



Your Nutrition News Resource

Nutrition News Nibbles: March-April 2018



[Archive](#)

PA NEN News

Your Last-Minute Votes are Welcomed!

Our Board Ballot closes today, and your [vote](#) counts. Help us [pick](#) the people who will direct where PA NEN should go next!

PA NEN Webinars

Check out our [list](#) of future webinar presenters.

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!



[Shirley Sword, MS,
RDN, LDN
Member Highlight](#)

International News

[Canada wants health warnings on their food labels.](#) But, the U.S. is trying to use the NAFTA trade agreement to stop them.

A [list](#) of foodborne illness outbreaks around the world

[Will kelp, a sea vegetable, be the next super food?](#)

[Does coffee cause cancer? It's a debatable topic.](#)

[Health advice from two top food professionals](#)

[Nutrition myths won't go away anytime soon. So, learn how to respond and educate.](#)

[Is cooking with oil dangerous?](#)

[The UK calls for more money to reduce food waste by redistributing it to anti-hunger charities.](#)

[You could be eating genetically modified foods 5 years from now. The US Department of Agriculture just gave their approval.](#) This science changed over the years, so this is such an interesting read wherever



[Resources for Health Pros](#)



[Food Policy Updates](#)

you stand on the issue.

[A dietitian shares simple tips for eating on a budget.](#) Any thoughts on her staple foods?

[Steps to stop you from anxiety-driven overeating](#)

National News

[In Baltimore, Salvation Army's grocery store provides foods at a steep discount for people with food access issues.](#)

["Baltimarts" bring virtual grocery store access and food delivery to the poorest seniors in the city.](#)

[A large amount of eggs were recalled because of a salmonella outbreak.](#)

[You think you're physically active?](#)

A mid-morning snack gives Georgia students a second chance for breakfast. [Watch how they're doing it.](#)

[What an awesome food pantry that grows fresh fruits and vegetables in their garden, provides nutritional services at the clinic, runs Zumba class, and offers diabetes and weight management support groups.](#)

[Contrary to the popular beliefs, college students eat healthier today.](#)

[Participants from the Supplemental Nutrition Assistance Program \(SNAP\) and a food assistance program for Women Infants and Children \(WIC\) benefit from a free recipe booklets at mobile farmers markets.](#)

[This teacher made his contribution to the world by educating kids to work on his farm, seed-saving, and solving food security issues. At age 76, he's still rarin' to go.](#)

[Gardens under a desert sun feed the hungry.](#)

Local News

Pennsylvania: [A Pennsylvania dietitian shares creative ways to boost your gut health.](#)

Pennsylvania: [Healthier choices through incentives programs work](#) - "...the Farmers Market Coalition, a Pennsylvania-based advocacy group, found that in 2016, around the country, households on food



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stamps that were enrolled in the program consumed 16 million to 32 million additional servings of fruits and vegetables. The report found the program generated an estimated \$14.3 million in economic activity for participating communities.”

Pennsylvania: PA SNAP-Ed programs are highlighted at the US Department of Agriculture’s Food and Nutrition Service’s SNAP-Ed Success Stories [website](#).

Pennsylvania: [Through \\$900,000 available of mini-grants and this news brief, Governor Wolfe emphasizes his support for school breakfast.](#)

Pennsylvania: [Supermarket dietitians get on social media and take it by storm.](#)

Pennsylvania: The US Secretary of Agriculture visited [Penn State](#), the [Central PA Food Bank](#), and Gettysburg to discuss agricultural and anti-hunger policy within the Farm Bill.

Allegheny County: Allegheny Health systems team up with the Greater Pittsburgh Community Food Bank to provide healthcare and healthful food options to the low-income in their community. Watch a [video](#) on the new collaboration here.

Philadelphia: [Double Up Your Food Bucks is a program that provides incentives for SNAP recipients to go to farmers markets and purchase healthier foods. Though this program isn’t running statewide, Philadelphia is a major player in promoting the program.](#)

Philadelphia: Drexel’s Eat.Right.Now nutrition E-Newsletters:

- [March](#)
- [April](#)

Erie: [A healthy corner store initiative at its finest](#)

Harrisburg: [Downtown Daily Bread, a soup kitchen, stays open even when it snows.](#)

Harrisburg: The Harrisburg YMCA provides health management and prevention classes, listed to the right of this [website](#). Click on each link to learn more. If you are a professional or organization interested in collaborating on these programs, contact [Amy Lauver](#), Program Director.

