



Your Nutrition News Resource

Nutrition News Nibbles: August-September 2018



[Archive](#)



**PA NEN News**

**Eat Together PA had tons of fun during Family Meals Month**

See what went down in our [video](#) with two little movie stars taste testing healthy-for-you snacks! All recipes can be found on Eat Together PA's website.

**Save the Date!**

PA NEN's annual conference is coming on April 29-30, 2019 in Pittsburgh, PA. We are you looking for information to help guide you through the ever changing world of nutrition education? Let us empower you to lead the way. The conference will feature forward-thinking speakers who will share best practices for enhancing partnerships, systems, and environments to create behavior change and build healthier communities. Come learn, network, and leave with new strategies and techniques that will further empower you to assist your participants to make positive behavior change. More information [here](#) and more to come later this Fall.

**Are you Interested in a Speaking Opportunity?**

PA NEN is looking for food and nutrition experts who want to share their knowledge and expertise to positively impact the behavior change of low-income Pennsylvanian at our annual conference. The underlying goal of this conference is to empower the attendees by providing them with novel tools to create healthy, balance nutrition education for their participants. If you have what it takes to nourish the minds of PA NEN's Conference attendees, we invite you to submit a speaker proposal. Proposal submission form and further information 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**

[Non-communicable diseases, like diabetes and obesity, are the](#)



[Resources for Health Pros](#)

[leading health issue around the world.](#)

[A dive into the complications of leading nutrition research](#)

Check this [new take](#) on global food security and sustaining resources.

[The United Nations reports hunger worldwide increases for the third straight year.](#)

[Scotland pushes for a Good Food Nation Bill ensuring good food as a right to all.](#)

[2017's 10 most Googled diets](#)

[A fine-dining chef from Denmark takes school foodservice on as a full-time job.](#)

[A dietitian shares ways to break the cycle of overeating.](#)

[Anyone switch from iodized salt to sea salt? Does this put you at risk for iodine deficiency?](#)

[Could we be growing vegetables floating in our ponds, lakes, and other parts of our water system?](#)

[Do nutrition, farming, and poverty relate? Do I need to answer that?](#)

[Research is coming in about how our health is impacted, not by the variety of food you have in your diet, but the quality of that food.](#)

[20 organizations working toward fair conditions and food sustainability in prisons.](#)

[Cultivating "forgotten crops" will create a biodiverse food system and maybe some crops with better nutritional value.](#)

[What's really in our meat? One study tries to find out.](#)

### **National News:**

[The US Department of Agriculture Food and Nutrition Services just signed a \\$2 million agreement to to conduct an in-depth, practicable evaluation of local agencies' strategies to improve services provided by the USDA's Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\).](#)

[California passes a bill to place plant-based meals in hospitals.](#)



[Food Policy Updates](#)



Contact PA NEN  
717.233.1791  
[pa\\_nen@phmc.org](mailto:pa_nen@phmc.org)

[What's the state of childhood obesity in America?](#)

["...Nearly 20%—one-fifth—of U.S. children were living in poverty, an increase of more than one million children since 2007." Numbers are growing.](#)

[There is an unseen resilience neighborhoods classified as food deserts, and here is an innovative look into their communities.](#)

[Here are 10 tips for stretching your food dollar from the Academy of Nutrition and Dietetics.](#)

[Review the rundown of the latest foodborne illness outbreaks.](#)

[Buying junk food for kids is more than just cheap food. It's an affordable way to show them you care, especially for the low-income.](#)

The School Nutrition Association released their national survey taken by 1,550 school meal program directors. Staffs' efforts to increase student consumption of healthy school meals and reduce food waste are outlined [here](#).

[More families faced food hardship in 2017.](#)

**Local News**

**Pennsylvania:** [A local dietitian shares ways kids can eat right during the school year.](#)

**Pennsylvania:** [This state resolution encourages the Food and Drug Administration to enforce existing guidelines establishing a clear standard of identity for milk. That means, alternative milks like almond or coconut can't be labeled as a dairy product.](#)

**Philadelphia:** The Philadelphia Board of Healthy Resolution released a report, "[Beverages and Screen Time in Early Childhood Education: Information for Childcare Providers.](#)"

**Food Policy**

[How does the trade war affect our food supply?](#)

[At the start of 2031, in California, taxes \(like the ones on sugar sweetened beverages\) on groceries are not allowed to be enforced or upheld if they were put into place after 2018.](#)

[If approved, this bill would provide Guam and the United States](#)

[Virgin Islands the benefits that come with the National School Lunch Act and the Child Nutrition Act.](#)

The National Bureau of Economic Research shares a study about calorie labeling on restaurant menus. These initiatives reduced consumption by 3%. Resources [here](#).

