**PA NEN Board Meeting Invite**

All members are welcome to attend the PA NEN Board Meetings. Please note that while you are not authorized to vote, you are encouraged to share your ideas during the open forum. See below for more details about the meeting:

- **Date:** Tuesday, October 17
- **Time:** 10:00am - 2:30 PM
- **Location:** 203-204 Special Services Building, Penn State University
- **GPS Address:** 151 Standing Stone Lane, State College, PA 16803
- **Lunch:** There will be a buffet lunch available. Cost for non-board members is $25

Please confirm your seat at the meeting by emailing PA NEN by October 12.

**EatTogetherPA.org is Getting a Makeover!**

Keep an eye out for EatTogetherPA.org's brand new look.

**PA NEN Annual Conference**

PA NEN and TRACKS have invited you to submit a speaker proposal and/or speaker suggestion for our groundbreaking, join conference. Conference organizers are looking for food and nutrition experts and professionals who want to share their knowledge and expertise to positively impact the behavior change of low-income Pennsylvanians. More details about speaker submissions can be found 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!

**International News**

How have changing temperatures affected the nutrients in our food?

All nutrition educators and dietitians know, there is no straightforward answer to losing weight. Sometimes the
message of eating less and moving more doesn't work.

Could olive oil help prevent Alzheimer's disease? Exciting animal study findings set researchers up for future experiments testing this hypothesis.

With an irregular sleep pattern, gut microbes might influence a protein that causes you to absorb more fat and calories. More research to be done.

Look into the gut microbiome of a population still eating by the seasons. Maybe the seasonal switches in microbes are the healthiest part of their guts. Read more here.

School gardens introduced in Syria have been a huge success.

The PURE (Prospective Urban and Rural Epidemiology) study analyzed 135,000 people's diets. The media focused on the fact that the amount of fruits and vegetables consumed had very little effect on mortality risk. Skeptical researchers dive into the headlines here and there.

Prolonged sitting can affect all of us but can hinder older adults’ ability to walk.

Food prices have been low. This has an effect on customers, stores, and farmers.

The Robert Wood Johnson Foundation is trying to document the slowing of childhood obesity rates. See the list of articles here.

Are you curious about the North American Free Trade Agreement (NAFTA) and how it might affect our food system? Then, see its future timeline, American proposals and other details in this document.

Hurricanes decimated food crops in Puerto Rico, Florida, and Texas.

A Washington D.C. food bank cut the amount of junk food received by 84% annually.

New York City delayed the enforcement of placing calories on all menus until the federal guidelines take effect.

The Food and Drug Administration passed new health claim to be put on peanut butter with ideas for reducing allergen risk. The full statement and background on this label can be found here.
A school organization releases some healthy ideas for kids and their parents.

Community Food Advocates share numerous articles about free school lunch in schools with a majority of low-income students. They’re archived here.

Universal free lunch is now available for the New York City School system. Articles here and there.

In New Jersey, this adopted bill requires the Department of Environmental Protection to establish voluntary guidelines for K-12 schools and institutions of higher education to reduce and recover food waste. It also extends the "Food Bank Good Samaritan Act" immunity protections to public and nonpublic schools.

This study solidifies the association between high schoolers who have lower test scores and their lack of physical activity and healthy diets. This link does not prove that one factor caused the other.

The US Department of Agriculture’s Secretary Perdue shares in Georgia’s schools’ success.

This bill was adopted in New Jersey and establishes the Farm to School Coordinating Council. The Council will analyze and improve the current Farm to School programs. It also will look at procurement practices of food from New Jersey farmers and encourage more farms, schools and local community members to participate in the Farm to School program.

In Oregon, this bill establishes a farm to school grant program that will assist school districts with paying for costs of purchasing food processed and produced in state, along with supporting agricultural and gardening education in the school district.

Is there a link between people receiving food stamps and academic performance?

