



Your Nutrition News Resource

Nutrition News Nibbles - March 6-17, 2017

PA NEN News



[Archive](#)



Kiwi (Can we) Tell You how to be a Star for PA NEN?



Like us on [Facebook](#)! Already like us? Share this opportunity with your friends. Our goal is to get to **400 likes by the end of the month**. PA NEN Members who like our page in March will be in the running for a **free summer workshop registration!**

PA NEN's Annual Conference is SOLD OUT...We have a Waiting List!

2017 Annual Conference, "Nutrition Educators: Nourishing the Future - Nutrition, Food Trends, and Beyond," registration is now closed. But, there is a waiting list, just contact [PA NEN](#) to be added to it.

The conference is scheduled for May 1-2 at the DoubleTree by Hilton Philadelphia-Valley Forge, King of Prussia, PA. View the conference [brochure](#) for details.

National Nutrition Month Resources Abound!

There is so many we can't even list them here! Instead, we collected them at this [website](#)! Scroll away!

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](#) today!

International News

[UN experts question the need for pesticides on our food crops in order to feed the world? Instead, they place the people starve](#)



RESOURCES FOR HEALTH PROS



FOOD POLICY UPDATES

[because of poverty, access, and distribution issues.](#)

[The 30 movers and shakers within the healthy food movement](#)

[These 10 foods were linked to a reduction of premature deaths from various chronic diseases. Remember, this study does not prove that these foods caused the diseases.](#)

[Why are more people overweight, and yet, fewer people engage in weight loss efforts?](#)

[Because of the costs of organic certification, many Mexican farmers are forced to export their food to markets who can pay more for their produce. But, the local community is looking to adjust this system to support their local farmers.](#)

[Feeding 2 billion more people will look drastically different than we expected. Urban gardening is a part of that movement.](#)

[Foods that keep your skin healthy!](#)

[When and how much water should we drink?](#)

National News

[The Academy of Nutrition and Dietetics has announced its opposition to the American Health Care Act.](#)

[Edible communities is a 15-year program that says access to all the world's problems –be it social, political, etc. - can be viewed through the lens of food.](#)

[Trump's advisor's view on the food supply is met with skepticism.](#)

[The Unsweetened Campaign in Howard County, Maryland decreased soda sales by 20% without a soda tax.](#)

[When hiding fruits and vegetables in a child's food isn't enough, here are some tips for getting them to eat their vegetables.](#)

[The supplemental nutrition program for Women, Infant, and Children \(WIC\) works to aid mothers struggling with substance abuse.](#)

[New Jersey legislation aims to cut food waste in half and help to ease hunger.](#)

[North Carolina University finds that the biggest challenge to healthy foods in food deserts is limited financial resources, not access to supermarkets.](#)



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[Midwest farmers talk about their worries within the upcoming Farm Bill. They want farmers and consumers to prioritize the food system and the need to be on the same page.](#)

[An anti-hunger task force in Massachusetts outlines their 3-point plan to reduce hunger.](#)

[Food stamps will now be allowed in this Wisconsin college dining hall.](#)

[In Minnesota, college students are encouraged to take advantage of Supplemental Nutrition Assistance Program \(SNAP\) benefits.](#)

There is still no Senate announcement on the nomination hearing to consider Sonny Perdue as US Department of Agriculture Secretary. This [story](#) shares 13 complaints filed against him with Georgia's State Ethics Commission during his time as governor. The [American Farm Bureau supports Sonny Perdue](#), while the [Environmental Working Group has concerns regarding farm subsidies that he receives](#).

Senate Agriculture Committee Chairman, Pat Roberts (R-KS) opposes making the Supplemental Nutrition Assistance Program (SNAP) a block grant. [Here is why](#).

Politico releases "Agenda 2020" focused food & nutrition topics. Click [here](#) for a wide variety of stories about the need for more research about the best way to encourage everyone to eat healthier.

