



Your Nutrition News Resource

Nutrition News Nibbles: June-July 2018

PA NEN News



[Archive](#)

Upcoming Webinar!

Jane Wells Schooley is on the docket to present a PA NEN webinar called, "Highway from the Comfort Zone - Treading the Scary Stuff outside the Zone for a More Fulfilling Personal and Professional Life" rom 12:00 PM-1:00 PM on July 31. [See more details.](#)

Virtual and In-Person Volunteers Needed

Your help is wanted for various PA NEN projects across the state. [Email us](#) if you're interested in getting those hands dirty, whether it's behind your computer or on the ground.

News Highlight of PA NEN's Healthy Recipe Contest Winner

ABC27 News featured our contest and winning recipe! Watch the video recording and get the recipe at this [link](#).

PA NEN is on the Search for Food Assistance Resources

Look at the [list](#) we've accumulated, and let us know if we're missing any from your community! Send them our way.

Eat Together PA Photo Contest!

Find details and submit your photo [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



[20 reasons why your diet might not be working](#)

[How to protect your family dinner](#)

[When we eat matters.](#)

One of the best [nutrition conversation you'll ever read](#) and a [follow-up](#)

[Why diets might not work for some people](#)

"Roughly half of the eating occasions in the US are now snacks, are snacks still 'treats' or have they become something else?" Check this [newsletter](#) on for information on healthy snacking trends around the world.

[Savory food may promote healthy eating.](#)

[Urban youth grow peppers for hot sauce, all to solve poverty.](#)



[John Hopkins looks at the how the plant-based diet is associated to mortality risk.](#)

[Breakfast foods from around the world](#)

[One study looks at the benefits of telemedicine in rural areas.](#)

[Try eating mindfully with others. See the results.](#)

[Is anti-diet rhetoric a good thing or bad? Professionals discuss.](#)

Does dairy cause arthritis? [One nutrition researcher responds.](#) Another dietitian shares her [thoughts](#) about sugars in low-fat plain dairy products and fruit.

[10 habits stopping you from being your healthiest](#)

The UK is trying to reduce sugar consumption by 20% by 2020. Details [here.](#)

[How to get the best workout without going to the gym](#)

[How can moms fit in exercise?](#)

[You can order good food at work meetings.](#)

National News

[See what farmers are doing to protect the environment and increase the nutrients in their vegetables.](#)

[Black churches take on food insecurity.](#)

[Summertime grilling foods!](#)

[Kitchen hacks with dried beans from Food and Nutrition Magazine? Yes please.](#)

[Thirty million Americans will struggle with an eating disorder, according to the National Eating Disorders Association. They're people of all different sizes.](#)

The severity of our food borne illness outbreaks are getting worse. [Take this E. Coli outbreak in lettuce as an example.](#)

There is salmonella in kids cereal. Outbreak information [here.](#)

In Title 1 schools in New York and around the world, hydroponic farming – growing food without soil indoors – is catching on. [See what this movement entails.](#)

[How does seed and crop diversity impact nutrition?](#)

[California will not have a soda tax for 12 years.](#)

[The world is stunned by the US's professed stance on breastfeeding.](#)



[Resources for Health Pros](#)



[Food Policy Updates](#)



[A supermarket brings fresh produce to grocery stores.](#)

Local News

Pennsylvania: [The Farm to Food Bank Act of 2018 was introduced by our Pennsylvania Senator. He wants to establish a state network of agricultural producers and food banks to provide food for the needy and reduce food waste.](#)

Pennsylvania: [Our state's senator advocates for food fairness in the Farm Bill. See what that means.](#)

Pennsylvania: [Hot dog's anyone? A Penn dietitian offers alternatives to this cookout staple.](#)

Pennsylvania: [The Academy of Nutrition and Dietetics named fellows from Pennsylvania!](#)

Harrisburg: Central PA Food Bank was on the [ABC27 News](#) to promote their summer meals program and assistance.

Philadelphia: KleinLife, RSVP Philadelphia and the Jewish Federation of Greater Philadelphia completed a second hoop house which will grow food to serve the hungry in their community. [It was marked with a ribbon cutting ceremony.](#)

Philadelphia: [This article takes a hard look at what it's like to be on food stamps when people judge you for your eating habits.](#)

Philadelphia: Philadelphia's City Council has approved a new law requiring chain restaurants to place a warning label on menu items that have 2,300 milligrams of sodium or more, equating to the amount of sodium you should have in one day. It was the second city behind New York to pass the law. More background can be found [here](#) and a copy of the legislation [here](#).

