



Your Nutrition News Resource

Nutrition News Nibbles - January 16, 2017



[Archive](#)

PA NEN News

Calling All Young Professionals!

Calling all young professionals (with 7 years or less of experience)! We have a scholarship for you - a chance to get free admission to PA NEN's Annual Conference in May 2017. All you need to do is present your recent work or research during our poster session. Click [here](#) for submission details.

PA NEN's SNAC Materials

Fair warning! PA NEN's SNAC materials have been deleted from PANEN.org. In their place are a list of updated, relevant fruit and vegetable materials. Find it [here](#).

International News

[In war-stricken areas, food provisions becomes a critical part of Doctor's care.](#)

[Spirulina is trending. What's a dietitian have to say about it?](#)

[Prenatal care and the environment kids grow up in affect their behaviors in the future.](#)

[We're talking about a growing food system for the world.](#)

[Quick, creative tips for expanding the diet of a toddler](#)

Why sugar is not the primary cause of obesity? These articles walks you through a detailed history and politics behind the sugar controversy - [here](#), [there](#) and [again!](#)

[What can parents do to reduce the chances that their child suffers from a peanut allergy?](#)

Pennsylvania uses gleaning programs to reduce food loss during harvest time. This is one solution for reducing food waste. This [article](#) calls the world to brainstorm how to decrease food loss at the farm level.

In this [article](#) you'll find the link to the "best diets" of 2017 and the criteria used by health professionals to pick the winners.

[Bacteria resistant to antibiotics may be an issue in animal farms. But, these bacteria might also affect people who eat that meat.](#)

National News





RESOURCES FOR HEALTH PROS



FOOD POLICY UPDATES

[ChooseMyPlate and the President's Council on Fitness, Sports & Nutrition, involved with getting people more physically active, teamed up to help motivate Americans to become healthier.](#)

[Is healthy food more expensive, or is it our perception that makes it more pricey!?](#)

[The Supplemental Nutrition Assistance Program \(SNAP\) should match the foods that can be purchased with the Dietary Guidelines for Americans.](#)

[Colorado notes a marked improvement in enrollment on the Supplemental Nutrition Assistance Program \(SNAP\). Still, enrollment remains below the national average.](#)

[A bill suggests a more lenient approach to allowing drug felons on the Supplemental Nutrition Assistance Program \(SNAP\).](#)

The new House and Senate Agriculture Committees have been announced. Senate members are [here](#).

[Trump picked his new Secretary of Food and Agriculture.](#)

[What could farm and the Supplemental Nutrition Assistance Program \(SNAP\) policy look like under the Trump administration?](#) More food and ag speculation can be found [here](#).

[What will food served and healthy food initiatives look like from the White House look like?](#)

[Pediatricians take on childhood hunger by recommending various supplemental nutrition programs.](#)

[One elementary school in Nebraska shows that the grab-n-go breakfasts increased the number of kids participating in school breakfast.](#)

[Jobs in foodservice help people with developmental disabilities.](#)

[Latinos and other minorities in metro areas worry about their safety when they try to exercise or walk outdoors. See the stats and what's being done about this issue.](#)

2017's food trends:

- [From a dietitian who advocates planning healthy food choices ahead of time](#)
- [From an NYU dietitian](#)
- [From the International Food and Information Center](#)

[Howard County Unsweetened is a campaign that successfully used the Policy System and Environmental \(PSE\) Change model. Soda sales have dropped 20% in that county.](#)

[Here](#) is a little history lesson about why Americans eat the way they do.

[A food and supply donation box for those is placed outside of buildings and churches. It's a wonderful, new type of "food pantry"!](#)

[Neural tube defect prevention involves eating foods with folic acid or supplementing pregnant women. Now, which is the most effective intervention?](#)



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Local News

Pennsylvania: Pacific Coast, wild-caught salmon may have tapeworm. More details [here](#).

Pennsylvania: [Those eligible for the Supplemental Nutrition Assistance Program \(SNAP\) will have a chance to get their food delivered because of this pilot program!](#)

Pennsylvania: [Bees and other pollinating insects are necessary to make 1/3 of our food grow. But, their populations are in trouble.](#)

Pennsylvania: [Penn State Nutrition Links shares some awesome ideas for using in-season citrus.](#)

Pennsylvania: [Dutch Valley is recalling their Cappuccino Mix because of a potential Salmonella contamination.](#)

Pennsylvania: Palmers Candies recalls a variety of chocolates because of potential salmonella contamination. Expiration dates and chocolate products are outlined [here](#).

Pennsylvania: [A Penn Stater writes about how exercise during pregnancy can help women suffering from psychological issues and stress. She focuses on women who had previous miscarriages.](#)

Philadelphia: [A local dietitian shares "6 dos and don'ts" for your New Year diet.](#)

Lebanon: [WeCan is an awesome family-based nutrition program in Lebanon!](#)

Philadelphia: [A Philadelphia dietitian shares the truth behind some 2017 health and food trends.](#)

Pittsburgh: [The 5-2-1-0 Speaker Series shared the successes of Lets Move Pittsburgh over the past 5 years, along with sneak peeks of what's ahead. A fabulous PANEN member, Judy Dodd, was one of the highlighted speakers.](#)

Pottstown: PA NEN member highlight! David Genova of Pottstown School District has won the Let's Move Active Schools LearnFit Essay Contest! [Check the highlight.](#)

State College: [Volumetrics, a diet plan created by Penn State dietitian and researcher ranks #2 in the "Best Diets" of 2017 list.](#)

Resources

Dietitians, dietetic technicians, and nutrition students who are a part of the Academy of Nutrition and Dietetics have access to the Evidence Analysis Library. This resource was created by professionals in our field that rank the credibility of the research behind various disease states and prevention. You can check it out [here!](#)

[Check the major changes to the clinical guidelines for preventing peanut allergy.](#)

You can keep up-to-date on the latest anti-hunger movements by going to the [SNAP-to-Health website](#), an open-forum on supplemental nutrition programs. You can also sign-up to receive their [Newsletter](#) in your inbox.

