PA NEN News

PA NEN First Ever Webinar Recording
PA NEN put on their first webinar! It was a smashing success sharing all you need to know about nutrition and health literacy. You can watch the recording today.

Recording: Webinar Recording
Password: panenwebinar1
Slides: A PDF of the slides is available here
Registered Dietitian CEU Credits

If you have any questions, or would like to suggest a topic for future webinars, please send them to us! rcleland@phmc.org

Future webinar topics

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

A study, from the scientist who created the "Smarter School Lunch Room Movement,” was detracted from a major journal.

The James Beard Foundation explores research on consumer beliefs and behaviors behind their food purchases. Key findings are outlined here.

What do low-income older adults think about food and nutrition? This article shares the different ways in which the low-income older adult population prioritize health, perceive health status and purchase food.

6 food mistakes parents make as their kids develop healthy eating habits, as well as their willingness to try new foods.

A positive atmosphere during mealtimes prompts preschoolers to eat more fruits, vegetables, and other healthy
Child and teen obesity soars tenfold worldwide in 40 years according to the World Health Organization report.

India, notorious for malnutrition, is suffering from obesity.

How does the current national budget proposal affect the Supplemental Nutrition Assistance Program? See the Center of Budget and Policy Priorities here.

San Francisco law makers approved a local ordinance requiring large retailers to annually report on antibiotics used by their meat and poultry suppliers. The law acts as a means to stop unnecessary use of antibiotics and prevent antibiotic-resistant infections.

The local food resurgence might boost the rural economy and health status.

This news article describes what went into deciding to cut junk food by 84% in Washington D.C.’s Capitol Area Food Bank. It also addresses critiques against the decision.

New data that shows rates among 2-4 year-olds enrolled in the Federal Supplemental Nutrition Program for Women Infants and Children (WIC) have declined in 31 states. This article describes the positive effects of communities, schools, industries, policy makers, and health professionals teaming together to fight obesity.

The United States Department of Agriculture (USDA) and Texas Health and Human Services Commission (THHSC) announce their approval of the Disaster Supplemental Nutrition Assistance Program (D-SNAP) for Texas disaster areas. Eligible households in the affected areas will receive two months of benefits, equivalent to the maximum amount of benefits normally issued to a SNAP household of their size.

Falls Church City Public Schools in Virginia accommodate hydroponic cultivators where students grow a variety of lettuces.

Plan for next year’s Halloween to be an allergy-safe one for your child. See these common-sense rules will make Fright Night less scary.

The Food and Drug Administration will decide whether 26 ingredients count as fiber, like chicory root, bamboo or soy.
Manufacturers can use these powders and more to add fiber to their foods.

Food and Drug Administration rebukes a bakery for claiming “love” as an ingredient in their granola.

A renowned chef assists with food aid after the Puerto Rico disaster.

An Ohio’s Senator recognized the Academy of Nutrition and Dietetics for its 100th Anniversary.

Local News

Pennsylvania: Registered Dietitian, Clancy Cash Harrison MS, RDN, FAND, offers ideas on how and what to donate to food banks.

Pennsylvania: This article talks about the effects of Supplemental Nutrition Assistance Program budget cuts on local communities, grocers, farmers markets, as well as distributors.

Philadelphia: What a success story. A participant from the Philadelphia’s Health Promotion Council’s programming makes her first television debut sharing her personal road to wellness and plant-based recipes.

Philadelphia: A dietitian for Healthy News Works and active PA NEN member shares some spooky Halloween treats. It’s never too late to start planning for next year!

Pittsburgh: Pittsburgh public schools implement the “Smarter School Lunch Movement” practices to help their kids eat better.

Westmoreland: Penn State Extension’s Master Gardeners donate products that they cultivate to Westmoreland County Food Bank. Since 2002 they have donated over 12,000 pounds of produce that has contributed to over 9,000 meals!

Resources

"Nudging” people toward healthier choices is a great way to get people to eat healthier without having personnel on the ground to do so. Here is a How to Guide for nudges, a brief overview of what this term means, and a view of the national data report sharing which nudges actually work in
Nebraska Cooperative Extension just released a “What’s on the Food Label” free slideshow presentation. Check out the slides here.

According to the Center on Disease Control and Prevention, the prevalence of obesity in American adults grew over 2015-2016.

October was Farm to School Month. Resources below!

- You can celebrate with the U.S. Department of Agriculture’s “MyPlate. MyState”! This resource identifies foods grown or processed in each state, shares states’ Farm to School facts and provides additional resources.
- Team Nutrition kicked off this month by sharing links to their favorite vegetable recipes.

