### PA NEN News

EatTogetherPA.org is Getting a Makeover!  
Keep an eye out for EatTogetherPA.org’s brand new look.  

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!

### International News

Australian researchers looked at [186 studies](#) about calories labeled on menus. They found that this labeling not only allowed people to select lower calorie items, but it also allowed restaurants to sell more of these choices too.  

**Who wants a healthy-habit-forming-family?**

How not to die young – a message from centenarians [here](#) and [there](#).  

**We can relax on the diet crazes and eat what we want.**

**Is counting calories helpful or harmful?** A dietitian shares her thoughts.  

**Global politics on sugar sweetened beverages is tricky.**

**Did you know there was a seed bank collecting food crop seeds for food security.**

**How does cooking certain vegetables increase their nutrient value?**

**A scientific snapshot of how smell’s influence on taste buds**

### National News

A Whitman College program pairs students who coach meal
preparation with older men who have put cooking on the back burner.

Researchers look at bias against people who are overweight across the US.

8th grade students assess their neighborhood and environment to make sure they're city is more walkable in the future.

Colorado preschools are highlighted for their farm to school movement. See how garden lessons apply to the math, science, and history lessons.

Urban Agriculture Production Act of 2017 was presented at the Federal level to enhance and expand this type of agriculture.

Blood pressure guidelines were updated after 14 years.

At the Federal level, the Today's American Dream Act will address slow economic growth and spur investment and development in underserved communities across America. One part of it will allow growers to plant additional crops to alleviate hunger food deserts.

At the Federal level, the Healthy Food Access for All Americans Act was proposed. If adopted, it would amend the Internal Revenue Code of 1986 to establish a new tax credit and grant program to stimulate investment and healthy nutrition options in food deserts.

The Farm to School Act of 2017 would reauthorize Farm to School programs.

Menu labeling policy is still in the works. Here is the update.

Did anyone notice that the cost of food went down?

See the pie chart that breaks down spending of the Farm Bill compared to other government programs.

Proposed at the Federal level, this bill would amend the Food and Nutrition Act of 2008 to provide for a standard medical expense deduction under the Supplemental Nutrition Assistance Program.

The proposed Federal Food Sharing Act of 2017 would amend Food and Nutrition Act of 2008 to authorize the Secretary of Agriculture to make grants to carry out farm gleaning projects.

The proposed College Student Hunger Act of 2017 would amend the Food and Nutrition Act of 2008 to expand the
eligibility of college students to participate in the Supplemental Nutrition Assistance Program.

The Federally proposed Pathways Out of Poverty Act of 2017 would strengthen and expand proven anti-poverty programs and initiatives.

Filed for January 9, 2018, this Alabama bill would prohibit the Commissioner of the Department of Human Resources from requesting a waiver of federal work requirements for able-bodied adults without dependents who are applicants or recipients of the Supplemental Nutritional Assistance Program (SNAP). That means, Supplemental Nutrition Assistance Program participants would need to participate in minimum work requirements, provide documentation of engaging in work training, or participate in volunteer community service. This bill would provide limited exemptions from these work requirements.

This Illinois bill would prohibit the Department of Human Services from seeking renewal or extending any federal waiver of the 3-month time limit or work requirements for able-bodied adults without dependent children who apply for or receive benefits under the Supplemental Nutrition Assistance Program.

This proposed bill would require the Department of Health Services (DHS) to establish and implement a pilot program to provide discounts to certain households that are eligible for FoodShare benefits or Federal Supplemental Nutrition Assistance Program discounts on fresh produce and other healthy foods. DHS would administer the healthy eating incentive pilot programs and contract with an independent research entity to conduct a study of the program.

This proposed Wisconsin bill would require the Department of Health Services (DHS) to develop conduct a pilot program to use FoodShare benefits for healthy foods and beverages. Under the bill’s pilot program, DHS must identify categories of or specific foods, food products, and beverages that do not have sufficient nutritional value and restrict the use of FoodShare benefits for those foods, food products, and beverages.

California adopted a bill that prohibits a schools, school districts, or charter schools from advertising food or beverages during the school day.

The proposed federal level Healthy Breakfasts Help Kids Learn Act of 2017 would amend the Richard B. Russell National School Lunch Act to remove certain limitations with respect to commodity assistance for school breakfast programs.

The proposed School Milk Nutrition Act of 2017 would authorize evaluation and promotion of milk within the school meals program to reverse declining milk consumption in schools.
This proposed Federal bill would amend the Richard B. Russell National School Lunch Act to include canned, dried, frozen, and pureed fruits and vegetables in the fresh fruit and vegetable program.

