### PA NEN News

**Your Vote Counts on Our Board of Directors Ballot!**
The PA NEN Board of Directors ballot has been completed, and now it is your turn to vote. Please click [here](#) to review the nominees, their bios, and cast your vote. Voting will close on Thursday, April 20 at 5:00 PM EST. If you have any questions, please contact PA NEN's office at 717.233.1791 or email [pa_nen@phmc.org](mailto:pa_nen@phmc.org).

**Hey Members - We Did It!**

**Thank you!** Because of you, we have 400+ likes on [Facebook](#)!

**Have Some News?**
Do you some nutrition news, articles, research, grants, or other opportunities to share? We would love to highlight your information. Email [PA NEN](mailto:PA%20NEN) today!

### International News

Why doesn’t your stomach eat itself?! Video [here](#)!

- **Everything you wanted to know about meal-prepping**
- **Yo-yo dieting can put you at risk for obesity related diseases.**
- **World-wide, Brazilian beef has been taken off of grocery store shelves because of potential contamination.**
- **Try allergy-prevention tips for birthday parties.**
- **Hotel chains look to curb food waste.**

### National News

The Women’s Infant and Children Supplemental Nutrition program shows improvement in reducing childhood


A new kind of study looks at how a Healthy US diet could be easier on our health system and the environment.

Jersey gives tax breaks for those who give food that would be wasted to charities fighting hunger.

From dietitian-approved to a new whole grain label, check out the three new food labels that will be coming out this year.

Science! Chicken and duck can now be grown and harvested in the lab, without an actual bird.

How could the following programs be affected by the proposed budget?

- The Supplemental Nutrition Assistance Program for Women Infants and Children (WIC)
- poverty programs
- The Meals on Wheels program
- The food and agriculture sectors
- The Supplemental Nutrition Assistance Program – here and there
- The Department of Education and after school feeding programs

Politicians call for the 2018 Farm Bill to pass on schedule.

Here is a rundown of school-based meal programs and what they provide for kids. A video gives a shout out to a Pennsylvania-based program.

Kids who are affected by hunger in the first few years of life can lag in school.

Students at schools that contract with a healthier school-lunch vendor perform better on state tests—and this option appears highly cost-effective compared to policy interventions that typically are more expensive, like class-size reduction. Read the study here.

A Virginia school opts into the Federal School Lunch program to provide free and reduced lunches.

In Nebraska, late breakfasts feed hungry kids.

North Dakota kids visit a farm that often provides them with part of their school lunch.

Students help their fellow students at their schools food
Community eligibility in an Indiana school district feed the hungry and stop these kids from getting stigmatized. See how!

Immigration enforcement scare people from receiving the supplemental benefits they need. Find more here and there.

Hearings at the house continued last week. Testimonies came from House representatives, the public health sector, state commissioners involved with the Supplemental Nutrition Assistance Program (SNAP). These advocates wanted the next version of the Farm Bill limit sugar-sweetened beverages purchased on SNAP dollars, expand the summer EBT programs and many more requests listed here.

The American Heart Association released the SNAP policy paper that calls for a pilot program within SNAP to figure out the result of having fruit and vegetable incentive along with the removal of sugary drinks from SNAP purchases. Their testimony is here.

Sonny Perdue, the candidate Secretary of the Agriculture, will be voted in by the Senate next week. Some worry that he hasn’t supported food and nutrition assistance in the past.

Looking to the replacement of the Affordable Care Act (ACA), money going toward public health and prevention – the Prevention and Public Health Fund – was proposed to be eliminated. These funds have expanded investment in many programs across the state. A list of activities of 2017, including nutrition initiatives, may be found here. Read more from the Trust for America’s Health.

Schools check student’s, BMI but then what? This new tool can be useful in helping parents understand what to do with the information.

Keep up-to-date with the Women’s Infant and Children Supplemental Nutrition program.

Supertracker can now be used for the President’s Council on Fitness, Sports and Nutrition Presidential Active Lifestyle Award.

Retail food prices decline for the first time in 50 years.

How can we make expiration dates less confusing? Policymakers are trying to solve the issue.
Local News

Pennsylvania: This is February’s State Budget update and Hunger Free PA shares about its proposed impact on Food Banks, food pantries and other food distribution across the state.

