrition organizations to watch in 2018
- Registered dietitian nutritionists talk about the good, bad and in-between of diet trends for 2018.
- 2018 fitness trends.

Centenarians reveal how they eat to live 100+ years.

India grows diverse crops and trees to save their diet, health, and local environment.

A Tufts professor shares his opinion on the need for humanitarian aid.

With the Keto trend taking over, fat has surpassed sugar in the American diet. Health professionals share their views on the diet.

How can you reinvent holidays for your health?

Registered dietitians take on the worst nutrition advice.

Like Americans, Canadians eat their fair share of processed foods, and this report shows this behavior’s impact on diet quality and health policy.

How much food is wasted, and what is being done to fix it?

National News

College Food Recovery Networks spreads across the U.S., saving millions of pounds of food. 230 college chapters help grow the movement.

Here are just a few examples of cross-sector work for healthier communities.

The Tax bill passed. See the Academy of Nutrition and Dietetics’ stance on the matter.

H.J. Res. 124 will continue government funding through January 19, 2018. The bill includes the Championing Healthy Kids Act that reauthorizes the Children's Health Insurance Program with Prevention and Public Health Fund to pay for these programs. The Academy of Nutrition and Dietetics, along with other
In preparation for the 2018 debate on the Farm Bill, the House Agriculture Committee has launched this webpage that will be updated as the process unfolds.

The US Department of Agriculture released an interim final rule that gives schools the option to serve low-fat (1 percent) flavored milk. This changes what schools are currently allowed to serve which is low-fat and non-fat unflavored milk as well as non-fat flavored milk. Too, the rule provides this milk flexibility to the Special Milk Program and Child and Adult Care Food Program operators serving children ages 6 and older. States will also be allowed to grant exemptions to schools having a hard time obtaining whole grain-rich products acceptable to students during 2018-2019. Schools and will be provided more time to reduce sodium levels in school meals as well.

Delaware’s Division of Public Health (DPH) helped form the Delaware Coalition for Healthy Eating and Active Living (DE HEAL) in 2009. One ongoing effort involves a dynamic and interdependent model for funding healthy weight activities in Delaware. The agency created an online “clubhouse”—a portal where residents can log their healthy activities. When residents log miles (for walking, biking, or other activities), they earn points. And thanks to donations from the private sector, these points then fund wellness programs at local nonprofit organizations. Learn more here.

"Grow-A-Row" is a comprehensive program in New Jersey that educates kids about healthy food options, encourages communities to grow healthful foods to eat, and delivers millions of pounds of food to food pantries and grocery stores across the state.

The US Department of Agriculture intends to offer state agencies greater local control over their Supplemental Nutrition Assistance Program (SNAP). This was stated in the following letter. A statement from the Secretary of Agriculture reinforces this message.

How does the current budget proposal affect The Supplemental Nutrition Assistance Program (SNAP)? See the Center of Budget and Policy Priorities report here.

This government’s administration wants to adjust animal rights rules that would soon take effect for organic egg production.
Food psychology and labeling – if a food be labeled as a snack or meal, will it affect how people eat?

The Food and Drug Administration will decide whether 26 ingredients count as fiber, like chicory root, bamboo, or soy fiber. Manufacturers can use these powders and more to add fiber to their foods.

The US Department of Agriculture says that front of package labeling on food does influence what consumer purchases. Now, they need to decide on a future strategy for their messaging - simplicity or complexity and clarity.

What happens when a town loses its grocery store?

Local News

Pennsylvania: This article talks about the effects of Supplemental Nutrition Assistance Program (SNAP) budget cuts on local communities, grocers, farmers markets, as well as distributors.

Pennsylvania: “Ready Set Grow” is a Farm to Head Start program being implemented across the state. See what this movement is all about, and watch kids as they try new fresh foods by clicking here.

Central Pennsylvania: Our communities benefit from ample amounts of nutrition and food safety resources in the Commonwealth. See them here.

Philadelphia: Food Fit Philly outlines some stellar resources for parents and kids to get active around the city. Scroll down their website here.

Philadelphia: Here is a good read about the need for collaboration within the realm of obesity prevention. In this article, leaders in Villanova’s MacDonald Center for Obesity Prevention and Education and their school of business share their views and multifaceted approach to healthcare.

Hershey: Students involved with public health, medicine and nutrition are getting involved with Penn State Hershey’s international program aimed at improving global health systems. See what this program has to offer.
Check this research titled, "Do nutrition labels influence healthier food choices? Analysis of label viewing behavior and subsequent food purchases in a labeling intervention trial."

A summary and a report called, "The Differences in Characteristics Among Households With and Without Obese Children: Findings From USDA’s FoodAPS” can be found here.

The Healthy Food Policy Project is a collection of information on food policy created by food lawyers and scholars looking to elevate effective food policy as a model for national advocates. More information can be found here.

