



Your Nutrition Resource Connection

## Nutrition News & Opportunities

January 25, 2016

IMPORTANT  
PA NEN LINKS

### PA NEN News:

#### **Eat.Together.PA**

Eat.Together.PA is kicking off the New Year right!



PA NEN's Social Marketing Committee is excited to announce that [Eat.Together.PA billboards and bus shelters](http://www.EatTogetherPA.org) are posted in Allegheny and Lancaster Counties. Keep an eye out! And, spark your creativity with the [www.EatTogetherPA.org](http://www.EatTogetherPA.org) nutrition education resources, meal planning tips, budget-saving ideas, and much-much more!



#### **2016 Resource Area for PA NEN's Conference**

Would you want to display your organization's information at PA NEN's Annual Conference? There are only 7 remaining table top display spots available. Be sure to submit your [application](#) before the deadline - February 1, 2016!

Some of this year's Resource Area participants include:

- Giant Food Stores
- PA WIC
- UPMC/CHIP
- SNAP-Ed Connections
- Learning Zone Express
- PA Soybean Board



- and [more!](#)

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### **International News:**

The [2015 Dietary Guidelines](#) are out. What are people saying about them?

- [A local dietitian shares her views on the new dietary guidelines.](#)
- [MyPlate's Communicator's Guide](#) is a resource to help you translate the 2015 Dietary Guidelines into practice for the people you serve.
- [See why the Dietary Guidelines will always be slightly controversial.](#)
- [One dietitian provides quick tips for using the new dietary guidelines with clients!](#)
- [Marion Nestle digs into how the Guidelines phrase key recommendations.](#)
- [2015 Dietary Guideline educational resources are available at a cost.](#)
- [The basics of the new Dietary Guidelines](#)

2016 news articles are full of resolutions, tips, tricks, and predictions for the upcoming year!

- [A nutrition expert lists fad diets of 2016](#)

[The DASH diet ranked as the number one diet for 2016, but who says it can't be upgraded!?](#)

[Carrots are full of sugar? Celery is mostly water? 10 food myths like these are dispelled!](#)

[If nutrition research isn't a randomized control trial, then can it still be useful?](#)

[Denmark cleans up their food system in 5 ways.](#)

A Bronx teacher grows an indoor garden for his students! Get inspired by this teacher [here](#).

[The Childhood Reauthorization Act was passed by a Senate Committee.](#)

[4 ways your standing desk could be harming you](#)

[18 games and activities that will get your whole family off the couch.](#)

[Build that bacteria in your gut!](#)

How does a local food system drive community development? It looks different in every community, but [here](#) is one example.

[When it comes to eating healthfully, think beyond the calories.](#)

[Mentors can guide new nutrition professionals into becoming the future leaders of nutrition and dietetics.](#)

[Check the conflicting recommendations about how much calcium we should consume.](#)

[What does school lunch look like in other countries?](#)

[Children of immigrants tend to eat very differently than their parents.](#)

[Why won't some kids just eat meat!? They don't have to! Just follow these recommendations.](#)

[The Vietnamese take health and fitness seriously.](#)

[Poverty is more relevant than race when we speak about childhood obesity.](#)

[The Academy of Nutrition and Dietetics provides us budget-friendly tips in the grocery store.](#)

[Too much of anything can be harmful, including exercise.](#)

[Healthier foods do not displace the junk food in kids' diets.](#)

[8 things you didn't know about bananas](#)

[In DC, schools open to serve free meals during the blizzard.](#)

[Childhood nutrition is back in the spotlight at Capitol Hill.](#)

[Should nutrition labels show how much activity it takes to burn off the calories within that food?](#)

#### **Local News:**

**Pennsylvania:** Listeria contaminated leafy greens. [Here](#) are the details.

**Pennsylvania:** [Error rates within the state's Supplemental Nutrition Assistance Program are at an all-time low!](#)

**Philadelphia:** [With school closings, many kids go without food.](#)

**Philadelphia:** [A new food pantry opened in Plymouth Meeting.](#)

**Pittsburgh:** Any Pittsburgh fans in the house? The Greater Pittsburgh Community Food Bank wants to 'Kick Hunger' by giving you an opportunity to bid and win a ticket to the 2016 Steelers game, a hotel stay, and more. Details can be found [here](#).

### **Resources:**

The Commission on Ending Childhood Obesity (ECHO) presented its final [report](#) after a two-year process to address the issue of childhood obesity around the world.

Receive the most recent food safety updates, recalls, and more at this [website](#).

Kids who eat fruit and vegetables are healthier. [Here](#) is a listing of research to prove it.

Salud America calls for healthier schools for Latino kids. Look over their 2016 [resources, research review, issue brief, and infographics](#) on the matter!

### **Social Media:**

[Philadelphia's Hunger Coalition posted an impactful visual to share the importance of school food during the winter.](#)

Chester County's National Hunger & Homelessness Awareness Week has a [Facebook page!](#)

### **Webinar:**

*NEW*-Chef Ann Cooper shares her thoughts about school nutrition in this list of [videos](#).

*NEW*-A senate committee held a hearing about improving and passing the Childhood Nutrition Act of 2015. You can watch the hearing [here](#).