Indiana: [A soup cook off, a smoothie sale and a nationally-known speaker - That’s how Indiana University of Pennsylvania students chose to celebrate National Nutrition Month.](#)

Philadelphia: [Philadelphia schools phase out Styrofoam tableware for an environmentally-friendly alternative.](#)

Philadelphia: [Today’s Dietitian highlights 10 dietitians for pulling their](#)

[weight. A Philadelphia-based dietitian shares the spotlight.](#)

Philadelphia: One of the most active Philadelphia Food Policy Advisory Council's subcommittee's is focused on anti-hunger issues. Contact Co-chairs, [Kathy Fisher](#) or [Steveanna Wynn](#) for more information. This subcommittee meets on the 2nd Tuesday of every month, from 2:30-4:00 PM (EDT) at Share Food Program.

Philadelphia: Temple University surveys its campus and discovers widespread food insecurity impacting graduation rates. Read on [here](#) and [there](#).

State College: [An alumni association held a food donation drive and filled a truck with needed items for the Second Harvest Food Bank of Lehigh Valley and Northeast Pennsylvania.](#)

Food Policy

[Will the tariff war affect what's on our plate?](#)

ChooseMyPlate's Supertracker, a diet and calorie tracker, will be discontinued in June. More details [here](#).

[Calorie labeling on restaurant chain menus will be in full effect at the beginning of May 2018. Keep an eye out.](#)

[What does the NAFTA trade agreement have to do with front-of-package nutrition labels? A lot.](#)

Last week, Food and Drug Administration (FDA) Commissioner Scott Gottlieb announced a new initiative strategy focused on public health strategies to improve nutrition through asking the food industry to create healthier products. Read the strategy [here](#), and Gottlieb's speech [here](#).

This summer, [foods will no longer contain any significant amounts of trans-fats.](#)

[Incentive programs, giving coupons for healthful foods, provide healthy options for all and business for small farms.](#)

The US Department of Agriculture (USDA) and Health and Human Services (HHS) asked for public comments on the priority topics of the 2020-2025 Dietary Guidelines. Though the March 30 deadline has passed, you can review all supporting information on this process [here](#).

At the federal level, the [Healthy Food Financing Initiative Reauthorization Act of 2018](#) would reauthorize this initiative which helps grocery stores open in underserved urban and rural locations.

The US Department of Agriculture Economic Research

Service [study](#) found that households receiving the Supplemental Nutrition Assistance (SNAP) acquire about the same calories as non-SNAP households. They do spend fewer food dollars while relying more on school meals and food from family and friends.

[What's the nutritional quality of the SNAP Harvest Box proposed by this administration?](#)

[Immigrants are fearful of participating in the government's supplemental nutrition programs because they worry that their ability to attain citizenship might be hindered.](#)

The House shares their version of the Farm Bill which yields a lot of commentary from both sides:

- The full committee met to mark the initial Farm Bill draft yesterday. A video of the process can be found [here](#) (The part of the bill that addresses nutrition start at hour 2:42).
- A [list](#) of articles supporting the House's Agriculture bill
- [Here](#) is the Center on Budget and Policy Priorities stance.
- A [list of articles](#) supporting the anti-hunger advocates thoughts.
- This [site](#) allows people to contact their congressman on the matter.

This [federal bill](#) would create a National Accuracy Clearinghouse to closely look out for fraud in supplemental nutrition programs.

In Oklahoma, [this bill](#) would start the Health Food Financing Act and designate the State Department of Health as the agency to administer the program.

Alaska's [bill](#) will prohibit their state issuer of Supplemental Nutrition Assistance Program (SNAP) benefits from requesting, accepting, or attempting to renew or extend a waiver of work requirements or time limits for an able-bodied adult without dependents in the food stamp program and state medical assistance program.

Alabama's [bill](#) allows the Supplemental Nutrition Assistance Program (SNAP) recipients to be drug tested. If someone tests positive twice, they would be ineligible for SNAP benefits. A drug-abusing parent of a dependent child can find a third party to receive the benefits for their dependent.

Iowa's [bill](#) would require the Department of Human Services (DHS) to implement an eligibility verification system for public assistance programs; for instance, residency in the state for at least one year prior to submission of the assistance application will be required. This bill also prohibits DHS from applying for, accepting, or renewing any waiver of the work requirements applicable to an individual to be eligible for the Supplemental Nutrition Assistance Program (SNAP). Illinois [bill](#) will create penalties for any person who possesses, for an unlawful purpose, another person's Electronic Benefit Transfer card (EBT) for the Supplemental Nutrition Assistance Program (SNAP). Another [bill](#) would require new EBT cards to include the name and photo of the primary (potentially a secondary) card holder. The bill

would also provide a 3-month time limit or work requirements for able-bodied adults without dependent children who apply for or receive benefits under SNAP.

Illinois' [Healthy Food Program Development Act](#) would improve access to healthier foods through collaboration state government programs, a collection of data on insufficient access to grocery stores, and assistance to smaller grocery retailers.