MyPlate is hosting a New Year's "Realsolution" challenge. [See rules and take the](#)

[challenge today!](#)

Federal laws allow food manufacturers, distributors, and retailers to make sure foods are wholesome, safe, and handled under sanitary conditions. This [Congressional Research report](#) sheds light on the federal agencies that strive to enforce these laws to keep our food safe.

Ednet, a monthly National Food Safety Educator's Network newsletter is [here!](#)

Unlike the declaration of the [New York Times article](#), a [report](#) from the U.S. Department of Agriculture indicates there is little difference between Supplemental Nutrition Assistance Program (SNAP) and non-SNAP grocery purchases. All food groups varied by no more than 3 cents per dollar.

Social Media

One of the most important ways of improving physical activity in Latino children is increasing access to safe spaces for activity. Share [this video](#) over social media to spread the word.

Calling all foodies, dietitians, students – [check three tips to grow your social media brand over Instagram](#).

[A breastfeeding emoji for Apple smartphones will be available in 2017](#)

Food banks and pantries can encourage their communities to utilize their resources through social media. Here are a couple examples:

- [Montgomery County Food Bank in Houston](#)
- [The Central PA Food Bank](#)
- The [Commission of Economic Opportunity](#)
- [Philabundance](#)
- The [Greater Pittsburgh Community Food Bank](#)
- The [Gleaning Project of South Central PA](#)

Webinar

NEW-Sam Kass, the former White House Chef and Senior Policy Advisor for Nutrition, speaks about the importance of feeding kids well in this [TEDtalk](#).

NEW-Meals on Wheels of America is hosting a Grant Writing webinar on January 24, 2017. Join Pat Bohse, of Bohse and Associates Inc., for her presentation on how to get the best funding for your unique organization. Grant writing can seem overwhelming, but you'll gain essential tools - pulling together essential documents, identifying possible funders, and so much more. Learn more and register [here](#).

NEW-On January 31 at 1:00 PM (ET) a US Department of Agriculture Food and Nutrition Service's webinar will provide evaluation tools for the Supplemental Nutrition Assistance Program-Education Population. [Register today](#).

NEW-Calling all dietitians and dietetic technicians - if you have to complete a professional credentialing portfolio for the Commission of Dietetic Registration (CDR), you can attend CDR.net webinars about the updated website and requirements.

Registration opens on January 27, but you can review the webinar dates [here](#).

NEW-“Weighing In on Wasted Food” was a webinar hosted by the Produce for Better Health Foundation. It looked at reducing food waste across the entire food supply chain. Watch the recording [here](#). A follow-up webinar will be hosted January 31 at 2:00 PM (ET). That session will discuss what farmers are doing to turn the tide and reduce food loss. Register [here](#).

NEW-A registered dietitian and PA NEN member, Malorie Blake from Wholesome 365, presented the latest diet trends! You can listen to her on the Whole Scoop Blog Radio Talk show recording [here](#).

Are you concerned about hunger and the stigma associated with food insecurity programs? You will be after hearing Clancy Harrison RDN. Check out her [TEDx talk](#). Great job Clancy!

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](#).

These [videos](#) highlight the research behind the US Department of Agriculture’s ability to keep our food safe. You’ll also find magazine articles, podcasts and blog posts at their website!

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](#).

Events

“Public Health 3.0: Moving Public Health Forward” is an event being held at the Hamilton Health Center in Harrisburg, PA on February 23 from 10:00 AM to 3:00 PM. It will focus on how environments impact and how their related to health outcomes. [Here](#) is the Save the Date for more information.

The Consumer Food Safety Education Conference, “Advancing Food Safety through Behavior Change” is being held in Washington, DC from January 25-27. Registration information can be found [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.

The Pennsylvania Association for Sustainable Agriculture is hosting a conference “Farming for the Future: Hope, Farm, Heal” from February 1-4, 2017. Registration is now open. Find more details [here](#).

Registration is now open for the National Anti-Hunger Policy Conference in

Washington, DC on March 5-7, 2017. You can see pricing information and register [here](#). Register by January 13 for a discounted rate.

“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 Anti-Hunger Organizations (NAHO) recommitted to making sure the low-income have a strong food and nutrition safety net. They [wrote a statement](#) to the incoming Congress and the President-Elect to safeguard these programs. National, state and local organizations can support federal nutrition programs by signing your organization onto [this advocacy letter](#) due March 1. It will be used during Lobby Day on March 7.

NEW-Food Corp is now accepting applications. They need people who want to serve healthier food in high-need schools, deliver nutrition education and create a culture of health throughout the school. Learn more about the application [here](#).

NEW-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 US Department of Agriculture (USDA) is having its 2nd Annual, “Show Us Your Tray” photo contest. This is a recipe contest which asks schools to share how they’re using the USDA foods. Recipe photos need to be in by February of 2017. Contest details can be found [here](#)!

In late November, the Food and Drug Administration published a [request for research, information and comments](#) to help it determine whether certain isolated fibers should be added to the definition of “dietary fiber” and published as part of the Nutrition Facts Label. You can add your input!

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.](#)