The National Academy of Science, Engineering and Medicine held a "Workshop on Strategies to Limit Sugar-Sweetened Beverage Consumption in Young Children: Evaluation of Federal, State, and Local Policies and Program" in June 2017. The strategies from this meeting were printed in December and are outlined in this document and a briefing here.

37 countries are in the 2017 Food Sustainability Index (FSI). It uses 58 indicators to measure performance across three focus areas: food waste and loss, sustainable agriculture and nutrition.

From The Society of Nutrition Education and Behavior (SNEB) national conferences, you’ll see handouts about political action in the food realm:

- **Session Title**: "Public Policy Plenary - What’s on the Menu? Federal Policy Implications and Community Solutions Resulting From National Menu Labeling Requirements”
  - Handout 1: 2016 menu labeling slide deck from the Center for Science in the Public Interest

- **Session Title**: "Tackling Food Waste: A Policy, Programmatic and Cross-Sector Approach”
  - Handout 1: The slide deck about tackling food waste slides from Erik D. Olson from the National Resource Defense Counsel
  - Handout 2: The slide deck from Catherine E. Woteki professor of food science and human nutrition at Iowa State University regarding federal research behind food waste.
  - Handout 3: The slide deck from Andy Harig of the Food Marketing Institute about tackling
You can read a copy of the newest January-February Food and Nutrition Magazine.

America’s Health Rankings from the United Health Foundation have been released. This resource provides an analysis of our national health breaking it down on a state-by-state basis. A summary of this year’s findings has been provided and the full report here.

Our daily schedule influences our eating behaviors. That’s why the US Department of Agriculture’s Economic Research Service (ERS) worked with the Bureau of Labor Statistics (BLS) and the Census Bureau to create the 2014-2016 Eating & Health Module (EH Module), a supplement to the American Time Use Survey (ATUS). Beyond their most recent research, the ERS's 2006-08 EH Module produced statistics on time spent in eating, drinking, along with meal planning and meal prep for people age 15 and older and for participants on the Supplemental Nutrition Assistance Program (SNAP). Find all the data listed here.

In the New Year, the Academy of Nutrition and Dietetics is asking nutrition educators to tell their story over all media.

For the New Year, the Society of Nutrition Education and Behavior shared their top resources from 2017. Here’s the roundup:

- Cooking Skills in 21st Century
  - Part 1
  - Part 2
- How can you counter inaccurate health news?

The Food Trust and 50 other national organizations, companies, and foundations provided SNAP Education priorities within the Farm Bill which is being renewed in 2018.

Farm to school policies have been a key strategy for making local food procurement, food education and school gardens happen. This resource outlines the farm to school bills strengthening the movement. It’s called the “State Farm to School Legislative Survey: 2002-2017,” and it reviews state-by-state proposed farm to school policy since 2002, shares legislative trends, provides case studies successful advocacy efforts and other resources for those working to advance farm to school in their communities.
Though National Nutrition Month is not until March, the Academy of Nutrition and Dietetics already released the theme, “Go Further with Food,” and supplemental resources.

25 children’s books that nourish

Top nutrition experts came together to create Old Ways Common Ground, where nutrition becomes something they can all agree on. Find their resources here.

Large institutional food purchasing decisions based on good food values also benefit the local economy and the environment. ChangeLab Solutions has created an infographic to give institutions an overview of how purchasing decisions can contribute to a more equitable food system and what tools they can use to implement health-promoting procurement practices. Another ChangeLab Solutions resource is their model policies that implement nutrition standards in government food service venues.

AARP developed a 2015 update about Food Insecurity for older adults. You can view the entire report here.

Social Media

A Dallas school asks for 50 men to help with a Father’s breakfast, and 600 “dads” answered. This news came from an Instagram share, and the actual article is here. Illustrated bites has wonderful list of materials that marry art, food, and instruction. See a laundry list of pictures here.

Webinars and Podcasts

NEW—On January 9, from 3:00-4:15 PM (ET), this webinar will provide an overview of the Farm Bill reauthorization and will highlight 4 key components: the Healthy Food Financing Initiative (HFFI), Supplemental Nutrition Assistance Program (SNAP), healthy food incentive programs such as Food Insecurity Nutrition Incentive (FINI), and sustainable agricultural and local/regional food system.
development. Whether you’re interested in crop production, food systems, food security, advocacy and more, you can join this talk. More details can be found at this [website](#).

**NEW**—The New Food Economy released a [video](#) series of interviews about how power plays out in our food system. Chefs, politicians and activists were interviewed.

**NEW**—The Society of Nutrition Education and Behavior (SNEB) reached into their conference archives to share talks about food policy. Two recordings can be found below:

- Conference Session 1: “[What’s on the Menu? Federal Policy Implications and Community Solutions Resulting From National Menu Labeling Requirements](#)”
- Conference Session 2: “[Farm to School – What’s In It for You?](#)”

**NEW**—A dietitian’s podcast, Liz’s Healthy Table, brings on pediatric specialist to discuss her passion about feeding children. [Listen in!](#)

**NEW**—Villanova’s College of Nursing hosts forward-thinking nutrition and wellness webinars through their MacDonald Center for Obesity Prevention and Education.