Philadelphia: The [WELL Center](#) at Drexel University opened the [WELL Clinic](#), an outpatient clinic offering evidence-based treatment for weight management, eating disorders and related conditions. The clinic will treat adults as well as children and adolescents, and their families.

Philadelphia: [Food banks across the state are upcycling to make marketable products with surplus foods, while feeding the hungry and paying farmers. It's an incredible program.](#)

Pittsburgh: Pittsburgh Academy of Nutrition and Dietetics prints a [monthly Newsletter!](#)

Pittsburgh: WTAE's Project Hunger shines a light on Pittsburgh food insecurity. Video is [here](#).

Pittsburgh: [This city has been growing and changing with impulsivity and healthful lifestyles in mind.](#)

Pittsburgh: [Allegheny county students are missing out on summer meal programs.](#)

Shamokin: [Food therapy at Geisinger hospital system has taken](#)



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[precedence and helped the low-income with diabetes.](#)

Food Policy:

[How is food and agricultural being affected by tariffs?](#)

On June 28, the Senate passed their version of a Farm Bill reauthorization entitled, "The [Agriculture Improvement Act of 2018](#)". This piece of legislation does not include any cuts to the Supplemental Nutrition Assistance Program (SNAP). On the other hand, the [House Farm Bill](#) requires job training and work requirements for people on the Supplemental Nutrition Assistance Program.

After the July 4, a resolution was expected between the house's and senate's respective bills. Given the Senate's rejection of all of the SNAP cuts, a final Farm Bill is likely to contain SNAP provisions more closely aligned with the Senate legislation. Next steps are outlined [here](#).

Now, the [House conferees](#) have been named to a conference committee to resolve the differences between these bills. The senate has yet to name theirs.

Republican and democratic Senate Agriculture Committee leaders released a [joint statement](#) asking the House to begin a conference to debate the current Farm Bill proposals. Senate conferees must be named before this takes place. A final Farm Bill is likely to contain fewer SNAP cuts more closely aligned with the Senate legislation.

[Graphs that share why the Farm Bill should matter to you?](#)

The Academy of Nutrition and Dietetics does not support the House's Farm Bill. A statement can be found [here](#).

[The history of the Farm Bill from 1965-2018](#)

The Center for Budget Policy Priorities shares their [view on](#) the House Farm Bill.

This [video](#) shares what the Farm Bill is and how it impacts everyone's everyday life.

Check this [video summary](#) about the Farm Bill and how it affects our economy and what we eat.

[More on the Senate's Farm Bill here. It passed 20-1.](#)

The US Department of Agriculture is committed to transparency. This [press release](#) shares how they are striving to share the most accurate payment error rate.

This Arizona [bill](#) authorizes \$400,000 from the state's general fund to develop an incentive program for SNAP participants to purchase eligible locally-grown fruits and vegetables at SNAP-authorized farmers markets, farm stands, mobile markets, community supported agriculture sites, grocery stores and more.

[People on the Supplemental Nutrition Assistance Program might not be able to purchase fresh fruits and vegetables at Farmers Markets.](#)

The National Association of Farmers Market Nutrition Programs [announced](#) late last week that it will provide 30 extra days of funding to the processor of electronic benefit transfer cards used at farmers markets. The company handles about 40% of all transactions. As reported last week, this processor announced it was ending its service by July 31. [Senators urged the US Department of Agriculture \(USDA\) to create a resolution to the issue](#). The USDA issued a [press release](#) stating that this would be a huge loss.

[In New York, people can purchase of multivitamin-mineral dietary supplements with benefits through the Supplemental Nutrition Assistance Program.](#)

This [bill](#) from New York relates to the donation of excess food and recycling of food scraps. It requires food scraps generators to donate excess edible food and recycle food scraps; establishes responsibilities of waste transporters, and asks for an annual report by food donation and food scraps recycling program.

One mom shares [her story](#) while on the Supplemental Nutrition Assistance Program.

Does government cuts to the Supplemental Nutrition Assistance Program (SNAP) hurt the voters who put these supporting politicians in office? These [graphs](#) explain.