Before September 2018, California requires high poverty schools to begin providing breakfast and lunch free of charge through the universal meal service to all students.

In California, the Child Hunger Prevention and Fair Treatment Act of 2017 ensures no one is shamed or treated differently for not paying their school lunch.

Washington D.C. is looking to pass a bill that would provide free lunches for all students in public, charter, and public schools.

The Healthy Schools Temporary Amendment Act of 2017 is a proposed bill in Washington D.C. that would increase the number of grants for physical activity in schools, the inclusion of local organizations within these programs, and the school eligibility for these grants.

New York will ask the commissioner of education to make guidelines for providing donation of excess, unused, edible food from school meals to food assistance programs.

In Ohio, they proposed a bill to establish the Breakfast After The Bell Program for all public schools.

Check out a Registered Dietitian Nutritionist’s role in hurricane relief efforts.

Why did this well-researched, nutrition grading system not work in grocery stores?

10 food pantries were created in schools in Wake County, North Carolina; and students are using them.

How to make an allergy-friendly holiday

Local News

Pennsylvania: Turkey time has passed, but it’s never too late for a great resource. Penn State Extension blogged about food safety while cooking turkey.

Pennsylvania: The Power Packs Project led a recipe contest. See what their winner made in this video!

Pennsylvania: The Pennsylvania Coalition for Oral Health lists some great resources for the low income who cannot
afford dental care.

Central Pennsylvania: WITF’s “Smart Talk” travelled to speak with employees at the Central PA Food Bank. Listen to the event here!

Central Pennsylvania: Catholic Harvest is highlighted within this heartfelt video. This pantry owner will get you $10 worth of healthful food for $1.

Hershey: One single mom’s story will bring tears to your eyes as the local food bank came to her rescue. See how the Hershey Food Bank serves the hungry in the sweetest place on earth.

Philadelphia: The “Campout for Hunger Event” is happening this weekend. Watch their Double Dare kickoff here.

Philadelphia: One take on the local and national soda tax

Philadelphia: Do you know where the Food Trust’s Farmers Markets reside? This map will show you!

Pittsburgh: Power Up Eat Right is a website produced by Adagio Health dietitians. Check it!

State College: The food bank in State College lists their most-needed donations here.

York County: 1 out of 9 York counties residents go hungry. The York County Food Bank is here to Help!

Resources

The American Enterprise Institute wrote a paper on the future of the Supplemental Nutrition Assistance Program in the Farm Bill.

Check out these graphs sharing public health dollars that were spent on the soda tax verses industry dollars spent lobbying against it.

It’s hunting season! Curious about donating your hunted game meat to the hungry? Look here!

The Environmental Working Group created an interactive map with farm subsidy information on it. See how funds are spent here.

Check this review of Latino children’s risk for disease with a
This study looked at a vegetarian versus normal diet and the potential for dieters to become depressed. Note that this study is not diagnosing depression; and vegetarians were lumped into a category with vegans, even though their diets vary drastically. Vegetarians can eat eggs and cheese, a very different nutrient profile than vegans.

Last week, the Bipartisan Policy Center held a session describing the My Healthy Weight initiative. It provides millions of individuals and health professionals with a consistent message to support healthy weight change. Click here to learn more.

The State Farm to School Legislative Survey: 2002-2017 outlines state policy, state-by-state reviews of various policies, advocacy tracks, case studies of successful advocacy, other farm to school supportive-bills strengthening the farm to school movement and more.

Have you heard of the Center of Disease Control and Prevention’s Prevention Research Center? They have helped communities conduct, implement and evaluate nutrition and obesity-prevention changes. See fact sheets explaining their projects here.

The American College of Cardiology and American Heart Association supported new blood pressure guidelines.


“The Youth Compendium of Physical Activities provides a list of 196 common activities in which youth participate and the estimated energy cost associated with each activity. It can be used by a wide variety of people—including researchers, health care professionals, teachers and coaches, and fitness professionals—and in a variety of ways—including research, public health policy making, education, and interventions to encourage physical activity in youth.”

Food Policy Databases for the taking by colleges, health associations, the government, and various foundations:

- Global Database for City and Regional Food Policy
- Local Government Food Policy Database for the US and Canada
- Food Policy materials from the CityFood Network
- Nourishing Framework Databases for preventing obesity

See this summary of US Preventive Services Task Force recommendations on the iron status of toddlers, non-
pregnant females, and pregnant females in the United States

A collection of 34 charts from the US Department of Agriculture shares examples of key statistics on the farm sector, food spending and prices, food security, rural communities, agricultural production and trade, the interaction of agriculture and natural resources, and more.