- [Upcoming Webinars](#)
- [Upcoming Workshops](#)
- [Webinar and Workshop Recording Archive](#)

**NEW**—The Stone Barns Center for Food and Agriculture’s goal is to create a healthy sustainable food system for all. One way they do this is through educational sessions that are recorded on Facebook. You can view sessions [here](#).

**NEW**—The Network and the Center for Public Health Law Research hosted a [webinar series](#) for scientists, government and healthcare officials, business and community leaders. It explores the interdisciplinary teamwork necessary to fashion legal and policy interventions in polarized times.

This [podcast](#) called, “Open Source,” addresses what the future of food, nutrition and agriculture holds. Prominent figures in nutrition and public health are guest speakers! Such a good listen.
Politico held a conference called the "Future of Food in a Global Economy". During the discussion, speakers focused on the demand for a healthy, nutritious food system. Watch the conference here.

The James Beard Foundation held their conference on Live Stream on October 24th. The meeting brought food professionals throughout the industry, clinical, community and many other settings. Click this link to see the running list of videos along the right side of the screen. You can click one that interests you most.

Check the National Good Food Network’s archived webinars about Social Justice and Food Access.

The US Department of Agriculture’s Food and Nutrition Services hosts lots of helpful webinars. They house recordings are on their YouTube channel.

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**Events**

Save the Date! The 2018 National Good Food Network Conference on March 27-30, 2018! This event will share ground-breaking strategies, models for those who work in the food system and in the food hub sector. The event takes place in Albicuerque, New Mexico. More information at this link.

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

“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.

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**Grants & Opportunities**
**NEW**-Montgomery County is leading a Resiliency Initiative to strengthen their anti-hunger network and safety net. Direct service and advocacy organizations in this county can apply for a $6,000 stipend as they invest time in this work. Apply by January 22, 2018. Visit the Healthspark’s [website](#) for details. There will be two information sessions to explain participation requirements, eligibility criteria and how to apply. Sessions will be held in the Walton Room at the Community Partners Center at 2506 North Broad Street in Colmar on Thursday, January 4 from 9:00 – 11:00 AM and Monday, January 8 from 3:00 – 5:00 P.M. If you are interested in attending, register [here](#).

**NEW**-Philadelphia urban gardens and vacant lots can get soil testings for free. The City of Philadelphia received a grant from the U.S. Environmental Protection Agency to lead these tests on City-owned lots that could suitable for urban agriculture and green storm water infrastructure projects. Learn more about the project and how to apply [here](#).

**NEW**-University of Pennsylvania’s Robert Wood Johnson Foundation Clinical Scholars Program and the University of Pennsylvania’s Center for Public Health Initiatives (CPHI) created the Penn Community Scholars Program to promote community-academic partnerships and community-based participatory research. A 10-session training was designed to increase community knowledge of the necessary skills and practices for collaborative academic partnerships to better assess the needs and outcomes of community-based work. Ten community-based organizations will be selected via a competitive application process and may have up to 2 individuals attend from their organization. Training will occur on Thursday evenings 5:30-7:00 PM. More details can be found [here](#).

**NEW**-The American Public Health Association (APHA) Annual Meeting & Expo is happening in San Diego, CA on November 10-14, 2018. They are now accepting abstracts for it. The theme of the meeting is "Creating the Healthiest Nation: Health Equity Now." Authors are encouraged to submit abstracts on the theme and current and emerging public health issues. The submission deadline is March 3rd. Details can be found [here](#).

**NEW**-The Robert Wood Johnson Foundation works to improve health and health care for all. To do this, they provide grants across the United States. Browse their [database](#) for current and past grants.

**NEW**-The US Department of Agriculture requested your commentary on food crediting, the system that defines how each food item fits into a meal for the
National School Lunch Program and other federal child nutrition programs. The hope is to receive information from a variety of stakeholders’ perspectives. Your comments are welcomed by February 12, 2018. More details here.

The Journal of the Academy of Nutrition and Dietetics invites authors to submit high-quality research, research briefs, systematic reviews, narrative reviews, case studies, commentaries, and practice articles on the following topics:

- Disaster Preparedness and Emergency Management
- Outcomes Research and Economic Analysis
- Underserved Populations in the United States

Information for authors is available at this website. All manuscripts will be subject to routine peer review. Contact journal@eatright.org with questions.

The Society of Nutrition Education and Behavior (SNEB) invites you to submit abstracts for presentation at their 2018 Annual Conference in Minneapolis, MN on July 21 - July 24. SNEB wants abstracts about research, and programs that relate to behavior change and food choice. The submission deadline is January 15, 2018. More information here.

Isn’t food and nutrition confusing? Ask a COPE registered dietitian for answers! Send your questions to cope@villanova.edu

The Administration for Community Living shares food and nutrition grant opportunities in this archive.

Government food and nutrition grants are all listed on Grants.gov.

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.