



Your Nutrition News Resource

Nutrition News Nibbles - February 27, 2017

**PA NEN News**



[Archive](#)



Update Your Membership



www.EatTogetherPA.org

**PA NEN's Annual Conference is SOLD OUT...We have a Waiting List!**

2017 Annual Conference, "Nutrition Educators: Nourishing the Future - Nutrition, Food Trends, and Beyond," registration is now closed. But, there is a waiting list, just contact [PA NEN](#) to be added to it.

The conference is scheduled for May 1-2 at the DoubleTree by Hilton Philadelphia-Valley Forge, King of Prussia, PA. View the conference [brochure](#) for details.

**National Nutrition Month Resources Abound!**

There is so many we can't even list them here! Instead, we collected them at this [website!](#) Scroll away!

**Have Some News?**

Do you some nutrition news, articles, research, grants, or other opportunities to share? We would love to highlight your information. Email [PA NEN](#) today!

**International News**

This week, we celebrated Dr. Seuss' birthday! [Check some of these foods from his books!](#)

[In France, a ban has been enacted on free refills of sugary beverages to combat rising obesity rates.](#)

The American Heart Association says that the when you decide to eat matters. [But, this is a correlative link – meaning there is more research to be done to make sure this claim is true.](#)

Here are [three steps](#) for verifying scientific research like nutrition! And, [here](#) are some more ideas for analyzing misleading health-focused science.

[How about a juicy vegetarian burgers that taste like real beef but made of a molecule from plant roots?](#)

[A Pacific Island nation strives to band unhealthy food imports that](#)



RESOURCES FOR HEALTH PROS



FOOD POLICY UPDATES

[cause obesity.](#)

[Fathers are less involved than mothers in their child's childhood obesity treatment and prevention.](#)

### National News

[The Grocery industry wants to reduce food waste by minimizing confusion about expiration dates.](#) In this [video](#), an Extension Food Safety Specialist clarifies what's on the labels now!

[The US Department of Agriculture extends a \\$25 million dollar project to identify dangerous strains of E. coli in our beef. Video included!](#)

[A program in California supermarkets will double the amount of money that Supplemental Nutrition Assistance Program \(SNAP\) Participants can spend on their produce. Providing this service in grocery stores, along with farmers markets, will increase the time throughout the year that people can purchase fresh produce for less.](#)

[There is a surprising war going on about using the word, "milk" on packaging. That's because milk producers and their lobbyist don't believe that nut, rice, or soy milk are really milk!](#)

[Ditching trade with Mexico could severely hurt American agriculture.](#)

[Preventing food allergies starts at foods' nutrition labels.](#)

[The American Academy of Pediatrics has called on pediatricians to screen all children for food insecurity and connect hungry children with nutrition resources in their communities.](#)

[A lengthy article reviews the history of the case against sugar.](#)

[A professional committee reports that the dietary guidelines creative process needs adjusted.](#)

[What does Super-Bowl-winning, quarterback Tom Brady eat to stay at the top of his game, and how do experts feel about his strict diet?](#)

[A hospital provides their food insecure patients with farm shares.](#)

[How can we prevent and solve the severe implications of teen hunger?](#) You can see all the dangerous behaviors that are due to hunger in [this report](#).

The House and Senate returned to Washington after recess. They



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will stay in session until April. The confirmation hearing for USDA Secretary Sonny Perdue has not been scheduled. Along with Sonny's confirmation, the 13 USDA appointments still remain in limbo, including the Administrator for the Food and Nutrition Service.

A [study](#) at the Friedman School of Nutrition Science and Policy at Tuft's University found that a relationship between adults utilizing the U.S. Supplemental Nutrition Assistance Program (SNAP) and a higher mortality rates.

[Find a round-up of all that's happening within the political realm of the Supplemental Nutrition Assistance Program \(SNAP\).](#)

[The amount of money spent on the Supplemental Nutrition Assistance Program \(SNAP\) is directly related to a reduction in ER visits – "an increase of \\$100 in SNAP benefits decreased the likelihood of ER visits by 13 percent."](#)

[In Florida, the elimination of the Supplemental Nutrition Assistance Program \(SNAP\) benefits causes an increase in visits to the local food bank.](#)

This [article](#) will help you understand how Supplemental Nutrition Assistance Program (SNAP) benefits play a crucial role in our agricultural system. It also briefs you on why SNAP funding can be found in the Farm Bill or Agricultural Appropriations Act of 2014.

