



Your Nutrition News Resource

Nutrition News Nibbles - July 1- August 10, 2017

### PA NEN News



[Archive](#)

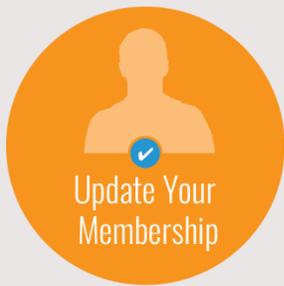
#### **Have Some News?**

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

#### **EatTogetherPA.org is Getting a Makeover!**

Keep an eye out during the month of August for [EatTogetherPA.org's](#) brand new look.

### International News



Update Your Membership

Those who are getting older and are having trouble remembering things - maybe it's time to train your body to help your brain. This [article](#) describes some research that was done to link the muscle strength of your upper and lower body to the strength of your mind.

Feeding a baby, baby food is essential but feeding a baby food that contains lead is not ideal. According to this [article](#), the Food and Drug Administration has found small traces of lead in certain baby foods.

Is fruit juice really that great for you and your children? 100% fruit juice is supposed to be the best, right? Read Pediatric's journal article to find out what age group really should not have fruit juice and what juices could be harmful to our bodies in certain circumstances. [Click here](#).

Long term weight management is so difficult to some that have lost some weight and are trying to keep it off! Here is a peek into insight on some reasons as to why it is so hard. [Click below!](#)

[This guy swims to work, so he can miss the commute traffic.](#)

[A detailed story about why so many people all fell for clean eating](#)

[Turn your favorite food pictures into recipes; this app will be able to do that.](#)

[13 things to know about your kitchen knives](#)

A study shows that improving one's diet over time, regardless of



www.EatTogetherPA.org



#### RESOURCES FOR HEALTH PROS



#### FOOD POLICY UPDATES



Contact PA NEN  
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the diet chosen, may reduce the risk of death. This [study](#) is an association not causation. It's limited because it focused on white health professionals. More research needs to be done, but the results are promising.

[7 food heroes who have changed the food world forever](#)

[Researchers take preventative measure with a healthy population by offering behavioral nutrition counseling. It seems like this type of approach takes longer, is less effective and is more costly than the impact of nutrition and health policy change.](#)

[A new International Food Information Council Foundation survey shares that people are still confused about food and nutrition concepts.](#)

Nutrition science isn't off-base, incorrect, or always swapping positions. It's just challenging to do. [See why.](#)

Bloggers criticize one of the fathers of nutrition, and nutrition researchers decide to counter their opinions. [See what they have to say.](#)

This [imagery](#) captures the "invisible problem of first world hunger".

Does giving up meat really help the environment? [Let's see.](#)

[If you exercise to burn off all the bad things you have eaten, are you following nutrition advice?](#)

[What are long term issues of weight gain when you're between the ages of 18-55?](#)

[After Brexit, Brits fears that new trade agreements with America will cause our chlorinated chickens to make it into their food supply.](#)

[Around the world, food and agriculture are becoming part of school curriculums. Will America follow-suit?](#)

[5 things you might not know about your supermarket](#)

#### National News

[7 fun facts for Farmers Market week. Here is one fact to pique your interest: Participants in the federal Supplemental Nutrition Assistance Program \(SNAP\) redeemed more than \\$20 million in benefits buying food from local farmers in FY 2016.](#)

Summer months calls for extra BBQs and fun with friends and

family! But even grilling could cause harm if not done properly. Bristles from the grill clean brush can get into the food, if the grill is not cleaned and maintained properly or if the brush is not replaced often enough. Read this [article](#) to make sure you are being safe while enjoying a night of grilling with your favorite people!

[The US Department of Agriculture's Secretary Perdue pledges over \\$16 million to encourage people on Supplemental Nutrition Assistance Program benefits to purchase healthier.](#)

The Senate Appropriations Committee has adopted its FY 2018 agriculture spending measure ([S.1603](#)). This bill maintains nutrition program funding at current levels and dismisses the Trump administration's proposed cuts, including the proposal to eliminate the Farmers Market Nutrition Program. The House Appropriations Committee passed its agriculture spending bill in July. Find it [here](#).