According to the Journal of Nutrition Education and Behavior study, Supplemental Nutrition Assistance Program (SNAP) benefits are not enough to cover a healthy diet.

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 (SNAP).

This federal bill would decrease the incidence of food waste through standardizing expiration date labels, encouraging school cafeterias to purchase lower-priced “ugly” produce, increasing funds that educate students about food waste and recovery, reducing wasted food throughout the federal government, requiring companies that contract with the federal government to donate surplus food to food banks and soup
kitchens, increasing composting in federal facilities, investing in new technologies to increase the shelf life of fresh food, and requiring the US Department of Agriculture to establish a standard for how to estimate the amount of wasted food at the farm level.

The Food and Drug Administration’s Commissioner emphasized the need for Americans to have clear, concise calorie and nutrition information.

This federal bill would amend the Food and Nutrition Act of 2008 to allow certain students who are family caregivers to participate in the Supplemental Nutrition Assistance Program (SNAP).

On August 30, the House Agriculture Committee held another hearing in its series of Farm Bill listening sessions. It was recorded at this site. The Senate Agriculture, Nutrition and Forestry Committee held their hearing on in September. Watch the archived recording here.

Gus Shumacher, a longstanding advocate against hunger, passed away. See all that he did for the food insecure.

What does eating on $4 a day look like?

The Secretary of Agriculture hired a new Food Safety lead.

It’s the close of National Breastfeeding Month, the perfect time to remind us of the US Department of Agriculture and the US Department of Human Services collaboration for their Birth-24 month project. Put into place because the US Dietary Guidelines do not cover this time of life, and scientists really want to know more about it.

The National Academies of Sciences issued its second report with improvements for the process to establish the Dietary Guidelines. Download this report for free. Click here for the highlights and their press release.

At the federal level, The Healthy Food Access for All Americans Act was introduced in August. Under this bill, the Internal Revenue Code of 1986 would be adjusted for a new federal tax credit and grant program to stimulate investment and healthy food options in food deserts.

A bill adopted in New York, authorizes schools to screen for obesity and requires them to have nutrition education.

This bill was adopted in Illinois and requires a public school, including a charter school, to provide reasonable accommodations for breastfeeding or pumping on campus.

This bill establishes maternal health access zones where health disparities are higher amidst various socioeconomic, racial,
ethnic, and geographically disadvantaged populations.

During Hunger Action Month, parents were encouraged to teach their kids about how hunger affects families in America. See one family’s story here.

**Local News**

**Pennsylvania:** A Pennsylvania dietitian shares her after-school snack ideas. Check the Pennsylvania Academy of Nutrition and Dietetic Association’s blog archive on the right-hand-side of the screen to see what all the other Pennsylvania dietitians have shared.

**Pittsburgh:** The Greater Pittsburgh Community Food Bank just released their "Green Grocer" that is a mobile truck getting fresh food out to the hungry.

**Scranton:** Dietitians share their take on 16 food trends. Video here!

**State College:** Fill a Glass with Hope partners with Penn State Football and the Pennsylvania Dairyman Association to get 4 million gallons of Pennsylvania milk to the hungry across the state. See how it’s done!

**Resources**

Ednet is the National Food Safety Network’s Monthly E-Newsletter. It lists updated food safety reports, resources for nutrition educators, food safety policy in the news and so much more!

The US Department of Agriculture released a summary of a variety of studies on Childhood Obesity.

Waste Dive highlights numbers that show food waste as a major global issue.

The US Department of Agriculture and the Department of Human Services have combined efforts to create a nutrition resource for parents of babies from birth to 24 months. See it here.

The Food and Drug Administration shared resources on how you can protect your food after a storm hits.

The Antibiotic Resistance Action Center of George Washington University and the Expert Commission on Addressing the Contribution of Livestock to Antibiotic Resistance Crisis released

The State of Obesity shares updated obesity statistics and maps for our nation.

