



Nutrition and Food Resources



Resources  
for Food & Health Pros

PA NEN Events



Food Politics



Your Nutrition News Resource

Nutrition News Nibbles - January 2, 2016



[Archive](#)

**Make the Most Out of This Week's Nutrition News Nibbles!**

This, my friend, is a pretty extensive E-Newsletter! We want to make navigating it a little easier. Click on the following titles within the table to jump right to your favorite section of the News Nibbles!

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Update Your Membership

**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](#).

**Be Awesome in 2017 by Joining PA NEN's Board of Directors!**

An exciting opportunity is here! PA NEN is looking for PA NEN members to serve on our Board. Serving on the Board is a fulfilling opportunity for many reasons. You will:

- Have the chance to pursue [PA NEN's mission](#).
- Ensure that effective, evidence-based nutrition resources are available for low-income Pennsylvanians.
- Be a part of a team of forward-thinking people who are passionate about nutrition and helping those in-need.

To learn more about this exciting opportunity and to be a part of PA NEN's continued growth, visit our [website](#).

Questions can go to [rgorton@phmc.org](mailto:rgorton@phmc.org).



[www.EatTogetherPA.org](http://www.EatTogetherPA.org)



RESOURCES FOR HEALTH PROS



FOOD POLICY UPDATES

### International News

[The mesentery – an organ within our body that you never knew about.](#)

[This new product may extend the shelf-life and change the supply chain of fresh produce.](#)

[Tourism in Cuba causes a rift in their food system. Locals are not getting fed.](#)

[8 ways dietitians changed their diets over the years.](#)

[A food industry-supported study refutes the World Health Organizations' sugar restriction guidelines.](#) Dietitians [weigh in](#) stating that sugar isn't necessarily the villain of our health issues. There are a lot of contributors to an unhealthy diet.

[Often, nutrition study findings seem to conflict with each other. Let's look behind the scenes of one of them: Is butter bad or good for you?](#)

[London suggests awesome tricks to reduce food waste.](#)

[Food is used as a weapon in Nigeria, as most suffer from food shortage.](#)

The [Food Sustainability Index](#) is a tool that will help us understand the complexity of our food system, see what countries are mitigating issues, and developing actions steps for the here and now.

["There are many precursors to being overweight. That means we cannot treat it like one disease. Like cancer, there are many different types."](#)

[Urban farms spread around the world improving food security and the economy.](#)

[Is food an addiction, and can we suffer from withdraw because of it? Scroll to the bottom to see a dietitians strategies for these cravings.](#)

["Learn to love your food, I would say. Because it reflects how you love yourself, and the way you live your life."](#)

### National News

New Years Articles!

- MyPlate is hosting a [5-week New Year's challenge](#) with



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excellent resources, video tips and creative ways to stay healthy. This week brings you, they bring you great ways to sip smart and exercise.

- [Some food resolutions that are worth it.](#)
- [An argument against weight loss as a New Year's resolution](#)
- [One food researcher gives creative tips for losing weight.](#)
- [2017's food trends](#)
- [Tips for shopping on a budget during the New Year](#)
- [Resolve to build up your gut microbes.](#)
- [Washington Post staff decided to try 5 diets this New Years. Which of them will work? Read on to find out more!](#)

[People who have less money, workout less. If this is true, here are some solutions.](#)

[One dinnertime rule that gets picky kids eating right.](#)

[A medical school takes their students into the kitchen.](#)

[Health conscious shoppers might be overspending because they assume healthier options should cost more.](#)

[Losing all the weight is just the beginning. Follow this man's journey after the weight was lost.](#)

[Tainted seafood from other countries cause major food safety issues.](#)

[The National Resource Center for Action Against Food Waste is a new partnership between the Rockefeller Foundation, the US Department of Agriculture and the Environmental Protection Agency.](#)

[Agrihood in Detroit is a two acre farm and orchard that will donate all produce to the neighborhood, local churches, and food pantries!](#)

All over the U.S. the threat of hunger, food insecurity still rings true. In this case, let's look at [Colorado](#) and the [Silicon Valley](#).

[Schools are now required to come up with a plan to encourage healthier foods in school, whether it's in the vending machines, classroom or school cafeteria.](#)

[Learn about what was most recently implemented in schools because of Healthy Hunger Free Kids Act or Child Nutrition Reauthorization Act.](#)

[A grant buys a bus that will feed hungry kids over the summer](#)

[In Arizona, public schools are trying to serve healthy meals to their hungry children three times a day.](#)

[In Boston, fresh, healthy food is delivered on a school bus.](#)

[In Charlottesville, Virginia they're planning to serve local foods on](#)

[their school's menu.](#)

[Schools served breakfast and lunch over the holidays. Check out their uniforms!](#)

[A Wisconsin school serves free school breakfast for all and serves as a model program for their state.](#)

In Boston, a doctor spent a lifetime treating malnutrition. [Here is her story.](#)

[2/3 Supplemental Nutrition Assistance Program recipients are seniors, children, or the disabled.](#)

[Poverty and hunger strike cities. See how these conditions affect residents.](#)

[A Wisconsin governor proposes to drug test Supplemental Nutrition Assistance Program participants.](#)

[Flint's grocery stores receive an upgrade to help rid of the health repercussions from their water supply.](#)

["Did you know, though, that for every 20 bags in food given to Americans in need, only one or two come from private charity?"](#)

[A case is filed because people aren't getting their Supplemental Nutrition Assistance Program benefits in a timely manner.](#)

The US Department of Agriculture created standards to increase access to healthy food choices for participants in the Supplemental Nutrition Assistance Program (SNAP). The rule requires SNAP authorized retail establishments to increase the amount of healthier food options. Previously, a retailer could participate in the program with a minimum inventory of 12 items; now, it's a minimum of 84. A summary of this change is posted [here](#). An even more detailed summary can be found [here](#).