[According to a new report by the Economic Research Service, the Supplemental Nutrition Assistance Program plays a large role in the rural economy.](#)

[Large box stores will lose billions over the next couple years because of fewer people redeeming Supplemental Nutrition Assistance Program benefits.](#)

Last week was National Farmers Market week, so check all that federal nutrition programs, food incentive grants and the senior farmers market programs are doing across the nation by clicking on the links within this [article](#).

This [national survey](#) looked at how consumer diets are trending. There are some interesting findings.

In mid-July, the US Department of Agriculture's Secretary Sonny Perdue announced the new leaders for the Food and Nutrition Services and Consumer Services branches. Find out more, [here](#).

[A New York food bank invests in the local apple agricultural economy to feed hungry people in their community.](#)

[A Nebraska program teaches kids about cooking and eating healthily.](#)

[Nutrition Coordinators for Local Healthy Youth Act would amend the Child Nutrition Act of 1966 to establish a grant program to appoint nutrition coordinators to oversee local school nutrition policies in local educational agencies.](#)

[A new bill adopted in California offers Supplemental Nutrition Assistance Program benefits to college students who are enrolled half-time and requires the Student Aid Commission to notify](#)

[students of these potential benefits.](#)

[Another California bill eliminates marketing of food products and corporate incentive programs in schools that do not meet the National school nutritional standards.](#)

[A look into the history of the dieting craze and where we are now](#)

[Baltimore residents are trying to get one billion steps in a year!](#)

The percentage of restaurants serving sugary drinks to kids has dropped dramatically over the past couple years. [Click to see the numbers!](#)

[This school district shares their excitement about the entire school receiving free lunches for the next four years.](#)

Overall, people who improved their diets over time were healthier and reduced their risk of premature death. Though, you can't prove that one factor caused the other. Find the research in this article and an abstract [here](#).

The Nutrition Education Act ([H.R. 3323](#)) requires schools participating in the National School Lunch Program to include 50 hours of nutrition education each year. It should be incorporated into classes like math, science, language arts, and social studies. The press release is [here](#).

This [bill](#) bans meat and poultry from China from being used in school lunch.

A [photo narrative](#) shares the story of chefs, farmers, and volunteers feeding those who need it for free.

[The pace of change in cities means that urban farmers must adjust to new clientele along with gentrification.](#)

[Filling a student's empty belly improves test scores.](#)

It's zucchini time in Pennsylvania! Check [these recipes](#) that sneak zucchinis into your diet.

[Urban gardens allow neighbors to rent a plot.](#)

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### **Local News**

**Pennsylvania:** Bush Brothers and Company are recalling a variety of their baked beans because of an issue with the sealing on their cans. This can allow for harmful bacteria to grow within these products. Dates and other information can be found on this [site](#).

**Pennsylvania:** [At the Federal level, the Nutrition Education Act was proposed by a Pennsylvanian representative. It would amend the Richard B. Russell National School Lunch Act and require that local school wellness policies include a requirement that students receive 50 hours of school nutrition education per school year.](#)

**Pennsylvania:** A new [bill](#) would prohibit the Pennsylvania Department of Human Services from applying for, accepting or renewing a waiver of federal work requirements for able-bodied adults without dependents who are applicants or recipients of the Supplemental Nutritional Assistance Program. This process established under section 5 of the Food and Nutrition Act of 2008 without prior approval of the General Assembly.