[In Texas, school breakfast programs play a key role in feeding hungry kids.](#)

[A bill gives schools the flexibility to serve breakfast as they see fit – grab-n-go breakfast, breakfast in classrooms, or a second-chance breakfast where kids can get breakfast after it's typically served.](#)

[In light of the 2018 Super Bowl, kids and communities are benefiting from wonderful, healthy breakfasts and funding throughout the year.](#)

[Too many kids go to school hungry. That's why national programs are working to fight to reduce these numbers.](#)

Are you curious about what's happening in school food. Then, I recommend you follow this blog, [The Lunch Tray](#), run by a lawyer who's been involved with food policy for her entire career.

Local News

Pennsylvania: A Palmyra native shares her “Memories to Melodies” campaign which is working with the PA Dairymen’s Association to support the “Fill a Glass with Hope” Campaign. [Check out how they’re helping to feed hungry Pennsylvania families!](#)

Pennsylvania: [A Pennsylvania-based dietitian wins the title of one of the best dietitians of 2017.](#)

Pennsylvania: [Shoprite employees who helped to raise over \\$1 million to end hunger are being featured in a special way.](#)

Pennsylvania: Pennsylvania dietitians share their recommendations, stories, and more on the Pennsylvania Academy of Nutrition and Dietetics blog. [More here.](#)

Pennsylvania: [A PA NEN member and dietitian shares delicious spice pairings!](#)

Pennsylvania: [Gerber’s Cheese Raviolis are being recalled because of an undeclared food allergen, eggs.](#)

Pennsylvania: [Raw milk cheese sold in Whole Foods has been recalled because of a severe strain of Listeria monocytogenes.](#) Though no cases have been reported in Pennsylvania, people from surrounding states have been sickened by this product. More on the outbreak [here.](#)

Carlisle: [Carlisle Area School District students may see an increase in school lunch prices next year as the district works to meet federal requirements.](#)

York: [Children can be notoriously “picky eaters;” find out some strategies for helping children try new foods in this clip from the Dietitian at Leg Up Farms.](#)

Lancaster: [Lighten Up Lancaster’s monthly Newsletter shares community meetings, events, local school wellness policy and lots of other health-focused news happening across their county.](#)

Philadelphia: [Schools bring fruits and vegetables into classrooms and farmers markets on school property. See other awesome ways that school coordinators across the city are changing the lives of their students.](#)

Philadelphia: [The kitchen is the key for success for Philabundance Community Kitchen Program, giving ex-convicts and low-skilled workers a second chance.](#)

Philadelphia: [Youth take ownership over what they eat in their school cafeterias by creating their own food!](#)

Resources

Learn the facts about food safety and raw milk [here](#).

Check these case studies for healthier built environments:

- [In Broward County, Florida, they used community partners to build a safer streets to walk, run, or ride bike!](#)
- [Community partnering brings funding in Greensboro, NC for active transportation project](#)

The Office of Dietary Supplements (ODS) at the National Institutes of Health (NIH) has posted a [new webpage](#) designed specifically for health professionals including - dietitians & nutrition educators, nurses, personal trainers, pharmacists, physician assistants, physicians, public health officers and more. Here, you will be able to see the evidence-based information behind dietary supplements so that you might be able to bring this information to your clients.

Mathematica Policy Research has analyzed nutrition, food, and anti-hunger policies and programs encouraging a healthier lifestyle for the low-income population. [For National Nutrition Month, they have summarized the latest research on nutrition policy and programs.](#)

The [Healthy Data Database](#) was prepared by World Cancer Research Fund International. This website brings together policy areas across three domains: food environment, food system and behavior change communication. This tool will help you figure out a best policy, solution, and implementation process for reducing obesity and preventing cancer in your community.

This [resource](#) speaks to students who want to keep fit. Resources galore!

Pre-Kindergarten through 3rd grade learning environments can be stimulating academically, emotionally, and physically. [Here](#) are some really good resources that support this cause.