*NEW*-The Society of Nutrition Education and Behavior (SNEB) is hosting a webinar titled, "Reducing Food Insecurity and Improving Fruit and Vegetable Intake Among Farmers' Markets." It will summarize how incentives impact farmers market purchases, describe the methodology behind the incentive research, and much more. Join on February 1 at 12:00 PM (ET). Register [here](#).

"Eating Frequency and Weight Management" will be on March 3 at 2:00 PM (ET). Participants will learn about energy balance and effective weight control strategies. Acquire more information, and register [here](#).

"EPIC®: Pediatric Obesity – Evaluation, Treatment, and Prevention in Community Settings" is a free training and live webinar/teleconference scheduled for February 10 at 12:15 PM – 1:30 PM. The presentation will help those working in pediatrics (physicians, dietitians, pediatric and family medicine practice staff, along with others in schools and community settings) to address common issues of pediatric overweight and obesity. During the webinar, you will receive latest, evidence-based ways to promote wellness with children and families. This training has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of University of Pittsburgh School of Medicine and the Pennsylvania Chapter of the American Academy of Pediatrics. By attending and completing an evaluation, you can receive 1 CME or 1 CEU. Your connection information, CME/CEU materials, and handouts will be emailed to you prior to your program. Register for one of the webinars [here](#). You can also set up a live training at your site by emailing [mkeen@paaap.org](mailto:mkeen@paaap.org). Contact Amy Wishner with questions at [awishner@paaap.org](mailto:awishner@paaap.org) or call (484) 446-3035.

In February 2016, the Society of Nutrition Education and Behavior (SNEB) is hosting a list of webinars focused on lessons learned during the implementation of various behavioral nutrition interventions. The listing of webinars, presenters, their research, and a link to register can be found [here](#).

### **Events**

*NEW*-Register to "Walk Against Hunger" in Philadelphia on April 9. This event is celebrating its 20th anniversary by giving you the chance to raise funds for over 100 food pantries and other food assistance across the city. [Find out more, and register for the event today!](#)

*NEW*-Hunger is a Community Affair - the 8th Annual Delaware County Conference on Hunger is right around the corner. It will be held on March 11 at Widener University. Attendees will discover the power of a community working together to fight hunger, increase healthy food access, provide needed healthcare, and more. Join the collaboration

by registering and reviewing the conference [brochure](#) for more details.

The Pennsylvania Head Start Association is holding their conference at the Penn Stater on April 6-8, 2016. Find more about this year's event and speakers, [here](#).

At Repair the World's office in Pittsburgh, you can watch the "Just Eat It" documentary that's all about food waste and food recovery. The showing is happening on February 13. Find out more at [this website](#). Make sure you're logged into Facebook before you click [this link](#).

The National Anti-Hunger Policy Conference will be held in Washington D.C. on February 28-March 1. Gain social media tactics to promote your organization, [learn](#) how to better support the Supplemental Nutrition Assistance Program, and so much more!

Grow Pittsburgh is hosting a three-part educational series for people who want to learn gardening basics! Classes will be held throughout February and March at East Liberty Presbyterian Church. Find out the time, dates, and cost information on their [website](#).

### **Grants and Opportunities:**

*NEW*-The Journal of Nutrition Education and Behavior is calling for research papers on Nutrition Economics. This subject matter could include behavioral economics, consumer food behavior, cost benefits of programs, food budgeting or even how economic status affects what people eat and their access to healthy options. Submissions are due by June 15. Follow the directions from this [website](#).

*NEW*-Real Food Films is holding a film contest that dives into the theme of hunger. A \$5,000 award will be given to a "Lens on Hunger" story winner! Entries are due March 1. For more information visit this [website](#).

Grow Pittsburgh has an urban garden apprenticeship now open to adults from 19-25 years old. Those interested must be available for specified hours, days, and for the summer months. See more information about this opportunity [here](#).

Does your organization serve low-income individuals and families? Would you like to submit an application for funding to provide nutrition education programming for adults, seniors, school-age kids or preschool children? Then, you might want to apply for funding from the Pennsylvania Nutrition Education Tracks (TRACKS). PA TRACKS administers Supplemental Nutrition Assistance Program Education (SNAP-Ed) for the Department of Human Services (DHS) in Pennsylvania. They are funded through USDA's Food & Nutrition

Service (FNS) and operate the program according to [FNS SNAP-Ed Plan Guidance](#). Find out many more on this [website](#).

The Society of Nutrition Education and Behavior (SNEB) is [calling for abstracts](#) and original research for pre-conference, conference, and poster presentations. The Food Nutrition and Extension Educators Division of SNEB are also [calling](#) for pre-conference session abstracts: Find more details about the submission by looking to the following resources:

- [Review Criteria](#)
- [Abstract Guidelines](#)
- [Types of Abstracts](#)

The Invest Health Initiative launched! It's encouraging mid-sized U.S. cities to develop strategies and partnerships for neighborhoods facing barriers to better health. Find out [more](#) about the funds available and application.

The Pennsylvania Head Start Association is hosting their 2016 PHSA Conference on April 6-7, 2016 in State College, PA. The call for speakers is open. If you are interested in presenting during the conference, [you can apply](#).

How should we define the "Natural" food label? The Food and Drug Administration is asking the public for help. For background about the issue, go [here](#). If you want to weigh in, this [website](#) will direct you.

The National Center for Childhood Obesity Research keeps a running list of grants available. Review all of them [here](#).

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