**Pennsylvania:** [An Act introduced on July 27 would mandate workplace accommodations for breastfeeding moms.](#)

**Chambersburg and Shippensburg:** [See these model programs at work feeding hungry kids and families.](#)

**Luzerne County:** [A popular restaurant will continue a program feeding hungry kids, even though ownership has changed.](#)

**Philadelphia:** [This paper not only mentions, Philadelphia's soda tax, but it also systematically reviews the current research on artificially sweetened beverages \(like diet soda\) too.](#)

**Philadelphia:** Have you seen the food policy road map outlined by Philadelphia's Food Policy Action Council? [Here](#) are some highlights:

- Penn State Extension programs, Future Farmers of America and other agricultural programs, chefs and SNAP-Education school programs team together to teach Philadelphians about nutrition and the food system.
- "44% of Philadelphia's food pantries and soup kitchens cannot provide fresh produce, and only 11% of them offer nutrition or cooking classes"
- "27% of Philadelphians who are eligible for SNAP are not enrolled"

**Philadelphia:** [The Philadelphia Coalition Against Hunger created a summer meals map that displays summer meal locations across the city.](#)

**Philadelphia:** [A local dietitian shared ways of making meals for the entire family's needs.](#)

**Wilkes-Barre:** The AI Beach Food Pantry is accepting school supplies and food to prepare kids for the upcoming school-year. More information can be found within this [Facebook graphic](#).

## Resources

[Type in your location to see what's in season near you!](#)

Alice Henneman – a registered dietitian and Extension Educator from the University of Nebraska - shares how you, your family, and your audience during nutrition educations can makeover leftovers while reducing food waste. A [slideshow](#) and free handouts can be found here. Recipes included!

US Department of Agriculture's Secretary Sonny Perdue proclaimed August 6-12 National Farmers Market week. See the proclamation [here](#).

[The Farmers Market Coalition posted a media kit to help you celebrate National Farmers Market week from the August 6-12.](#)

The Food Research & Action Center (FRAC) released their [SNAP Maps](#). It's a new interactive data tool that shares the number of families utilizing Supplemental Nutrition Assistance Programs (SNAP) in different areas across the country.

Sometime national data does not breakdown like the locals see it. That's why the Greater Philadelphia Coalition Against Hunger created their [own map](#) with Supplemental Nutrition Assistance Program (SNAP) Data for Pennsylvania.

"The Policy Equity Group: A Guide to Using the Creative Curriculum for Preschool to Support Farm-to-ECE Models" includes strategies to align Early Childhood Education farm-to-school programs with the Creative Curriculum, the most popular curriculum used for preschool. Download the resource [here](#).

The National Association of Convenience Stores, the New York Association of Convenience Stores and the Food Marketing Institute filed a [lawsuit](#) stating that they would continue enforcing the requirement to label calories on menus, even though it's not a requirement nationally.

The Food and Research Action Center has a monthly [newsletter](#). Here is a taste of all the articles included.

The Child and Adult Feeding Program is about to release their new meal patterns in October 2017. To help with this transition and implementation, they've released educational materials for schools. They're posted [here](#).

The Good Food Guide is a listing of non-profit organizations that are fighting hunger, supporting a healthier food system and expanding food access. [Find an organization near you that is working for this cause by clicking within the search query.](#)

Team Nutrition released a poster about kids getting

active. [Preview it here](#).

The new US Department of Agriculture's "Farm to Child Nutrition Programs Planning Guide" was released to help implement a Farm to School, Farm to Child and Adult Feeding Program, and Farm to Summer Feeding Program. Find the toolkit [here](#), and read more [here](#).

The Appalachian Sustainable Agriculture Project compiled [their farm to preschool resources](#) into a Farm to Preschool Toolkit. The toolkit contains pre-K lesson plans, garden activities, sourcing guidance, and tips for cooking with young children.

The US Department of Agriculture's Economic Research Service (ERS) shares the "[Children's Food Security and USDA Child Nutrition Programs](#)" Report with updated statistics on food insecurity for households with school-age kids and the impact of various nutrition programs that help them.

A [new white paper](#) from the True Health Initiative was released to refute roomers about the 7 Countries study.

In-store interventions proved to increase the sale of healthier food items from the grocery store. Read more in this [summary](#).

