



Nutrition
News Nibbles

Nutrition and Food Resources



Resources
for Food & Health Pros

PA NEN Events



Food Politics



Your Nutrition News Resource

Nutrition News Nibbles - June 1-July 1, 2017

PA NEN News



[Archive](#)

Register for PA NEN's Summer Workshop!

PA NEN's summer workshop is here! Join us throughout July and August for our workshop titled, "Creating Practical and Delicious Nutrition Education: Less is More Approach". Discussion will include: nutrition literacy, simple food demos, cooking basics, and low-cost disease prevention through diet. For dates, locations, and to register; click [here](#).

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](http://EatTogetherPA.org) brand new look.



Update Your
Membership

International News

[French fries should be a "sometimes" food.](#)

[Does fasting help people live longer? The jury is out and the experiments go on!](#)

[Healthy diets are dependent on a well-balanced, efficient global food system.](#)

[Health education starts by focusing on the social determinants of health and other community-based missions.](#)

[Addressing children about their weight is a very delicate matter.](#)

[Pediatrics highlights a community-based, nutrition intervention that helped kids lose weight.](#)

[A third of the world's population is now overweight.](#)



www.EatTogetherPA.org



RESOURCES FOR HEALTH PROS



FOOD POLICY UPDATES



Contact PA NEN
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[The World Health Organization just printed a paper about addressing the world's malnutrition, focusing on those who are over- and underfed.](#)

This [article](#) poses 21 arguments for and against coconut oil as a health food. This hotly debated fad diet food has been addressed recently, [here](#) and [there](#).

[Pediatrics published an article about energy drinks and their affect on children's athletic performance.](#)

[The compounds we eat affect our gut lining at the cellular level.](#)

[If we chose to eat less meat, how would that impact our planet?](#)

[Wash those hands - food safety at its best.](#)

[The US Department of Agriculture is rejecting Brazilian meat. See why.](#)

[Could your food waste be fuel for our cars or other technology?](#)

[Canada looks to set a national food policy agenda.](#)

National News

[Powered up foods that maximize summer workouts](#)

A new [paper](#) presents the harms of saturated fats, supporting the cause of the American Heart Association. [Some health professionals strongly support the statement.](#) Others do not, stating that the Heart Association has long been backing low fat companies' products. For instance, [this story](#) and [that one](#) outline how the sugar industry has lobbied to minimize the link between sugar and heart disease.

As it stands, the Affordable Care Act repeal and replace bill draft measure eliminates the Prevention and Public Health Fund, which in FY 2017, provided \$931 million in grants to promote and protect public health.

[In Maryland, the Department of Housing and Community Development will provide small loans \(not more than \\$50,000\) for communities within food deserts. This money will provide better access to healthy food through the Business Development Program.](#)

This [bill](#) ensures that through nutrition education, school gardens, and encouraging community partnerships with local

farms; Vermont students will eat and learn about healthy, local food sources.

In Louisiana, this [bill](#) allows certain public assistance (i.e. government food assistance) for former drug convicts.

In Nevada, this [bill](#) prescribes how to calculate the 36-month time period for determining a person's eligibility for benefits under the Supplemental Nutrition Assistance Program.

In D.C., this [bill](#) would amend the Healthy Schools Act of 2010 by adding yearly subsidies for schools implementing breakfast in the classroom; dismissing reimbursement for meeting the school lunch nutrition guidelines; strengthening nutrition requirements for sodium, milk, and whole grains; requiring vegetarian food options each week; and encouraging schools to procure food consistent with the Good Food Purchasing Program.

In New Jersey, [this bill](#) pushes the president and congress to streamline the summer meals program application and increase access to the program.

In New Jersey, this [resolution](#) urges the US Department of Agriculture to lower the eligibility threshold for federal nutrition programs.

In New York, this [bill](#) would require a school meal policy regarding unpaid school meal fees and prohibits schools from shaming or treating students differently when students have unpaid school lunch fees.

The Academy of Nutrition and Dietetics supports a new bill in Congress for nutrition education and wellness in Schools called the, "[Nutrition Coordinators for Local Healthy Youth Act](#)." This act would give grant funding to schools to meet their wellness policy goals and emphasizes coordination of school meals and nutrition education.