Social Media

Governor Tom Wolf has proclaimed March as Nutrition Month in Pennsylvania! Check out his letter [here](#)!

Journal of Cardiology printed this [infographic](#) of the 16 foods that might increase or reduce your risk of suffering from chronic diseases.

Webinar

NEW-On March 20, from 12:00-1:00 PM (EDT), the Society of Nutrition Education and Behavior (SNEB) will be hosting a webinar called, "SNEB Journal Club 5: Mealtime Structure and Responsive Feeding Practices are Associated with Less Fussiness and More Enjoyment". This research study looks at the effects of family eating practices on kids eating behaviors. You'll learn about study design, survey tool, and the results directly from the researcher. SNEB charges \$25 dollars for non-members to attend, and it's free for members. One continuing education credit will be awarded to dietitians and dietetic technicians. Click [here](#) to register.

NEW-Healthy Kids, Healthy Futures is holding an early care and education innovations webinar series on March 22 from 6:00 to 6:45 PM (ET). It's called, "Keeping All of Us Healthy: What YOU Can Do At Your Program". During the webinar you'll learn more about how to include healthy eating and physical activity in your programming, more about child-focused strategies, and ways to encourage staff modelling. Early Care and Education providers including teachers, administrators, and family child care providers working with children from birth to five and their families are encouraged to attend. Click [here](#) for registration information.

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.

[Stephen Guyenet shares more about the brain when hungry.](#)

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](#).

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-The Coalition Against Hunger will be hosting their annual Thomas' Walk Against Hunger on April 8, 2017 at Linc Financial Field in Philadelphia. Register [here](#).

NEW-The Central PA Academy of Nutrition and Dietetics spring [event](#) is now open to the public. The event will be held March 18, 2017 starting at noon at Leg Up Farm in York, PA.

NEW-MANNA is hosting its annual Nourish Seminar & Award Presentation, March 30th from 2:00-7:00 PM, celebrating the accomplishments of health care leaders striving to incorporate nutrition services into our health care landscape. Hear from this year's Nourish Award recipient, Secretary Ted Dallas of the PA Department of Human Services, about recent innovations in the state's Medicaid program that address the social determinants of health. Two continuing education credits (CEUs) will be offered for Registered Dietitians and Dietetic Technicians (pending approval). This event is free of charge! Learn more & register [here](#).

NEW-On April 1-2 in Boston, MA, Food Tank is hosting a summit bringing about discussion and debate on the current state of our food system. See the list of food, agriculture and nutrition experts presenting, and register [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 Food and Drug Administration is holding a public meeting in Maryland to talk about the definition of "healthy" on food labels. Details [here](#)!

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

NEW-The Society for Nutrition Education and Behavior's Advisory Committee on Public Policy sponsors the "Health Promotion Policy" awards. This award recognizes those who promote policies supporting healthy lifestyles. Do you know anyone who would fit the bill? Nominations are due by April 1. [Submit yours today!](#)

NEW-The Society of Nutrition Education and Behavior (SNEB) is asking college students to join their Board. The position is unpaid; but you would be gaining a network of leaders in the food and nutrition field, a chance to have a voice in SNEB's future, and other leadership skills. Learn more about the position [here](#), and apply today.

NEW-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 US Department of Agriculture has \$27 million in grants available to fund projects that work to strengthen the market opportunities for local and regional food producers and

businesses. [Apply by March 27, 2017.](#)

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).

The James Beard Foundation is offering their Women in Culinary Leadership 2017 positions. It's available to women interested in working in culinary, management, and entrepreneurial positions while working in established restaurants. Applicants will enter into an eight-month program for training in either Chef Management or Hospitality Management. \$600.00 (subject to all applicable taxes) for a 50 hour maximum work week will be paid to the mentee by her mentor. [Apply today!](#)

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 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 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](#).

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](#).