[The US Department of Agriculture shares their proposed genetically engineered label for foods.](#)

The Food and Drug Administration provided a comprehensive, multi-year nutrition innovation strategy. Key elements of the proposal focus on modernizing claims, labels, standards of identity, menu and nutrition facts labeling and sodium reduction. Find more on those key elements [here](#).

[The Food and Drug Administration and US Department of Agriculture are teaming up to figure out what is legally allowed to be called "meat".](#)

Missouri is the first state to manage meat's definition. [Here](#) is why this definition is important.

This [bill](#) would establish the Sugar-Sweetened Beverages Safety Warning Act which requires a warning on various drinks sold in vending machines, beverage dispensing machines or where a sugar-sweetened beverage is sold in an unsealed container. A penalty of \$50, but no greater than \$500, would be issued if rules are not followed. All money collected would be allocated to the departments enforcing these laws.

[New Jersey might require restaurants to label major allergens on their menu.](#)

The Economic Research Service produces independent research and reports on a variety of topics including federal nutrition assistance statistics and updates. Big changes are afoot for this agency. See the back-and-forth regarding these adjustments [here](#).

The [Farm Bill Conference committee met on September 5](#) to work on finalizing the Farm Bill. You can watch the meeting [here](#). The hope was to complete the bill by September 30, but passage isn't expected until December.

The Public Charge Rule under this administration states that immigrants who relied on the government assistance (like the Supplemental Nutrition Assistance Program) will face challenges when obtaining a visa or green card. This will force immigrants to choose between government assistance and permanent residence. A detailed description of this rule can be found [here](#) and the actual thing [there](#).

The [former Secretary of Agriculture supports a bipartisan Farm Bill](#) with support for healthier food choices for the Supplemental Nutrition Assistance Program paired with more nutrition

education.

According to maps from the Friends Committee on National Legislation, the [top ten poorest states](#) are [the hungriest](#).

[What's the importance of the Supplemental Nutrition Assistance Program for youth in the Foster Care system?](#)

Food insecurity persists even as the economy strengthens. See the [visuals](#).

This [act](#) would expand the local foods economy by promoting local foods procurement in Maine.

---

### Resources

This report, "[A Taste of Inequality: Food's Symbolic Value across the Socioeconomic Spectrum](#)," touches on the reality behind the meaning getting good food to everyone.

The Child and Adult Care Food Program developed a newsletter, "Nibbles for Health: A Newsletter for Parents of Young Children". You can see all newsletters [here](#).

The World Health Organization's study shares that the world's physical activity level has not increased since 2001. Here is a study [summary](#) and the [full text](#).

Calories are now labeled on restaurant menus. Take [5 tricky things to watch for on those menus](#) from the Center of Science for the Public Interest.

The Food and Agriculture Organization printed a 2018 [report](#) about nutrition and food security around the world.

The [TEEBAgriFood report](#) from the Scientific and Economic Foundations looks at malnutrition, obesity, and chronic disease and how it relates to agriculture, economics and our food system.

The Academy of Pediatrics shares [what is known about food additives](#) that are generally recognized as safe by the Food and Drug Administration along with their recommendations behind these chemicals.

The Food Trust does Farmers Market food demonstrations. Recipes are [here](#).

The Food Research and Action Center has interactive maps sharing poverty, food access, and Supplemental Nutrition Assistance Program (SNAP) statistics throughout the nation.

Find the mapping tools [here](#).

The Reinvestment Fund conducted a limited supermarket access analysis. See their report and maps recording this data at [their website](#).

A Pittsburgh-based food rescue shares their [food waste prevention guide](#) that could save money and food.

---

### Social Media

The Partnership for Food Safety Education has tons of [resources](#). These include, the "Story of Your Dinner" animated video, available in English and Spanish. It's an entertaining way to show consumers their role in the food safety prevention.