The US Department of Agriculture printed their report, "[Menu Planning: How to Serve a Reimbursable Meal](#)" for the government-supported summer feeding program for children.

"The Effects of Energy Price Shocks on Household Food Security in Low-Income Households" is a report by the Economic Research Service. It shares details about the influence of the volatility of energy prices on food insecure households. Find a two-page summary of the report [here](#) and the [full text](#).

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### **Social Media**

Learn about the accuracy of a calorie in this [infographic](#).

Studies show that those who are closer to school and work tend to walk. More people get in more physical activity when they have to also take public transportation. [Read more](#).

Did you know that National Farmers Market week was from August 6-12? It's marked with the hashtag, #nationalfarmersmarketweek. Scroll down Twitter to see all [the resources](#).

An urban garden in South Bronx says that growing your own food is revolutionary. Watch this radical [video here](#).

Check this [Facebook video](#) filled with creative, healthful back-to-

school lunches!

Did you have the chance to attend the Society of Nutrition Education and Behavior Conference held in Washington, D.C.? If not, find resources and posts from people using the hashtag, [#SNEB2017](#).

World Breastfeeding Week was from August 1-7. Watch this [Facebook video](#) to learn more. Scroll down Twitter for even more resources connected with this week's hashtag, [#WBW2017](#).

Summer meals in New York City are served at libraries. These programs are highlighted in [this article](#).

A Facebook Live chat with the person running this program was hosted [here](#).

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### **Webinar**

**NEW**-On August 22-24, the Western Region Public Health Training Center is hosting its first virtual conference "PublicHealth Skills to improve Quality of Life: Examples from Native American Food Systems." More details, registration information, and speakers can be found [here](#).

**NEW**-PBS shared an [8 minute special](#) about summer feeding programs for kids.

**NEW**-A recording of the "[Systems Approaches for Healthy Communities](#)" marketing webinar approaches is available as web-based professional development program that promotes the integration of policy, systems, and environmental (PSE) interventions with educational strategies.

**NEW**-Hear from writers, farmers, scientists, and chefs who care deeply about your dinner plate on Mother Jones's food podcast. Episodes are archived [here](#).

**NEW**-On the "[Here's How I think this Works](#)" [podcast](#), three men mix-up everything food and nutrition. Then, Marion Nestle joins the conversation as their saving grace.

**NEW**-This [podcast](#) is an interview with Danielle Nierenberg, president and co-founder of the non-profit organization Food Tank, which strives to build a global community of safe, healthy, nourished eaters.

**NEW**-More healthcare practitioners are treating hunger as a health issue. This [video](#) presentation shares successes from the Food Trust and C.A.R.E. at Yale University as they invest in reducing hunger within health systems by using data from a Community

## Health Need Assessment.

**NEW-**"Is your metabolism to blame?" is a [webinar](#) that shares some ideas why it's hard for some people to lose weight.

**NEW-**Danielle Nierenberg of Food Tank gives a sneak peek at her [new podcast](#), Food Talk with Danielle through this Facebook Live interview. She's joined by Anna Lappé of Real Food Media and Food MythBusters, author of Hope's Edge, and co-founder of the Small Planet Institute.

**NEW-**On August 10, the Tapestry of Health WIC program hosted a Facebook Live Question and Answer session about breast feeding. You can watch the recording [here](#).

Summer Meal programs are adopting the Farm to Summer movement, serving local foods and offering engaging activities. This US Department of Agriculture webinar recording provides an overview of farm to summer activities, resources, and a snapshot of how Regional offices and State agencies supporting the cause. Watch the recording [here](#).

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](#).

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](#).