[The White House's government reorganization plan seems to be a lofty goal.](#)

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

[White House will provide payments and a nationwide purchasing program for those impacted by the trade war.](#)

[What's the cause of excess milk production and a glut in the market? How does it affect American farmers?](#)

[Marketing sodas and sugar-sweetened beverages by retailers in neighborhoods with high Supplemental Nutrition Assistance Program \(SNAP\) enrollment increases during SNAP issuance days.](#) This type of promotion could influence recipients food choices and health, according to this [study](#) published in the American Journal of Preventive Medicine (subscription required for full access). Much more research is needed to prove a causal relationship.

[8 new types of powdered fiber were approved by the Food and Drug Administration.](#) Trick is, this fiber might not help with regularity but instead increases calcium absorption. Various fibers actually have different effects on our body. Find out more [here](#).

[Almond or soy milk products might need to go by another name.](#) The dairy industry wants to impose this change.

[Genetically engineered golden rice does not contain enough beta-carotene to label its nutrient value, even though it was initially grown for nutrient deficiencies in third world countries.](#)

This bill directs the Tennessee Advisory Committee on Intergovernmental Relations to perform a [study](#) to see how a grant and loan program would encourage the financing and development of food desert relief enterprises that sell fresh food in low-income, underserved areas.

In Idaho, this [bill](#) amends a law to allow for exemptions from indecent exposure and obscenity for breastfeeding.

This New Jersey [bill](#) requires restaurants to serve healthy drinks in children's meals. Options include water, sparkling water, or flavored water with no added natural or artificial sweeteners, nonfat or one percent milk or non-dairy milk alternative containing no more than 130 calories per container, or 100% fruit juice or fruit juice combined with water or carbonated water with no added sweeteners in a serving size of no more than eight ounces. This bill does not prohibit that restaurants selling another beverage as a replacement to the default.

This Rhode Island [bill](#) does not allow the sale and advertising of food and beverage products that don't meet federal school nutrition guidelines during the school day. It also prohibits corporate incentive programs that use free or discounted food and drinks as a reward for achieving academic goals.

This North Carolina [bill](#) appropriates \$340,000 in nonrecurring funds for a 2018-2019 pilot program to reimburse schools based on the servings of food they source from local farms.

[California government banned the soda tax with the help of industry influence.](#) The American Heart Association opposes [this move](#). Their CEO invited the governor to [dinner to discuss the issue](#).

The Academy of Nutrition and Dietetics share their [stance](#) on the health and feeding of immigrant children in this piece, "The Academy Strongly Encourages DHS to Ensure Well-Being of Children Affected by Immigration Policy"

The Academy of Nutrition and Dietetics shared their [view](#) on the labeling of bioengineered food and ingredients.

The Trust for America's Health wrote a [letter](#) for funding of the Racial and Ethnic Approaches to Community Health program (REACH) in the Fiscal Year 2019 Labor, HHS and Education Appropriations Bill.

[Resources](#)

The Greater Pittsburgh Community Food Bank published this awesome website filled with healthy recipes using ingredients from the food bank. [Check them out!](#)

The Center of Disease Control and Prevention share their "[State Indicator Report on Fruits and Vegetables, 2018](#)". It shows the status of 10 indicators of fruit and vegetable access and production by state.

One of our PA NEN members shared this "[Nurses Guide to the Food Pyramid](#)" with a myriad of nutrition resources listed within it.

A [list](#) of food and nutrition resources from Today's Dietitian

Plant-based diets seems to be the craze. This dietitian shares [research](#) on the matter.

The American Society of Nutrition set up a [Blue Ribbon panel](#) to assess the trust in nutrition science and to set next steps for the profession.

In this [study](#), "...experts analyzed reams of past food and nutrition

research to help identify and spur action in areas where meaningful improvements can be made in the design and execution of future food and nutrition studies”.

The [article](#), “Trends and Disparities in Diet Quality among US Adults by SNAP Participation Status” was published in the Journal of the American Medical Association. It looks to see if dietary disparities persisted, improved or worsened among those eligible and utilizing the Supplemental Nutrition Assistance Program (SNAP).

The Food and Drug Administration updates [their registry](#) of substances added to foods. You’ll find 4,000 substances, additives, foods Generally Recognized As Safe and more.

Hunter College in New York City did a [price comparison](#) of all their supermarkets.