[Less foods will be wasted because of the newly proposed "Best If Used By" date.](#)

A [health claim petition](#) was filed by the American Heart Association, and the Food and Drug Administration has [announced](#) that they want to amend the regulation on health claims regarding dietary saturated fat and cholesterol and the risk of coronary heart disease. That means, fruits and vegetables that are not "low fat" or "low cholesterol" might be marked that they are still good for you. Click [here](#) to read the proposed rule.

[Carrageenan, a food additive used to keep foods thick and creamy, is linked to cancer and will be taken out of organic foods.](#)

[Serious question – Are you really drinking "milk" if it comes from a nut, seed, or coconut? Congress says, "No!"](#)

## Local News

**Pennsylvania:** [The 117 food organizations to watch in 2017! Pennsylvania made its mark three times on this list!](#)

**Pennsylvania:** [Dive into these 21 places to eat across the state.](#)

**Pennsylvania:** [Olives stuffed with anchovies have been recalled because of a quality control issue.](#)

**Philadelphia:** A tax on soda and other sugary beverages has been implemented in Philadelphia.

- Here is a [list](#) of foods that are and aren't taxed.
- Check the [benefits to a soda tax](#).
- [See people's reaction to the tax](#).

**Philadelphia:** [Philadelphia was one of the first cities to place grocery stores in low-income neighborhoods, allowing all people access to healthy food. However, this was just the first step in implementing community-wide healthful changes.](#)

**Philadelphia:** [Integral programs across the city are making sure everyone has access and the ability to use healthy, affordable food.](#)

**Philadelphia:** [2017 Philadelphia food trends](#)

**Philadelphia:** [150 Philadelphia public school students taste-test and approve their school lunch.](#)

**Pittsburgh:** [One of the favorites from last year's PANEN conference, Kathy Parry Gillen, shares ways to rid of your sugar habit to kick off the New Year!](#)

**State College:** [Penn State students share how to eat healthily in their cooking videos.](#)

**State College:** [A Penn State undergrad shares her experience in the nutrition science lab at NASA.](#)

**State College:** [Nutrition Students at Penn State teach children the benefits of being healthy!](#)

**State College:** [Penn State researchers use brain imaging to figure out the brain centers associated with obesity.](#)

**State College:** [Penn State researcher, Barbara Rolls, looks at the question – does protein actually make us feel fuller, longer?](#)

## Resources

SNAP to Health released a new [website](#)! It acts as a virtual town hall for discussion of nutrition, obesity, and food insecurity across the nation. The site collects data and innovation behind improving the health of Americans on SNAP (Supplemental Nutrition Assistance Program), formerly known as the Food Stamp Program, and WIC (the Supplemental Nutrition Assistance Program for Women, Infants, and Children).

The Eat. Right. Now, the program published their [January Newsletter](#) with a lot of awesome information!

The Healthy Food Bank Hub from Feeding America printed a [Brussels sprout newsletter](#) with a yummy recipe using food bank ingredients.

The US Department of Agriculture printed a report called, "[Running A Food Hub: Assessing Financial Viability](#)".

Did you know, the Dietary Guidelines [website](#) is officially optimized for mobile devices.

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## Social Media

MyPlate, MyWins created an infographic called, "[Turn those Resolutions into Real Solutions](#)".

Website: The U.S. Department of Agriculture released an infographic sharing what food insecurity looks like, how many people suffer from it, and how they cope! See it [here](#), and click on the image to enlarge it.

The Society of Nutrition Education and Behavior printed their [Social Media Nutrition Education Promotion and Participant Recruitment Guide](#).

Schools across Philadelphia are using the hashtag, #HealthySchoolPhl, to share all the healthy happenings. Follow the hashtag [here](#).

Have you seen the "How To" cooking videos from another Social Marketing Campaign, "[Cooking with Kids for a Healthy Future](#)"?

This rap video was produced by inner-city kids who are a part of a nonprofit, Appetite for Change. [The video is called, "Grow Food"](#)!

## Webinar

*NEW*-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!

*NEW*-A registered dietitian and PANEN member, Malorie Blake from Wholesome 365, is presenting on the latest diet trends. Join her on the Whole Scoop Blog Radio on January 12 at 7:00 PM. Listen in by calling 347-855-8894. Later, a recording will be posted [here](#).

*NEW*-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!

On Wednesday, January 11 at 3:30-5:00 PM (ET) a webinar will look at case studies and best practices behind the farm to early childhood education initiatives. The event is hosted by a partnership between Social Impact Advisors, National Farm to School Network and the BUILD Initiative. These [case studies](#) will share how communities are bringing farms and healthy food to vulnerable communities. You can register [here](#).

Food Tank hosts Food Summits across the nation to address important questions within our food and agriculture systems. View the meetings on their [video page](#).

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*-“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.

*NEW*-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](#).

*NEW*-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.

*NEW*-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.

*NEW*-The School Nutrition Association is hosting their School Nutrition Industry Conference on January 22-24 in Orlando Florida. You can attend lots of different sessions - from taste testing new US Department of Agriculture foods to learning how to document the new nutrition standards for school lunch. Learn more about the program and registration, [here](#).

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, 2016. 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](#).

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### **Grants & Opportunities**

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](#).