Pennsylvania: A local dietitian shares why the Supplemental Nutrition Assistance Program (SNAP) stimulates the economy. Make sure to watch her TEDTalk featured in this article. It will pull on your heart strings!

Cambria County: Cambria county starts a backpack program to serve their hungry kids!

Central Pennsylvania: Jorja Barton is the Director of Agency Relations at the Central PA Food Bank, active PA NEN Board Member, and woman tirelessly fighting to reduce hunger across the state. That’s why she was awarded the YWCA Greater Harrisburg’s Tribute to Women of Excellence. Find pictures highlighting the dinner! #TributetoWomenofExcellence #TWE2017#EmpoweringWomen

Dauphin-Lebanon Counties: Gemma’s Angels Food Truck is a mobile farmers market that serves families from Dauphin to Lebanon Counties. What a mission.

Philadelphia: "Rebel Crumbles" are yummy, fruit-filled snacks and the first items produced by a student-run business! These goodies are being served across the Philadelphia school district! Check the district’s website for national news highlights, updates, and an awesome coloring page. Recognition goes to (the one who hates it most) PA NEN member, Amy Virus, for initiating this project! Seriously awesome! #EveryKidHealthy #EveryKidHealthyWeek

Philadelphia: Teacher-Amy asks, “How do you make soy milk?” One student chimes in, “From lactose Intolerant Cows!” PA NEN-member and a stellar dietitian, Amy Deahl-Greenlaw from Health News Works, spreads healthy habits to her students! #EveryKidHealthy #EveryKidHealthyWeek

Philadelphia: The Soda Tax brings in more money than predicted.

Pittsburgh: The Kids of Steel R.U.N. program teaches kids in the Pittsburgh area about the importance of exercise.
This toolkit produced by The Food Research and Action Center addresses pediatric food insecurity. Healthcare teams, learn how to screen patients for food insecurity and what resources you can suggest food insecure patients utilize. #EveryKidHealthy #EveryKidHealthyWeek

Teachers check this out! The Centers for Disease Control, The Society of Health and Physical Educators have released their strategies for Recess Success in Schools. Here are tips and strategies for a written recess plan. #EveryKidHealthy #EveryKidHealthyWeek

Theyyyyy're here! 2017 County Health Rankings were released. Data covers high school graduation rates, obesity, smoking, unemployment, access to healthy foods, the quality of air and water, income inequality, and teen births. Key findings outlined here.

The US Department of Agriculture’s Economic Research Service report data from the 2013 Farm to School Census to measure prevalence of school districts that serve local food daily and the characteristics of those districts. Read the two-page summary or the full report here.

The US Department of Agriculture’s Economic Research Service examines relationships among store formats, healthfulness of grocery purchases, and household demographics. Consumers buy the most healthful food at supermarkets and club stores and the least healthful at convenience stores. A two-page summary is here.

The American Journal of Public Health published a paper on home and neighborhood food environments association with obesity. Click here to see what they found.

The Interagency Food Safety Analytics Collaboration has released a 5-year strategic plan to improve the coordination of national food safety efforts. It’s a collaboration between the Center of Disease Control and Prevention, the Food and Drug Administration and the US Department of Agriculture’s Food Safety and Inspection Service. Their plan is laid out here!

Get a better idea of how the US spends their food dollar through this app! Read the description on this website, scroll to the bottom, and click the “Enter the App” button to view it.

Further with Food from the Center for Food Loss and Waste Solutions is a resource hub full of forward-thinking resolutions to food waste. It comes to you from a collaboration of government agencies, association, and foundations from the private sector.
Anyone educating seniors about bone health and fall prevention?! Well check out this bingo game! Boards and answer keys here! A crossword puzzle is available too!

Resistance band exercises for any age - here and there!

"Best by"... "Use by" ... "Expired" - What do all these expiration dates mean? Here some good resources! You can view the Not Really Expired campaign on reducing food waste, this storage guide from Virginia Cooperative Extension, or Harvard's report called, "The Dating Game".

Healthy Food Bank Hub from Feeding America changed its name to Health and Hunger. Its look changed too! Check out this awesome resource here!