Social Media

Healthy Food America shares this [infographic](#) about sugary drink consumption in America.

Lancaster Rec shares that they’re a Power Pack (A kids program that fills a backpack with food for hungry families,) location pick up! Details can be found on their [Twitter page](#).

[The Central PA Food Bank cooks up meals in their test kitchen for summer feeding programs.](#)

Food and Nutrition Magazine shares some awesome [alternatives to Super Tracker](#) a health and physical activity tracker that shutdown in June 2018.

Eating frozen food is cheap, delicious, good for you and the environment. More in this [video!](#)

Webinars and Podcasts

NEW-PhD and Dietitian Julie Miller Jones has covered all kinds of scientific panels now speaks to a wide variety of topics including gluten, research considerations, the new nutrition label, and much more. It’s such a revealing [podcast](#) and touches on many topics people might ask you!

NEW-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.

NEW-This [recording](#) discusses growth of obesity occurring in Nicaragua and its impact.

NEW-An episode of the Netflix documentary series “Explained” interviews Marion Nestle & Christopher Gardner on the topic of why diets fail. You must have a Netflix subscription to be able to watch this

show. The episode has yet to be released, but click [this link](#) and find it [soon!](#)

Webinar recordings from Dietitian Connection share information on topics including professional development, clinical dietetics, patient education, food service, public health nutrition and other resources. Click [here](#) to find out more.

California Food Ways is an interesting [new podcast](#) reporting on our food and agricultural system. It comes to you from the Food and Environment Research Network.

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

Events

NEW-The Food and Drug Administration (FDA) is hosting a meeting on its Nutrition Innovation Strategy today outside of Washington DC. Check the [FDA statement](#) and [event information](#). The meeting includes an introductory presentations, panels, oral presentations by participants as well as breakout sessions. You can attend the mobile meeting through webinar by registering [here](#).

NEW-Everyday, we experience the strengths and challenges that diversity brings to our communities. The Penn State Nutrition Links Annual Conference will build skills to interact more effectively with diverse audiences. Fernando Chang-Muy, of Penn Law School, will open with, "From the Fire into the Frying Pan: The Immigrant Experience Leaving Home and Coming to America." The following conference sessions focus on these subject areas: culture, disability, ethnicity, and life experience. It will take place at the Penn Stater Conference Center Hotel in State College, PA on Tuesday, September 11 from 10:30 am – 4:45 pm. Continuing education credits will be provided to dietitians. Registration details can be found [here](#). Email NutritionLinks@psu.edu or call 814-863-3447 for details.

"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-Food and Nutrition Services seeks comments on a school nutrition and meal cost study. This [Federal Register notice](#) is requesting the big picture of school food service operations and the nutritional quality, cost, and acceptability of meals served in the National School Lunch Program.

NEW-A child care wellness mini-grant opportunity has been announced for early child care centers in Pennsylvania:

- WHO: Seeking 100 Licensed Child Care Centers, Group, and Family Child Care Homes serving children birth – five.
- WHAT: Participation in the Pennsylvania Nutrition and Physical Activity Self-Assessment for Child Care (PA NAP SACC) process. PA NAP SACC is an interactive, easy-to-use online tool that provides professional development for child care providers. This completely web-based process includes self-assessment, action planning, implementation, policy development, post-self-assessment, and reflection.
- WHERE: [Online](#)
- WHEN: Applications are due by August 22, 2018. This Child Care Wellness Mini-grant Project will begin in September 2018 and wrap up in June 2019.
- WHY: Beyond the reward of making a difference in the health of the children in your care, participants also receive a \$500 mini grant to support their action steps and enhance their nutrition and physical activity practices and policies.
- QUESTIONS can be directed to: Lori McMonigal over [email](#) or call (717) 248-4942 ext. 112.

Aetna is promoting better health and community action through grants. Check all that's available [here!](#)

The Philadelphia Archdiocese Nutritional Development Services Program (NDS) and Philadelphia Parks and Recreation (PPR) are sponsors of the US Department of Agriculture's Summer Meals Program, which provides children with a daily nutritious lunch, breakfast or snack. The program serves children 18 years old and younger. It distributes meals in many neighborhoods at no cost. Summer meals will operate from June 18-August 24; sites can run for the entire period or a part of it. To find out more on becoming a summer meals provider, please call NDS at 215-895-3470 option 1.

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](#).

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