Illinois is on a roll. This [bill](#) would give locations with food desert eligibility the ability to apply for grants (not exceeding \$500,000) from the Healthy Local Food Incentives Fund.

One more time - Illinois tries to create Municipal Urban Agriculture Zones (UAZ) composed of organizations or people who grow produce or other agricultural products, raise or process livestock or poultry, or sell 75% locally grown food. A UAZ board will advise the corporate authorities of a municipality on UAZs, encourage them to adopt an ordinance to establish a UAZ, set property and sales tax requirements, and allow for wholesale water rates. [Details here](#).

Michigan's [bill](#) would add additional work and/or education requirements, in addition to federal work requirements when determining eligibility for the Supplemental Nutrition Assistance Program (SNAP).

So that Supplemental Nutrition Assistance Program (SNAP) recipients don't lose their benefits, [New Jersey will work to ensure availability of job training or similar activities](#).

The Jersey [bill](#) would require expedited Supplemental Nutrition Assistance Program (SNAP) Benefits for: (1) a household with a monthly income less than \$150, (2) an eligible migrant or seasonal farm worker, or (3) an eligible household with combined monthly gross income and liquid resources that are less than the monthly rent or mortgage payment plus utility expenses of the household.

Resources

27 solutions to food waste are mapped out on [graphs](#) by ReFED. They also created other tools including the [Food Waste Food Policy Finder](#); free, [downloadable guides](#) to reduce food waste for those working in foodservice arenas; and a [database](#) of food waste innovators across the nation.

[15 movies teach kids empathy about hunger](#).

The Food Research and Action Center reported its first ever [snap-shot on after school meals](#).

This is an oldie but oh-so-good - The Go Further with Food [website](#) contains information on food recycling and recovery, food

donation and rescue, food waste reduction, public policy and more. Even more resources are found [here](#).

The Center of Disease Control and Prevention outlines the [benefits](#) of the school meal program and many other supportive resources.

This organization [connects](#) the United Nations Food and Agriculture Organization's strategic development goals to the world's eating habits and food security.

The Food Buying Guide is the essential resource including food yield, purchasing, meal pattern guide for all operators, food manufacturers, and other stakeholders implementing Child Nutrition Programs. It's now available over a [Mobile App](#).

According to [this study](#), people like their vegetables seasoned.

"[Let's Eat for the Health of It](#)" is a MyPlate handout available for all families, adults and seniors.

Chicago's Council on Global Affairs printed a [report](#) on youth engaging in agriculture to feed the world.

Twice a year, FoodNet from the Center of Disease Control and Prevention summarizes information collected through active surveillance of nine foodborne pathogens. Their preliminary data for 2017 is published [here](#).

Food and nutrition holidays can be celebrated every month with this [food calendar](#).

Penn Medicine developed a free heart health guide. You can download it [here](#) (Sign in required).

This [report](#) from the Food Research and Action Center shares why the Supplemental Nutrition Assistance Program (SNAP) works.

The Food Research and Action Center (FRAC) reveals a wide variety of political viewpoints from professionals involved with issues from afterschool meals to senior feeding programs. See them in their "FRAC Chats". You can review them [here](#).

The Urban Institute shared their analysis focused on the adequacy of SNAP benefits today. The [results](#) show they don't cover the cost of a meal.

The Congressional Research Service has issued this [report](#) for members of Congress focused on numerous food assistance programs funded by the federal government and their impact.

The US Department of Agriculture's National Household Food Acquisition and Purchase Survey outlines possible influences on what foods Americans purchase at all income levels. The entire report can

be found [here](#).

More than 1000 [research articles](#) about the positive impact of food assistance

[The US Department of Agriculture released a report about the success of 2017 food assistance programs.](#)

The Food Research and Action Center shares, "[State of the States: Profiles of Hunger, Poverty, and Federal Nutrition Programs](#)". Click the link to compare hunger, poverty and federal nutrition program use.

Children's HealthWatch, Feeding America, and Food Research and Action Center addressed [ideas](#) for solving food insecurity in a health care setting.

The International Food Policy Institute [lists several initiatives](#) that will address Global Food System issues.

The Academy of Nutrition and Dietetics came out with a position paper on individualized nutrition for older adults. Read it [here](#).

The 2018 Physical Activity Guidelines Advisory Committee published their scientific [report](#) on recently published data and recommendations.

Social Media

The Supplemental Nutrition Assistance Program for Women Infants and Children (WIC) is working to bring people they serve to the farmers market. This [video](#) comes from national conference. It's mom and advocate sharing her story.

See [calories](#) labeled per serving and per portion size.

The coolest kids in school make sure people feel at home and that they matter. [Watch](#) them make time to eat with each other.

The Cleveland Clinic maps out nutrition information on sugar vs. fat and which is better for you in this [infographic](#).