[Expect to see proposals to reduce the Supplemental Nutrition Assistance Program \(SNAP\) funding or add program restrictions as the 2018 Farm Bill discussions begin.](#)

As states threaten to reduce SNAP spending, food pantries already struggle to provide enough food for their participants. [More here.](#)

Food pantry clients in Maine are interviewed. [Hear their story in this broadcast.](#)

[A bill in Arkansas restricts SNAP purchases to foods that have sufficient nutritional value.](#)

[In this program, immigrants learn to run restaurants.](#)

[A restaurateur describes how the cheap labor of immigrants is encouraged because of the cheap price of our food.](#)

[It's okay! The free and reduced-school lunch program is not disposable. Even with eye-opening headlines saying the opposite, we need to step back and really understand their position.](#)

[Certain schools in South Carolina provide free and reduced lunch to their students. But, now a bill is proposed to provide free and reduced lunch to all students.](#)

[An Atlanta school receives funding to provide after school feeding](#)

[programs.](#)

[A New Jersey school district ranked 19th in feeding low-income students a healthy school breakfast. See how their implementation compares to a school district that ranked 4th in the nation.](#)

[The California Department of Public Health just released a mobile-friendly website that will help women and their children receive benefits and nutrition tips from the Supplemental Nutrition Assistance Program for Women, Infants and Children \(WIC\).](#)

[Fruit and vegetable prescriptions from doctors might make fruits and vegetables more affordable to everyone!](#)

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### Local News

**Pennsylvania:** [Review Pennsylvania's plan for a hunger-free 2020!](#)

**Pennsylvania:** [Check out the Food Research and Action Center's factsheet on the state of poverty and food insecurity in Pennsylvania.](#)

**Pennsylvania:** The PowerPacks project shares an awesome family dinner on the Good Day PA show! Find out what they're making [here!](#)

**Chester County:** [Local farms grow for a community-based, non-profit grocery store in Chester County.](#)

**Philadelphia:** [A Philadelphia reporter outlines details on the progress of barring junk food for SNAP participants across the country.](#)

**Philadelphia:** [Philabundance Community Kitchen offers inmates a culinary cooking course. Now, students are becoming interns at restaurants across Philadelphia.](#)

**Philadelphia:** [Philadelphia Public Schools offer Rebel Crumbles, a healthy breakfast option, developed by students.](#)

**Philadelphia:** [Rooster Soup Company donates profits to a local soup kitchen in Philadelphia.](#)

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### Resources

The [National Collaborative on Childhood Obesity Research \(NCCOR\)](#) has released four Measures Registry User Guides to help

childhood obesity researchers and practitioners choose appropriate measures for their research and evaluation efforts. They look at individual diet, food environment, individual physical activity, and physical activity environment.

A recent US Department of Agriculture [pilot program](#) allows fresh produce in the Fresh Fruit and Vegetable Program. [Here are the findings.](#)

You can read this two-page Food Research & Action Center [brief](#) that highlights research and strategies on SNAP's role in dietary quality, obesity, and other health outcomes.

The Public Health Law Center has just released a new resource, "[Reducing Food Waste in Out-of-School Time Best Practices Guide](#)". It provides evidence-based, systems strategies for food service operations and other out-of-school-time food providers. This document was created by the Food Research and Action Center in partnership with the National Recreation and Park Association.

Bacteria found in humans, animals and foods are even more resistant to antimicrobials according to a report on antimicrobial resistance (AMR) in bacteria by the European Food Safety Authority (EFSA) and the European Centre for Disease Prevention and Control (ECDC). The [summary](#) and full report about it can be found [here](#).

This research [study](#) shares how the 2-year sugar sweetened beverage tax reduced the amount of sugary drinks Mexicans were drinking.

Concerns about the process and biases behind creating the Dietary Guidelines led a National Academies review committee to release [their first](#) of four reports to adjust the process. It reviews how the Dietary Guidelines Advisory Committee selection process can be improved to provide more transparency, eliminate bias, and include committee members with a range of viewpoints.

[The US Department of Agriculture released data on food trends from 1970-2014.](#)

The Center of Disease Control and Prevention documents trends in physical activity for every age level from 2008 to 2015. Find out more by reading [the article](#).

A National Partnership shares their "[Making Strides – State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities](#)" report. This resource examines state policy and implementation of public policies behind making parks, sidewalks, and bike lanes more accessible.

Food and Nutrition Services shared their "[Colors of the Day](#)" [activity](#) that exemplifies a Policy, Systems and Environmental change approach to encouraging more fruits and vegetables in

children's diets.

[10 tips from CHooseMyPlate.gov on snacks for families](#)

Drexel's [Eat.Right.Now Newsletter](#) has been published for March with some stellar nutrition tips for National Nutrition Month!

How does your state rank on Food Research and Action Center's School Breakfast Scorecard? [Find out](#).

The Food Research and Action Center and the American Academy of Pediatrics released toolkit, "[Addressing Food Insecurity: A Toolkit for Pediatricians](#)".

To all our public health workers, the [WK Kellogg Foundation has a Logic Model Development Guide](#).

Check out [this page](#) to learn the Congress members assigned to various health and nutrition related committees.