Social Media

April 24-28th is "Every Kid Healthy Week"! PA NEN is celebrating throughout the month of April! Schools are encouraged to participate by joining the movement. Host and register your Every Kid Healthy Week event at this website. Don't forget to tag PA NEN with your "Every Kid Healthy" event! #EveryKidHealthy #EveryKidHealthyWeek

Bryant Terry came to visit Central Pennsylvania this week! He believes that food can spark revolutionary shifts in people’s habits, attitudes, and then some. You can watch his TEDTalk here.

Neighbors Helping Neighbors - York Food Bank shares the real story behind hunger in our area and how their food distribution helps.

Webinar

NEW-State network building for farm to early care and education (ECE) will be key for making sure that farm to ECE is available for all children, families, and communities. To learn more, join the National Farm to School Network Farm to ECE Webinar taking place on Wednesday, Apr 12, 2017 4:30 PM - 5:30 PM (ET). Register here.

NEW-When you're hungry, it's difficult to think of anything other than eating. When you're desperately poor, it's a constant worry to make ends meet. When you're lonely, you obsess about companionship. Check out this Hidden Brain podcast on the psychological phenomenon of scarcity.
and how it can affect a person’s ability to see the big picture and cope with problems in life.

**NEW**—Healthy People 2020 archives all their webinars (including those about nutrition) throughout the years. Click [here](#) to see topics, recordings and PowerPoints.

**NEW**—Iowa State University Extension and Outreach is hosting a webinar about Genetically Modified Foods (GMOs). A nutrition researcher and professor will share the science behind the safety of GMOs and answer any of your other questions. The online presentations are now available. Registrants will receive an email with instructions to access the presentations. A live question and answer session will take place on Tuesday, April 18, 2017 from 1:00-2:00 PM (ET). [Register today!](#)

The Agriculture Committee held a hearing to examine restrictions on unhealthy foods from the Supplemental Nutrition Assistance Program (SNAP). Witness testimony and a webcast of the hearing is [here](#). A representative from the Food Trust was there to testify.

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!

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**Events**

**NEW**—Open Streets Lancaster is scheduled for May 21 from 11:00 AM – 3:00 PM. During this event, the Lancaster community opens North Water Street and James Street to active transportation – specifically for biking, running and walking. Learn more about the event [here](#).

**NEW**—A unique way to experience what hunger actually looks like is through this mobile exhibit. [This exhibit is unveiling the story behind hunger in the United States](#). The show is moving quickly! [You can see if you’re close and have a chance to reserve a spot](#).

**NEW**—Food Solutions New England (FSNE) is addressing racism and how it relates to the food system. Race is intrinsically tied to food and economic security, discrimination and social inequity in our food system. That
is why FSNE is holding a 21-Day Racial Equity Habit Building Challenge: April 9 - April 29. Learn more and sign up here.

The Pennsylvania Academy of Nutrition and Dietetics is hosting the Pennsylvania Academy of Nutrition and Dietetics Annual Meeting and Exhibition 2017, “100 Years of Dietetics: Celebration the Past, Navigating the Future!” Visit their website to learn more about the speakers.

The Academy of Nutrition and Dietetics with the Obesity Care and Advocacy Network (OCAN) is hosting an Advocacy on the Hill day that includes patient advocates, health care professionals, researchers and representatives from interested organizations. More information can be found here!

This Action for Healthy Kids Calendar will display tons of events, webinars and workshops helping to make school kids healthier.

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!

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.

“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

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 Pennsylvania Race to the Top Family Meals Workshops Grant Opportunity is being offered by the Office of Child Development and Early Learning (OCDEL) to early childhood programs participating involved with Keystone STARS. Fourteen grants at ($2,500.00 each) will be given to 14 childcare programs participating at STAR level 2, 3 or 4. Applications are due March 24. Contact Amy Requa, MSN, CRNP Health Consultant over email, at 484.463.8910 (office), or at 610.613.3493 (cell).

One key barrier for advocates working to reduce junk food marketing in schools is that policymakers are unfamiliar with the issue. You can help point out these marketing tactics by picturing food marketing examples. These might include: branded posters, signs, fronts of vending machines, display racks in cafeterias, education materials, or school supplies. Contact Colin Schwartz if you are willing to help, and he can send more information.

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!

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.