Tulane University's School of Social Work developed a fabulous [infographic](#) about food deserts in our nation.

An [infographic](#) shares how you can go further with food by extending its shelf life.

Webinars and Podcasts

NEW-This [Gastropod podcast](#) covers how we've fed and are currently feeding our troops.

NEW-Yesterday, Villanova's Macdonald's Center for Obesity Prevention and Education (COPE) hosted a FREE webinar, "It Takes More than Food: Promoting Health and Self-Sufficiency in Food Pantry Settings." During the webinar, nutrition and health interventions in the food pantry setting were shared. This webinar focused on strategies such as SWAP (Supporting Wellness at Pantries), a stop light nutrition education system. Soon this webinar recording will be archived [here](#) alongside the rest of their webinars. In the meantime, check all of COPE's other resources:

- [Upcoming Webinars](#)
- [Upcoming Workshops](#)
- [Recorded Workshop Archive](#)

NEW-Berkley held a conversation with two leaders in the food movement, Marion Nestle and Alice Waters. Speakers talked about how U.S food system is working to support vulnerable communities, our health, water, food security, and the environment. Watch the presentation [here](#).

NEW-The following Society of Nutrition Education and Behavior (SNEB) webinar already occurred, but a recording is available. "Journal Club 7: Overweight and Obesity, Weight Perception, and Weight Management Practices Among Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Participants in Georgia: A Needs Assessment" is available for SNEB members for free and non-members for \$25. You can register and listen [here](#).

NEW-The Society of Nutrition Education and Behavior (SNEB) hosted a webinar called, "Stretching Food & Being Creative: Caregiver Responses to Child Food Insecurity". It's based off of this [research](#). Though it occurred, you can register for the recording [here](#). It's free for SNEB members and a \$25 fee for non-members.

NEW-The Food and Nutrition Service (FNS) hosted a webinar about their collaboration with with the Administration for Children and Families (ACF) between the Special Supplemental Nutrition Assistance Program for Women, Infants and Children (WIC); Child and Adult Care Food Program (CACFP); Head Start (HS) and Child Care and Development Fund (CCDF) programs. A Memorandum of Understanding (MOU) was signed to support these partnerships and other state or local efforts to improve program coordination and service delivery for low-income children and their families. The webinar recording can be found [here](#).

NEW-On Wednesday, May 10 from 2:00-3:00 PM (ET), join the National Farm to School Network for their webinar, "Trending Topics Webinar: State Farm to School Networks". Developing a state network is crucial to expanding Farm to School. Gain resources, best practices,

and hear from partners leading the cause. You can register [here](#).

Events

NEW-Penn State PRO Wellness Center and the Pennsylvania Departments of Health and Education collaborated to make a free, two-day school wellness training, "Building Healthy Schools Institute Training: Spring Into Wellness". It's available to you on May 8-9. You'll receive tips to encouraging healthy ideas in a school setting, best practices, interactive sessions, and more! 10 free Act 48 hours will be provided if you attend both days. Find more details [here](#).

NEW-This weekend, you can join the [Walk Against Hunger by ACME](#) hosted by the Greater Philadelphia Coalition Against Hunger. On April 21 from 9:00 AM -12:00 PM, collect friends to walk 1.25 miles around Lincoln Field; have your kids jump into various free activities; and donate to a soup kitchen, food pantry, and anti-hunger organization while doing so.

NEW-The American Society for Nutrition Research (ASN) is hosting its annual conference in Boston, MA. On June 19-20, ASN's sessions will focus on the multidisciplinary field of nutrition science. It will bring together basic, translational, clinical, and population scientists and practitioners. Learn more about the event, [here](#).

"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-In 2015, The US Department of Agriculture (USDA) created education requirements for nutrition professionals as a part of school lunch programs within the Healthy, Hunger-Free Kids Act of 2010. Many schools could not find qualified applicants to fill positions at local foodservice operations. Now, flexibility will potentially be granted to hire people with foodservice experience rather than school nutrition experience. What do you think about this opportunity? The USDA is providing a 60-day public comment period through May 7. Join the conversation [here](#).

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

NEW-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.

NEW-In Philadelphia, the Neighborhood Gardens Trust and Pennsylvania Horticultural Society are starting a program this spring that will build capacity at 5-7 longstanding, food-producing community gardens. See more participation details [here](#).

Did you know the Academy of Nutrition and Dietetics provides monetary grants, scholarships and awards for dietitians working in all sectors? View all opportunities [here](#).

Philadelphia urban gardens and vacant lots can get soil testings for free. The City of Philadelphia received a grant from the U.S. Environmental Protection Agency to lead these tests on City-owned lots that could be suitable for urban agriculture and green storm water infrastructure projects. Learn more about the project and how to apply [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](#).

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