[The Food and Drug Administration \(FDA\) extended the compliance date for restaurants and grocery stores to provide calories on menus.](#)

The FDA also [extended the deadline](#) for labeling requirements for the future Nutrition Facts Panel.

Frustrations over the recent rulings of the FDA are placed front and center in this [article](#).

[A tentative budget from the House drastically reduces funding for the Supplemental Nutrition Assistance Program.](#)

[Seven percent of Americans think chocolate milk comes from brown cows.](#)

[Food donations are needed at food pantries and food banks, especially during the summer months.](#)

[Doctors are beginning to prescribe diets with less protein from meat, instead from plant-based sources.](#)

[National Vegetable Day was last month, but let's celebrate it all year long!](#)

[Is an unhealthy food obsession over social media causing people to suffer from disordered eating?](#)

Our [history](#) explains why there are food access problems within urban areas.

[Here](#) is a list of the food policy that has occurred under this administration.

[What can local food policy councils do to counter climate change?](#)

[One man pays off school lunch fees for 89 kids in his local school.](#)

Local News

Pennsylvania: [Pennsylvania's Agricultural Surplus Program supported the processing and donations of excess dairy products to local food banks across the state.](#)

Pennsylvania: [New England Natural Bakers recalled cereals and muesli because of a potential Listeria outbreak.](#)

Pennsylvania: [United Natural Trading LLC, Edison recalls all their products with dates in them because of a potential Listeria outbreak.](#)

Pennsylvania: [Cliff Bars recalled some of their bars because of an undeclared nut allergen.](#)

Pennsylvania: [Why one dietitian chooses to eat her dairy foods.](#)

Pennsylvania: Congratulations to our PA NEN member and dietitian, Julie Stefanski, RDN, LDN. She was selected by the Academy of Nutrition and Dietetics as an everyday hero! [See what she does to deserve this title!](#)

Central Pennsylvania: [Joe Author, Executive Director of the Central PA Food Bank puts to rest some myths about food banks.](#)

Lancaster: [Lancaster is about to launch their bike-share program.](#)

Philadelphia: [The city's soda tax stands on solid legal ground.](#)

Philadelphia: [Why Philadelphia's soda tax benefits the city](#)

Resources

Kids need to be fed well. That's why the US Department of Agriculture's Economic Research Service reviewed Child Nutrition Program. The effectiveness of these programs was assessed in their new report, "[Children's Food Security and USDA Child Nutrition Programs](#)". A two-page summary can be found [here](#).

The Food Research & Action Center (FRAC) released, "Hunger Doesn't Take a Vacation: Summer Breakfast Status Report," measuring last year's summer school breakfast participation, sharing best practices, and setting future goals. More information can be found [here](#).

[Food eTalk](#) is a new online nutrition education eLearning program which features six- to ten-minute lessons, cooking videos, and other trainings.

Curious how the Supplemental Nutrition Assistance Program (SNAP) and SNAP-Education fits into the upcoming Farm Bill? Find out more information from the resources below.

- Food Research Action Center's [Farm Bill Primer](#)
- Center for Budget & Policy Priorities' "[Block Granting SNAP Would Abandon Decade-Long Federal Commitment to Reducing Hunger](#)"
- The National Sustainable Agriculture Coalition's [Farm Bill 2018: A Primer](#)

Did you know that you could explore text books from around the world on [Books.google.com](#). Type in a cookbook, food, or nutrition topic into a Google Search, and see what you'll find!

Feeding America has a microsite, [hungerandhealth.org](#), that is meant to help everyone recognize the connection between food, poverty, and health status. Check out various parts of website for more information:

- Learn about this hunger and health connection within this [video](#).

- Example nutrition education and connections with low-income populations:
 - [Partnerships addressing food insecurity](#)
 - [Nutrition education initiatives](#)
- Nutrition education tools:
 - [Videos, educational materials, and toolkits](#)
 - [Healthy recipes](#)

Food Solutions New England is a network that is elevating the goals of their regional food system. They're encouraging healthier selection for everyone, sustainability and more. Check all of the really good resources outlined within their [site](#).

A quarter to a third of the food produced worldwide is wasted. This [article](#) shows how we measure that!

The University of Nebraska-Lincoln Cooperative Extension outlines a lot of fabulous nutrition education videos, PowerPoints, handouts, and more. Get them all for free at their [website](#).

[People's Food Policy](#) is Britain's way to map out food policy that would make sure people are at the heart of policy and decision-making.