Representative Jim McGovern (D-MA), Ranking Member of the House Agriculture Nutrition Subcommittee, [responded to the Majority's December 2016 report](#) on the Supplemental Nutrition Assistance Program. Since the report was created without input from Democrats, McGovern highlighted in [a letter](#) other testimony to be considered as the Committee continues reviewing SNAP. The press release is [here](#).

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### **Social Media**

February was [#hearthealth month](#)! But, you can promote a healthy heart all year long with some of these resources posted on Twitter using this hashtag!

Why are expiration dates leading to so much food waste? Harvard's Food, Law, and Policy Clinic released a [short video](#) on the matter.

The upcoming 2018 Farm Bill is a hot topic. This [infographic](#) touches on all programs the bill funds. The bill helps to employ registered dietitian nutritionists and nutrition and dietetics technicians involved with the Supplemental Nutrition Assistance Program (SNAP), SNAP-Nutrition Education, fruit and vegetable incentive grants, Expanded Food and Nutrition Program, National Institutes of Food and Agriculture, Human Research Centers, local and regional food system development grants and international food aid.

## Webinar

**NEW**-The Agriculture Committee held a hearing to examine restrictions on unhealthy foods from the Supplemental Nutrition Assistance Program (SNAP). Witness testimony and a webcast of the hearing is [here](#). A representative from the Food Trust was there to testify.

**NEW**-The Society of Nutrition Education and Behavior (SNEB) is hosting a webinar, "The Time is Right for Strong Advocacy on Capitol Hill: Lessons and Insights from Policy Insiders". It will be held on Wednesday, March 15, 2017 at 12:00 PM (EDT). You will learn why getting your voice – as an nutrition expert - heard on Capitol Hill is so important, the legislation that affects what you do, and the various ways to get involved with policy at the local, state and federal level. One continuing education credit will be provided to participants. It's free to all SNEB members and will cost \$25 to non-members. [Register now!](#)

**NEW**-The Training and Technical Assistance Center for Transformation in Communities (TACTIC) is hosting a webinar, "Get Moving – Enhancing Infrastructure to Increase Physical Activity," on Wednesday, March 15, 2017 from 2:00-3:30 PM (EDT). This webinar will share ways to encourage, bolster, and revitalize active transport—like walking, biking, and running. This type of information will be crucial to helping underserved communities who need to manage their built environments. Click [here](#) to register. If you have any questions regarding this webinar, please contact us at [CH-Training@icf.com](mailto:CH-Training@icf.com).

**NEW**-The Food Research and Access Center will be hosting a webinar, "[Improving the Quality and Appeal of Summer and Afterschool Meals](#)" on March 9 at 1:00 PM (EDT). During the webinar you'll hear from sponsors, advocates, and program providers about ways to vary meals, incorporate local foods, and improve the ways meals are served.

**NEW**-[Stephen Guyenet shares more about the brain when hungry.](#)

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](#).

Clancy Cash Harrison is a strong advocate and dietitian striving to reduce hunger and food insecurity for all families! She was a star on the Nourished Child Podcast with Jill Castle. Listen to the [recording!](#)

A 2017 Food Tank Summit brought together prominent food and nutrition leaders! See where nutrition and agriculture policy might be going. Here is the recording of the [morning](#) and [afternoon](#)

[sessions](#).

“[The Time is Right for Strong Advocacy on Capitol Hill: Lessons and Insights from Policy Insiders](#)” is a webinar being hosted by the Society of Nutrition Education and Behaviors (SNEB). It will take place on Wednesday March 15 from 12:00-1:00 PM (ET). During the webinar, you’ll hear from leaders behind the federal nutrition programs, the importance of having your voice heard, and steps to do so. Dietitians and Dietetic Technicians who attend will earn 1 continuing education credit. SNEB members can attend for free and non-members will have to pay \$25.

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 recorded webinars in their [archive](#).

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](#).

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## Events

**NEW**-The Pennsylvania Academy of Nutrition and Dietetics is hosting the Pennsylvania Academy of Nutrition and Dietetics Annual Meeting and Exhibition 2017, “100 Years of Dietetics: Celebration the Past, Navigating the Future!” Visit [their website](#) to learn more about the speakers.

**NEW**-The Central Pennsylvania Academy of Nutrition and Dietetics is having a field trip to Leg Up Farm/Market in York, PA. On Saturday, March 18 from 12:00-4:00 PM (EDT), you can join farm tour, culinary demonstration, and more! It costs members: \$25, students: \$15, and Non-Members: \$35. Three continuing education credits will be provided. More information can be found [here](#).

**NEW**-The Food and Drug Administration is holding a public meeting in Maryland to talk about the definition of “healthy” on food labels. Details [here](#)!

**NEW**-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!](#)

**NEW-**This [Action for Healthy Kids Calendar](#) will display tons of events, webinars and workshops helping to make school kids healthier.