Second Harvest Food Bank released this reading list to teach kids about hunger. This reading list is from Mom’s Fighting Hunger.


The US Department of Agriculture’s Food and Nutrition Services created a national map of Supplemental Nutrition Assistance Program (SNAP) usage and community characteristics.

You can keep up with what the House Agriculture Committees’ Nutrition Subcommittee is doing by scrolling through this archive.

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**Social Media**

No Kids Hungry is asking people to redefine the term “Hangry”: when kids get hungry, we should get angry. Use the #Hangry hashtag over social media to share statistics and stories about childhood hunger. Learn more about this message at this website.

Jump with Jill is the first Rock Star Nutritionist. You can learn about how to incorporate her dance moves into classrooms, watch music videos and much more at her Youtube page. Subscribe or listen here.

Ted-Ed shared the story behind our microbiome through this animated YouTube video.

We’re closing out #FamilyMealsMonth, and it’s up to you to spread the message. Click this link to see the benefits of eating with others, along with lots of tips for sharing this message over social media.

During the close of #HungerActionMonth, you can share how you’re fighting hunger on Feeding America’s social media sharing page for their Pass the Plate campaign. Then, you’ll have the option to share on Facebook too.

DC Dietitians held a Twitter chat about nutrition and wellness as kids get back to school. Follow the conversation by following the
hashtag #DCMANDchat.

### Webinars and Podcasts

**NEW** - 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).

**NEW** - Check out Food Tank’s most recent New York City summit on food loss and food waste within this listing of [Facebook Live posts](https://example.com). This event brought food activists, industry and chefs together to discuss topics plaguing our food system today.

**NEW** - Have you heard of the “Nourish Child” podcast by Registered Dietitian, Jill Castle? Find a recording you might like at the archive [here](https://example.com).

**NEW** - A Gastropod [podcast](https://example.com) looks at the history of school lunch.

**NEW** - The US Department of Agriculture’s Food and Nutrition Services recorded webinars. They’re archived [here](https://example.com).

**NEW** - Promoting Equity within the Local Food Systems through Cooperative Extension was a [national webinar](https://example.com) put on by the Undoing Inequality in the Food System Workgroup and the Sustainable Agriculture Education Association.

**NEW** - The National Farm to School Network hosts webinars quarterly. They focus on early childhood education, partnerships, farm to school in native communities, capitalizing on volunteers and so much more. Click [this link](https://example.com) to explore their archives.

PBS shared an 8 minute special about summer feeding programs for kids.

A recording of the "[Systems Approaches for Healthy Communities](https://example.com)" marketing webinar z.umn.edu/systems approaches is available as web-based professional development program that promotes the integration of policy, systems, and environmental (PSE) interventions with educational strategies.

Hear from writers, farmers, scientists, and chefs who care deeply about your dinner plate on Mother Jone’s food podcast. Listen in for yourself. Episodes are archived [here](https://example.com).

SNAP-Ed professional development opportunity! A webinar called, "[Systems Approaches for Healthy Communities](https://example.com)" 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.

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.

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.

**Events**

**NEW**-Join the Central PA Food Bank on October 29 at Strawberry Square in Harrisburg, PA. It’s their 30th Annual “Taste of Central Pennsylvania”. There will be a marketplace of local food vendors sharing their best dishes. Donations support the food bank and their mission to serve fresh food for all across the mid-state. More information can be found here.

**NEW**-There will be a public meeting called, “Development of a List of Dietary Ingredients that Pre-Date the Dietary Supplement Health and Education Act of 1994” (DSHEA). The public meeting will be held on October 3, 2017 from 8:00 – 5:00 PM at the CFSAN Wiley Auditorium, 5001 Campus Drive, College Park, MD 20740. More information here.

Did you know that there are shared commercial kitchens across the state. These spaces allow people to process and prepare foods without worrying about regulatory standards. You can use them if pay for the space and work into their schedule. A list of these spaces can be found here.

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 Albuquerqu, 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.