The Food Research and Action Center shares details about senior hunger in [this video](#).

This week, in honor of Hunger Action Month, Pennsylvania's DHS Secretary Teresa Miller is taking the SNAP Challenge from September 24-28. She'll be shopping for her family of three with the same average food budget a family receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Pennsylvania. More details about the challenge can be found [here](#).

Hunger Action Month took place in September. You can check out your local food banks social media pages to see how their local communities supported them.

---

### Webinars and Podcasts

**NEW-**Farm Bill Conferees had their first public meeting. You can watch the [recorded webcast](#).

**NEW-** Are you a Pediatrician, Family Medicine Physician, Resident, Nurse Practitioner, Nurse, Registered Dietitian, or just someone interested in childhood feeding practices? The Pennsylvania Chapter, American Academy of Pediatrics (PA AAP) and the University of Pittsburgh School of Medicine's Center for Continuing Education in the Health Sciences are presenting a webinar titled, "Evidence-Informed Methods for Effectively Introducing New Foods". The presenter, Dr. Dina Rose, is a sociologist, parent educator, feeding expert and acclaimed author. The talk will be hosted November 15 from 12:15-1:30 PM. You can view the event [flyer](#) with more details, and [register here](#).

Are you curious about the role of the US Department of Agriculture and what steps you can take to utilize them after a natural disaster? "Disaster Preparedness Role of USDA Foods in Disasters" is a [webinar recording](#). This topic is important as we've seen hurricanes, wildfires, and more natural disasters in the states.

Check out this [podcast list](#) for every foodie from the Society of Nutrition Education and Behavior.

---

### Events

**NEW-** In October and November, the Latino Connection is partnering with iHeart Radio, Aetna, Silver Sneakers and other organizations to host a Health and Wellness Expo at four Central Pennsylvania regions: Lancaster, Harrisburg, Reading and York. The expo events will feature: live fitness activities, free health screenings, live cooking demos and workshops. You or your organization may be interested in being a part of it - either joining as a participant, demonstrating a healthy cooking recipe, teaching a workshop, or being a vendor. More information can be found [here](#). There is a [cost](#) for this event.

**NEW-** Villanova's MacDonald's Center for Obesity Prevention Education is putting on an event, "Behavioral Science and Wellness: Innovation in Policy and Practice". They'll look into the science behind how we eat and which environmental and behavioral influencers affect our food decisions. More information and the cost of the conference can be found by clicking [this link](#). The keynote speaker is Kelly Brownell, Director of the World Food Policy Center.

"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 U.S. Departments of Agriculture and Health and Human Services are calling for nominations to serve on the 2020-2025 Dietary Guidelines Advisory Committee (DGAC). Submissions are due October 6. The Academy of Nutrition and Dietetics encourages their members interested in either serving on the committee or nominating others to contact [Nathaniel Stritzinger](#). Information on the nominations process, the refined

topics and scientific questions that will shape the areas of scientific expertise needed on the DGAC is available [here](#).

**NEW**-The Delaware Valley Chapter of the Society for Nutrition Education (DVCSNE) is inviting their members to apply to their 2018 DVCSNE Nutrition Education Grant. They're awarding up to \$500 in grant awards to a qualified DVCSNE member in the Delaware Valley area. Applications are available on their [website](#). The submission deadline is November 5. The grant winner will be notified and receive funds by December 14. You must be a member to apply. Click [this link](#) for membership information. It comes at a cost of \$15-\$30.

**NEW**-Federal agency partners (the Environmental Protection Agency, US Department of Agriculture, Center of Disease Control and Prevention, and others) invite communities to apply for technical assistance to revitalize their economy, improve health, and protect the environment through the "Local Foods, Local Places" grant. Applicants could be local governments, Indian tribes, and nonprofits and organizations proposing to work in a neighborhood, town, or city in the U.S. Applications are due on October 22. This [webpage](#) has more information.

**NEW**-The Food and Drug Administration would like public comment on the use of the term "milk" or other references to dairy foods on plant-based alternatives like soy milk. Details [here](#).

The Robert Wood Johnson Foundation works to improve health and health care for all. To do this, they provide grants across the United States. Browse their [database](#) for current and past grants.

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](http://www.panen.org) | 717.233.1791

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

This institution is an equal opportunity provider. View the full nondiscrimination statement [here](#).