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## Events

**NEW-**Nurses, nurse practitioners, dietitians, health coaches, business professionals and policy experts can join the College of Nursing's MacDonald Center for Obesity Prevention and the Villanova School of Business. They're hosting a "[Healthy Decision Making in a Food-Rich Environment](#)" Conference in Driscoll Hall. The keynote speaker, Tatiana Andreyeva, PhD - Director of Economic Initiatives, UCONN Rudd Center for Food Policy and Obesity - shares on the topic, "United States Food Policy and Its Impact on Food Choice." Discounted rate is available for Villanova

employees, students and alumni. 5 contact hours for nurses and registered dietitians will be available. Find more information [here](#).

**NEW**-Food Tank, a non-profit looking to [share innovative solutions](#) to make a more equitable food system, is hosting their 2017 Food Tank Summit. It invites the big thinkers in food and invites back-and-forth discussion about issues big and small within our food system.

**NEW**-Did you know that there are shared commercial kitchens across the state. These spaces allow people to process and prepare foods without worrying about regulatory standards. You can use them if pay for the space and work into their schedule. A list of these spaces can be found [here](#).

**NEW**-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](#).

**NEW**-The Somerset County Mobile Food Bank is hosting a sporting clays shoot on September 23 at Buffer Creek in Sipesville, PA. You can check out these [images](#) and offer your support to help feed Somerset County.

**NEW**-Save the date! On August 28 at the Giant Community Center in Camp Hill, PA - The Pennsylvania Academy of Nutrition and Dietetics is hosting their semi-annual membership meeting. [More information here](#).

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**-Isn't food and nutrition confusing? Ask a COPE registered dietitian for answers! Send your questions to [cope@villanova.edu](mailto:cope@villanova.edu).

**NEW**-The Executive Board of the World Health Organization (WHO) has asked its director to draft a global action plan to promote physical activity. And, WHO intends to receive public comment until the end of September. Tell WHO that you believe in

healthy, equitable active spaces. Tips for doing so can be found [here](#).

**NEW**-The US Department of Agriculture's National Institute of Food and Agriculture supports food and nutrition projects across the nation. [Learn more](#) about their grant process so that you can apply in the future. The Administration on Community Living also outlines their [grant process](#) and tips [here](#).

The Administration for Community Living shares food and nutrition grant opportunities in [this archive](#).

100 licensed child care centers, group, and family child care homes serving children birth – five are eligible for a mini-grant to enhance their nutrition and physical activity policies in their facilities. To help them achieve this goal, the Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC) is an interactive, easy-to-use, online tool that provides professional development for child care providers. This completely web-based process includes self-assessment, action planning, implementation, policy development, post-self-assessment, and reflection. Mini-grant applications are due by August 18. Projects begin in September 2017 and wrap up in June 2018. Applications can be completed over Survey Monkey. You cannot start and return to the survey at a later date. So, allow yourself enough time to complete the application in one sitting. Visit [this link](#) to apply. Questions can go to Lori McMonigal, Coordinator for Special Projects at Tuscarora Intermediate Unit, at 717-248-4942 x 112 or [lmcmonigal@tiu11.org](mailto:lmcmonigal@tiu11.org).

The Department of Health and Human Services' Administration on Aging announced a grant available for older American's Nutrition Services. The grant opportunity will be available to increase the knowledge base of nutrition providers, improve health outcomes of program recipients, and promote better service and efficiency in delivery of programming for the elderly. Submit your application by August 7. More details can be found on [this site](#).

Did you know that you can still submit comments regarding the new food label's interim final rule? More details about the submission process can be found [here](#).

Government food and nutrition grants are all listed on [Grants.gov](#).

Gemma's Angels is asking for help to write and publish a Mobile Market Seasonal Cookbook as a fundraiser. Recipes would include those based on WIC staples and local, fresh fruits and vegetables. Recipes must be short, with few ingredients, and at 8th grade reading level. Recipes would be tested at and in cooperation and assistance with residents of local shelters. Find out more information about this project [here](#).

Lighten Up Lancaster is looking to identify needs, provide resources, and connect people interested in starting a school or community garden. For more information look to this [website](#) or email them at [coalition@lightenuplancaster.org](mailto:coalition@lightenuplancaster.org).

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](#).