Without access to food stores such as supermarkets, people rely on convenience stores or fast-food restaurants. This report looks to how local food environment, household mobility, and assets are related to where households shop for food. Data from the study are summarized here.

A study completed by UCONN's Rudd Center looks at the impact of the food industry promoting healthy, active lifestyle messages when marketing unhealthy foods to kids. The actual research paper can be found here and a news article about it, here.

The Public Health Institute printed the report, “Making Food Systems Part of Your Community Health Needs Assessment Practical Guidance from the TACKLING HUNGER Project”. You can read it here.

The National Resources Defense Council (NRDC) led a study about food waste. According to this research, 68% of wasted household food is potentially edible in New York, Denver and Nashville. The average household wasted 3.5 pounds of food per week. Fruits, vegetables and leftovers were the most commonly wasted items. Read more here and there.

Social Media

This Facebook video shows how your body knows it’s full.

Check out Feeding PA’s Instagram feed to see what anti-hunger movements are happening across the state.

Webinars and Podcasts

NEW—“The US Department of Agriculture Partnerships in Increasing Fruit and Vegetable Consumption” is a meeting being held on December 5, 2017 from 1:00 PM - 2:00 PM (EST). During this time, you will learn about healthy food options available through the Supplemental Nutrition Assistance Program (SNAP), about state and local implementation of SNAP Education and much more. Join the
meeting from your computer, tablet or smartphone via this [website](https://example.com). You can also dial in using your phone in United States: +1 (571) 317-3122: 797-475-725. Handouts will be available on this website prior to the [webinar](https://example.com).

**NEW**-This [podcast](https://example.com) called, “Open Source,” addresses what the future of food, nutrition and agriculture holds. Prominent figures in nutrition and public health are guest speakers! Such a good listen.

**NEW**-Recently, pesticides have been a hot topic in the nutrition world. Listen to [this podcast](https://example.com) to hear crucial details that aren't addressed in the headlines.

**NEW**-Politico held a conference called the "Future of Food in a Global Economy". During the discussion, speakers focused on the demand for a healthy, nutritious food system. Watch the conference [here](https://example.com).

The James Beard Foundation held their conference on Live Stream on October 24th. The meeting brought food professionals throughout the industry, clinical, community and many other settings. Click [this link](https://example.com) to see the running list of videos along the right side of the screen. You can click one that interests you most.

Check the National Good Food Network’s [archived webinars](https://example.com) about Social Justice and Food Access.

The US Department of Agriculture’s Food and Nutrition Services hosts lots of helpful webinars. They house recordings are on their [YouTube channel](https://example.com).

---

### Events

**NEW**-On December 6 from 3:00-7:00 PM (ET) MANNA is holding its annual Nourish event honoring the accomplishments of health care leaders who incorporate nutrition services into our health care. Heather Hallman, Advisor to the Governor on Food and Nutrition Programs and Special Advisor to the Secretary of the PA Department of Human Services will present about innovative partnerships with community-based organizations around the state that are addressing the social determinants of health. Registration details can be found [here](https://example.com).

**NEW**-Tonight! From 7:00-10:00 PM, you can join the Food Trust at their "Night at the Market: A 25th Anniversary Celebration to Benefit". It’s taking place at the Reading Terminal Market. During the event, there will be after-hours access to Reading Terminal vendors, hip-hop performances, twist-your-own-Philly-soft-pretzel stands, cooking demos, and
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.

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.

Grants & Opportunities

NEW-Voices for Healthy Kids opened up a new round of funding to specifically support school health at the state and local level. Funding will support key areas outlined here. Applications are due December 8.

NEW-The Journal of the Academy of Nutrition and Dietetics invites authors to submit high-quality research, research briefs, systematic reviews, narrative reviews, case studies, commentaries, and practice articles on the following topics:

- Disaster Preparedness and Emergency Management
- Outcomes Research and Economic Analysis
- Underserved Populations in the United States

Information for authors is available at this website. All manuscripts will be subject to routine peer review. Contact journal@eatright.org with questions.

NEW-The Society of Nutrition Education and Behavior (SNEB) invites you to submit abstracts for presentation at their 2018 Annual Conference in Minneapolis, MN on July 21 - July 24. SNEB wants abstracts about research, and programs that relate to behavior change and food choice. The submission deadline is January 15, 2018. More information here.
Isn't food and nutrition confusing? Ask a COPE registered dietitian for answers! Send your questions to cope@villanova.edu

The Administration for Community Living shares food and nutrition grant opportunities in this archive.

Government food and nutrition grants are all listed on Grants.gov.

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.

© Copyright 2009 PA NEN | www.panen.org | 717.233.1791

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA’s Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider and employer

View the full funding statement by clicking here.