**NEW-**The Pittsburgh Academy of Nutrition and Dietetics spring event, "[Ready, Set, Go: Enhancing Your Professional Skills and Registered Dietitian Nutritionist Day Celebration](#)," will be held on March 8, 2017.

**NEW-**The Central PA Academy of Nutrition and Dietetics will be hosting their 2017 Spring event on March 18th at 12:00 PM. The group will enjoy a tour of Leg Up farms and a "Sustainable Cooking and Eating" demonstration. Register [here](#).

**NEW-**On March 13th at 11:00 AM, the Central PA Food Bank is hosting their "Soup or Bowl" event to support food insecure families across the region. Drink soup and collect beautiful artisan bowls while donating to the cause. Tickets and more information can be found [here!](#)

"5-2-1-0 Speaker Series: The Building Blocks of a Healthy Life" is an event being held by Let's Move Pittsburgh on Thursday, March 9 from 5:30-7:30 PM. This bimonthly event will highlight local organizations who are involved in the 5-2-1-0 movement. This time around, Janine E. Jones, a UPMC Health Plan health coach and Dr. Todd Wolynn, chief executive officer of Kids Plus Pediatrics will be speaking about ways to make sure the next generation gets healthy. Learn more and RSVP at this [website](#).

A hearing will be held on Thursday, March 9 from 8:30 AM-5:30 PM in the Hilton Washington DC Rockville Hotel. Up for discussion is the Food and Drug Administration's definition of "healthy" on packaged foods. RSVP and find more information [here](#).

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!](#)

The Central PA Dietetic Association is hosting a spring legislative event – a breakfast, garden tour, and student health fair on April 20 at the Big Spring School District. More information will follow. In the meantime, [here](#) is the save-the-date.

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.

The Grocery Manufacturers of America is hosting their [GMA Science Forum](#) on April 18-21, 2017 in Washington, DC. They'll cover everything from food labeling, food imports, allergen

research, establishing sound science priorities within industry and other stakeholders, and much more.

“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**-The US Department of Agriculture has \$27 million in grants available to fund projects that work to strengthen the market opportunities for local and regional food producers and businesses. [Apply by March 27, 2017](#).

**NEW**-The Pennsylvania Race to the Top Family Meals Workshops Grant Opportunity is being offered by the Office of Child Development and Early Learning (OCDEL) to early childhood programs participating involved with Keystone STARS. Fourteen grants at (\$2,500.00 each) will be given to 14 childcare programs participating at STAR level 2, 3 or 4. Applications are due March 24th, 2017. Contact Amy Requa, MSN, CRNP Health Consultant over [email](#), at 484.463.8910 (office), or at 610.613.3493 (cell).

**NEW**-The James Beard Foundation is offering their Women in Culinary Leadership 2017 positions. It’s available to women interested in working in culinary, management, and entrepreneurial positions while working in established restaurants. Applicants will enter into an eight-month program for training in either Chef Management or Hospitality Management. \$600.00 (subject to all applicable taxes) for a 50 hour maximum work week will be paid to the mentee by her mentor. [Apply today!](#)

**NEW**-One key barrier for advocates working to reduce junk food marketing in schools is that policymakers are unfamiliar with the issue. You can help point out these marketing tactics by picturing food marketing examples. These might include: branded posters, signs, fronts of vending machines, display racks in cafeterias, education materials, or school supplies. Contact [Colin Schwartz](#) if you are willing to help, and he can send more information.

New community cooking classes are being hosted at The Allen Center for Nutrition at Cedar Crest College in Allentown, PA. Their Health Starts in the Kitchen program offers small group cooking classes in its state-of-the-art teaching kitchen. You can attend this Kitchen's program. Or, if you are a food professional, Chef, Registered Dietitian and other culinary expert - you are invited to lead cooking demonstrations, teach cooking classes, provide food

tastings or offer other nutrition and food-related services. Revenues generated from this program will be used to provide free classes to under-served populations in their community. Visit their [website](#) or register for an [event](#). Contact [Denice Ferko-Adams](#) for details!

The University of Kentucky Center for Poverty Research is looking for proposals on food security using data from the Panel Study of Income Dynamics. The research must look into longitudinal household food insecurity and its links to food assistance program participation, work, income, consumption, health and wealth. Principal investigators for these grants must have a Ph.D. or equivalent academic degree and be employed at a college, university, or research organization. Members of minority and underrepresented groups are strongly encouraged to apply. It is likely that 5 grants at \$40,000 each will be given. Proposals are due by March 29, 2017. [Read about this opportunity](#).

The US Department of Agriculture announces that \$27 million dollars in grants that are available to bring local and regional foods to market. The request for application and more information can be found [here](#).

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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View the full funding statement by clicking [here](#).