In this blind, randomized trial of overweight adults, the amount and type of protein consumed influenced their gut. Much more research needs to be done to prove that one caused the other.

A study of three U.S. cohorts shows that as people eat more magnesium and complex carbohydrates, their risk for type 2 diabetes is reduced. Much more research to be done to prove this link.

The Food and Drug Administration (FDA) and Environmental Protection Agency have issued new advice for eating fish. The advice includes a new chart that is tailored to the needs of pregnant women, women of childbearing age, and parents of young children. You can find links to frequently asked questions and other downloadable materials to help you make informed decisions about eating and serving fish.

A dietitian from Real Mom’s Nutrition shares her take on Halloween candy for kids.

School Meals that Rock puts their broccoli into rap video, and you won't be able to get enough!

Did you know that website for "Just Eat Your Fruits and Vegetables" has online cooking videos? Scroll down this site to the “Healthy Eating Videos,” and watch a couple for yourself.
Infographics has a list of health focused infographics highlighted here.

National Collaborative on Childhood Obesity Research (@NCCOR) hosted a #childobesitychat Twitter Chat. Participants included the National Cancer Institute Division of Cancer Control and Population Science (@NCICancerCtrl); the National Institute of Health Office of Behavioral and Social Sciences Research (@NIHOBSSR); and the Centers for Disease Control and Prevention Division of Nutrition, Physical Activity, and Obesity (@CDCObesity). The Twitter chat facilitated a discussion on community efforts to reduce childhood obesity. More than 100 individuals and organizations participated reaching more than 1.2 million people.

October was #FarmtoSchoolMonth. Scroll down the Twitter feed for lots of resources.

Ted-Ed shared a video about how sugar affects the brain.

### Webinars and Podcasts

**NEW**-Join Maria Roma-Palofax, RD, PhD on Wednesday, November 15 from 12:00 – 1:00 PM (ET) for a FREE webinar hosted by the Villanova University College of Nursing’s MacDonald Center for Obesity Prevention and Education. Maria will discuss the various ways food marketing is used to influence parental purchasing decisions and the impact these marketing tactics may have on shaping parental perceptions of healthy feeding practices. Register here. For more details about their other webinars, click here.

**NEW**-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 to see the running list of videos along the right side of the screen. You can click one that interests you most.

**NEW**-The Society of Nutrition Education and Behavior’s (SNEB) is hosting a webinar called, "Journal Club 6: NEEDs for Tots: A Satter Division of Responsibility in Feeding Focused Early Childhood Education Curriculum" on November 6 from 12:00-1:00 PM (ET). It shares how parent’s feeding behavior influences their kids. It also walks through the Satter Division of Responsibility in feeding (sDOR) as one approach to feeding kids responsibly. Registration is free for SNEB members and costs $25 for non-members. Click here to register.

**NEW**-Check the National Good Food Network’s archived
webinars 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.

Check out Food Tank’s most recent New York City summit on food loss and food waste within this listing of Facebook Live posts. This event brought food activists, industry and chefs together to discuss topics plaguing our food system today.

The US Department of Agriculture’s Food and Nutrition Services recorded webinars. They’re archived here.

Promoting Equity within the Local Food Systems through Cooperative Extension was a national webinar put on by the Undoing Inequality in the Food System Workgroup and the Sustainable Agriculture Education Association.

**Events**

**NEW**-Interested in learning more about the lifestyle, history, and culture of the Mediterranean region? Join the Penn State Extension for Mediterranean Cuisine in Lancaster County on Saturday, November 4th from 9:30AM-3:00 PM. Learn how to apply the Mediterranean food and health principles to design your own healthy lifestyle, based on Pennsylvania foods. For more information visit their website.

**NEW**-Food, food and more food...the holidays are just around the corner! Learn how to cook delicious and healthy food that will please your holiday guests, your senses and your waistline. Join “The Taste of the Holidays Cooking Program” event with the chef instructor, Libby Mills, MS, RDN, LDN, FAND on Tuesday, November 14th from 5:00-7:00 PM at the Inn at Villanova University for recipe magic with flavorful appetizers, crunchy snacks, savory bites, and decadent sweet treats. Taste your way through holiday dishes that are as delectable and wowing as they are good for you! Wine is included with food tastings. The event costs $65 per person. Register here. For more information, visit this site.

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.

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**Grants & Opportunities**

Isn’t food and nutrition confusing? Ask a COPE registered dietitian for answers! Send your questions to cope@villanova.edu

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. For more information on applying for grants, 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.

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.

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View the full funding statement by clicking here.