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.

Annual Conference Registration Opened!
We are excited to announce that the 2017 Annual Conference, "Nutrition Educators: Nourishing the Future - Nutrition, Food Trends, and Beyond," registration is now open! On May 1-2, come join your fellow nutrition professionals at DoubleTree by Hilton Philadelphia-Valley Forge, King of Prussia, PA. Details below!

- Click here to register online.
- Download the printable registration.
- View the conference brochure.

If you have any questions, please do not hesitate to contact PA NEN.

Be Awesome 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 PA NEN.

Nutrition News Nibbles to Print Every Two Weeks
This Newsletter will now be printed every two weeks. In doing this, we're trying keep our members at the top of their game with the most pertinent local and international nutrition news, food and behavioral research, continuing education webinars for health professionals, resources for teaching nutrition, along with grants and opportunities in this field.
<table>
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<tr>
<th>Have Some News?</th>
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<tbody>
<tr>
<td>Do you some nutrition news, articles, research, grants, or other opportunities to share? We would love to highlight your information. Email PA NEN today!</td>
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<tr>
<th>International News</th>
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<tr>
<td>Review the political controversy behind the Canadian nutrition label.</td>
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<td>How can you grocery shop healthier and on a budget? Find out here. Notice AARP’s “Fresh Savings” program to help those on the Supplemental Nutrition Assistance Program (SNAP) to purchase healthier foods.</td>
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<td>Breakfast makes us thin. This assumption shares how simple nutrition science could sound but how tricky it actually is.</td>
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<td>No gym over the winter – here are some tricks to fit in that workout!</td>
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<th>National News</th>
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<td>Dietitians share tips for Super Bowl snacks!</td>
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<td>Senate Agriculture Committee confirmation hearings for Sonny Perdue are not expected until mid-February. He will have a background check completed and an investigation of his financial holdings beforehand.</td>
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<td>The Senate Agriculture Appropriations Subcommittee has been finalized. This committee has a hand in dietary recommendations, Child Nutrition Reauthorization, food labeling, and federal nutrition programs. The committee’s roster is here.</td>
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<td>The federal government wants to invest in food hubs to empower small and midsize farmers, who may not be able to deal with large food wholesalers.</td>
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<td>The arctic apple that doesn’t brown when sliced will hit store shelves in the Midwest in February.</td>
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<td>Supertracker, Myplate’s free online diet and physical activity tracking tool, now includes the Presidential Champion program. Anyone who uses the site can participate.</td>
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<td>How will a U.S.-Mexico wall potentially affect our food prices? U.S. food and farm companies voice their worries about the tariffs and</td>
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trade issues with Mexico.

Though American soda consumption is lower than previous years, rates have stalled.

What a thought! This student wants to use post offices to make food shares more available to communities who need them most.

Some families struggle to pay for reduced-priced lunches. So, donors offer to pay children’s lunch debts.

Can milk alternatives, like almond or soy, really be called “milk”?

How does increasing Supplemental Nutrition Assistance Program (SNAP) benefits promote healthier behaviors?

In Indiana, former drug felons will be able to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

Colorado is now processing food stamp applications fast enough to meet federal guidelines.

This school foodservice director has championed healthier meals in her schools serving 84,000 students.

Community eligibility programs allow for all kids in this high school to receive free meals. See its impact.

The Connecticut Department of Education is asking for sponsors to support their summer meals program.

Schools in Miami make big-time changes to their foodservice facilities. Here is what resulted!

A Southwest Kansas Summer Food Service Program Summit tries to tackle childhood hunger in their state.

1 out of 4 Native Americans live in poverty and many lack access to healthy food. But, a movement is helping change these statistics.

Local News

Pennsylvania: Pennsylvania Nutrition Education Tracks’ 4th Grade Vegetable Core was just highlighted on SNAP-Ed Connections website!

Pennsylvania: A local dietitian shares some heart healthy recipes on Good Day PA! Watch her presentation here.

Pennsylvania: The Pennsylvania Department of Education
announced recipients of this year’s Farm-to-School mini-grants.

**Philadelphia:** Common Market is a program in Philadelphia that is striving to get fresh-grown produce to the Philadelphians who need it most. Watch her story [here](#)!

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**Resources**

For the most recent federal and state nutrition updates, the UConn Rudd Center for Food Policy & Obesity publishes this [extensive monthly report](#). For more updates regarding legislation, look at their legislative database [here](#), or sign up for monthly updates by contacting Whitney. The UConn Rudd Center’s monthly [e-newsletter](#) is also available with food policy, research, and advocacy updates.

The US Department of Agriculture printed, “U.S. Trends in Food Availability and a Dietary Assessment of Loss-Adjusted Food Availability, 1970-2014”. You can find the report [here](#), and a dietitian’s brief commentary about it [here](#).

Feed the Future is a government organization striving to solve global food security. See their [website](#).

The Congressional Research Service has issued this [summary](#) of domestic food assistance programs for members of Congress and their staff. The report includes data, summaries and legislative moves behind U.S. Department of Agriculture and Health and Human Service Programs.

Partnership for Food Safety Education and the Food and Drug Administration’s Center for Food Safety and Applied Nutrition released a new education resource, "The Consumer Food Safety Educator Evaluation Toolbox and Guide". It is a planning and evaluation guide with tips, tools, and examples to help consumer food safety educators develop, implement and evaluate their programs and activities. More can be found on this [press release](#).

The US Department of Agriculture’s Economic Research Service created this map, The Food Access Research Atlas, to share low income areas without access to grocery stores. They also printed this report, "Low-Income and Low-Supermarket-Access Census Tracts, 2010-2015".

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**Social Media**

Feeding PA makes sure our state’s food banks are able to feed Pennsylvanian’s nutritiously. They share all their adventures
The Food and Drug Administration created an infographic sharing what fish pregnant women can eat.

**NEW**-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.

**NEW**-The Pennsylvania researcher who lead this study, “Measures of Retail Food Store Environments and Sales: Review and Implications for Healthy Eating Initiatives” will present her findings. Join the Society of Nutrition Education and Behavior (SNEB) during this journal club webinar on Monday, February 13 from 12:00 - 1:00 PM (ET). 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.

**NEW**-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!

**NEW**-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.

**NEW**-On February 17 at 12:00-2:00 PM (ET), The National Academies of Science, Engineering and Medicine’s Roundtable on Obesity Solutions will host a webinar about the research and link between sleep and obesity risk. You can learn more and register here.

**NEW**-“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.

**NEW**-“Improving Diabetes Screening and Referral to Prevention Programs: A Healthy People 2020 Spotlight on Health Webinar” will be happening on February 21 at 12:30 PM (ET). Find out more on this website.
**NEW**-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!

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 and 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**

**NEW**-“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](#).

**NEW**-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](#).

**NEW**-You can support the Central PA Food Bank by attending their 2017 Williamsport Soup & a Bowl event. It is being held at Genetti Hotel and Suites in Williamsport, PA on February 17 from 11:00-5:30 PM. Tickets cost $25-30 dollars. Learn more [here](#).
NEW-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!

“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 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.

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-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!

**NEW**-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 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.

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](#).

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](#).

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](#).