The Academy of Nutrition and Dietetics created [nutrition education resources for people in Central America](#). Find this resource and more at their [Global Food and Nutrition Resource Hub](#).

The US Department of Agriculture's "From Farm to Plate: A Spotlight on Schools" shared that the Department of Defense Fresh Fruit and Vegetable program will not charge a surcharge to the National School Lunch Program next school year. Find more details in this [Newsletter](#).

Curious where farmers markets are across the state? Then look at all of them listed on Penn State's [Aqmap search engine](#)!

See how the World Food Program performed around the globe in 2016 within their [annual report](#).

Review Dialogue4Health's [resource library](#) for multiple food, nutrition, and public health articles, research, presentations, infographics and more.

The Public Health Institute researches and publishes items about community health, healthcare collaboration, population health, and disease prevention. Check out their [website](#).

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Social Media

The Academy of Nutrition and Dietetics held their 2017 Public Policy Workshop in June. Dietitians from across the nation shared the food and nutrition's role in preventative care at Capitol Hill. Follow their [Twitter](#) and [Facebook](#) hashtag, #PPW2017, to see the highlights.

[35 nutritionists to follow over social media](#)

The Washington Post Live held a conference, "[Transformers: Food.](#)" Watch the Facebook Live recording.

The Food Trust shares a [video](#) of transformational, student stories about all the awesome projects and partnerships that make the city healthy!

Capital Blue Cross is encouraging Pennsylvania to be healthy using the hashtag [#gethealthypa](#).

The Food and Agriculture Organization (Twitter handle: [@FAOKnowledge](#)) is researching global nutrition, agriculture, and climate issues.

Check out [@FeedingPA on Instagram](#) to see the events they attend to support Pennsylvania Food Banks' access to healthier food items. You'll definitely notice that last month was Dairy Month and Dairy Farmers Appreciation Month!

[These podcasts were ranked the top 19 food podcasts in 2017.](#)

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Webinar

NEW-Conagra Nutrition puts on their Nutribites webinars that cover topics from the new nutrition label, the microbiome, the Mediterranean diet, and other topics too! For a list of slides, recordings, and other information; click [here](#).

NEW- SNAP-Ed professional development opportunity! A webinar called, "Systems Approaches for Healthy Communities" is a professional development program about implementing policy, systems, and environmental (PSE) interventions with educational strategies. This program will be available in October 2017. Until then, see [this website](#) for details.

NEW-On Tuesday, July 11 from 2:00 - 3:00 PM (EST), the Society of Nutrition Education and Behavior (SNEB) will be hosting an update to the supplemental nutrition program for Women, Infants and Children's (WIC) breastfeeding strategies

and efforts. The webinar will cost \$25 for non-members and is free for SNEB members. More information can be found [here](#).

NEW-The Society of Nutrition Education and Behavior put on a webinar "Getting Prepped to Visit Lawmakers: Tips and Guidance on Meeting with Policy Makers on the Importance of Nutrition Education." Learn how you can educate your local politician about what you're doing in the field. View the webinar recording or retrieve the slides [here](#).

NEW-On June 7th, the House Committee on Agriculture discussed international food aid and agriculture development at a [hearing](#). Food aid acts to increase national security, feeds hungry people, grows agricultural opportunities in developing countries, promotes a healthy economy, employs Americans, educates and empowers women and children, saves the lives of millions of people, and so much more.

NEW-On June 8th, the Agriculture's subcommittee held a hearing called, "SNAP Technology and Modernization." It outlined issues with the Supplemental Nutrition Assistance Program's EBT (Electronic Benefit Transfer) system and associated stigma. Solutions included: privatizing technologies to increase the system's efficiency and reduce the price or using mobile app. Learn more about this issue [here](#).

On May 4, the Society of Nutrition Education and Behavior, the Academy of Nutrition and Dietetics and the American Public Health Association collaborated to put on a free webinar called, "Efforts to Reduce Global Food Insecurity: Perspectives from the United States and the United Nations". Hear Robert Bertram, PhD, Chief Scientist for USAID's Bureau for Food Security and Trudy Wijnhoven, PhD, Nutrition Officer for the Nutrition and Food Systems Division (ESN) of the Food and Agriculture Organization of the United Nations in 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-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 details to follow](#).

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-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](#).

NEW-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.

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](#).