



Your Nutrition News Resource

Nutrition News Nibbles: March-April 2018



[Archive](#)

PA NEN News

Upcoming Webinar!

Jane Wells Schooley is on the docket to present a PA NEN webinar called, "Conquering the Tough Conversation" on June 26 from 12:00 PM-1:00 PM. She will discuss the reasons why some conversations are tougher than others and how to follow a model to prepare to have these conversations with more ease and less stress. This presentation comes is \$15 for individuals and \$75 for organizations. Learn more and register at this [site](#).

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!



[Meghan Zook RDN, LDN](#)
[Member Highlight](#)

International News

This [article](#) is a thought-provoking look into the typical view of food insecurity.

Check [this matrix](#) that helps people make optimal food choices.

[Compared to 50 years ago, there are fewer nutrients in the food we're growing. What's the cause?](#)

[Exercising with your pet sounds like a lot of fun, but here are a couple items to look out for when you're doing it.](#)

[Have any of you heard of "golden" rice? It was genetically engineered to contain extra Vitamin A. However, the Food and Drug Administration states that the rice doesn't contain much of the vitamin.](#)

[25 activities to get kids moving](#)

[You asked - What's the best way to wash fruits and vegetables?](#)

[England ditches cranberry juice for urinary tract](#)





www.EatTogetherPA.org



[Resources for Health Pros](#)



[Food Policy Updates](#)



[infections. The research isn't as straightforward as practitioners once thought.](#)

[Have you heard of the vegetable burger that tastes like a real one. It incorporates heme iron from vegetables.](#)

[The Food and Agriculture Organization creates a program that invites immigrants back to their home country, in this case Burma, to grow food for their communities.](#)

[Consumers want to know more about their digestive health.](#)

[Six strategies that help you say no to junk food.](#)

National News

[A cheaper grocery store doesn't want to give handouts but makes sure to support their surrounding community.](#)

[An overweight food justice worker speaks about her experience working within public health.](#)

[US Department of Economic Resources shows a change in the number of food stores across the nation.](#)

[Inmates in Arkansas hop into the kitchen with Cooking Matters.](#)

[The concept of "Health in all Policies" improved New Yorkers' Heart Health. Strategy focused on lowering air pollution, increasing physical activity, healthy diet promotion, and decreasing tobacco use. Improvements were seen across the city.](#)

Local News

Pennsylvania: [Senator Bob Casey looks to fight hunger, address food waste in his farm to food bank act.](#)

Pennsylvania: [A dietitian at the Penn State Cooperative Extension writes on how cooking skills are pertinent to becoming a healthier adult.](#)

Pennsylvania: [6 prime hiking spots in Pennsylvania!](#)

Pennsylvania: [A Pennsylvania dietitian shares tips and tricks for a gluten-free diet.](#)



Contact PA NEN
717.233.1791
pa_nen@phmc.org

Cambria County: The local Cooperative Extension is setting up a coop grocery and is looking for a few more produce growers to augment the market. If interested, contact [Tom Ford](#).

Dallas: [Students](#) and [farmers](#) plant vegetables for the food pantry in their area.

Harrisburg: [The current state of the Supplemental Nutrition Assistance Program \(SNAP\) program in Pennsylvania allows those who are unemployed and in the program to receive SNAP benefits for three months out of the year. If they remain unemployed beyond those three months, they must apply for a job waiver to continue to receive benefits. HB1659 will remove their job waivers and require participants to work or volunteer at least 20 hours a week to receive SNAP benefits.](#)

Lebanon: [The WellSpan Sechler Family Cancer Center provides dietitian-lead classes that teaches cancer prevention with diet lifestyle.](#)

Pittsburgh: [The House-proposed Farm Bill could take away SNAP benefits for 70,000 Pennsylvania households.](#)

Pittsburgh: [In this broadcast, the Greater Pittsburgh Community Food Bank shares some hunger statistics within their community. All this to promote the Stamp Out Hunger event held in May.](#)

Pittsburgh: Community organizations across southwestern Pennsylvania are preparing to kick off a summer of fun and free, healthy meals to children. The Summer Food Program provides free meals to children 18 and under when school is not in session. Did you know more 613+ organizations in 11 counties of southwestern Pennsylvania provide more than one million meals to children this summer?! More details [here](#).

Philadelphia: [Philadelphia College of Osteopathic Medicine tries a pilot culinary course for their medical students.](#)

Philadelphia: [Witnesses to Hunger testified about the realities behind poverty and food insecurity. They did it in front of the Congressional Black Caucus and the House Task Force on Poverty, Income Inequality, and Opportunity.](#)

Philadelphia: [The Philadelphia Food Policy Advisory Council presented their 2018 Platform informing the city government how to handle pertinent food policy issues facing the city.](#)

Philadelphia: [Researchers at Drexel University found that](#)

[Philadelphians are drinking less soda after the 1.5-cent-per-ounce tax on sweetened drinks came into effect. The tax does not appear to affect the consumption of sugary fruit drinks or fruit-flavored drinks, despite these drinks having sugar levels comparable to soda.](#)

Food Policy

What's in a Farm Bill costing close to \$867 billion? How does it impact all of us? Why should we care? Watch this video [here](#). A primer can also be downloaded [here](#).

Renewal of the 2018 Farm Bill is in motion. To understand the process this bill will go through, click [here](#) (30 seconds-10:13 minutes).

Here is how Farm Bill policy is all going down right now:

In line with the typical processes, the House Appropriations Committee adopted a 2019 [spending bill](#) for agriculture and nutrition programs with nutrition section beginning on page 53. It was a pretty bipartisan matter. SNAP-Ed is currently funded at \$428 million. The [FY 2018 allocation](#) was \$421 million.

However, the House then voted and could not pass a [farm bill draft](#) (loss of 193-213). The draft included cuts to the Supplemental Nutrition Assistance Program (SNAP), inclusion of work requirements for SNAP participants, and cuts to various agriculture subsidies. Ultimately, enough lawmakers opposed the measure because they wanted to vote on an immigration bill first. [The farm bill will be brought to the House again in late June](#).

The Congressional Research Service draws up a comparison of the Farm Bill law right now and how the House Bill would change it. It's a [108 page analysis](#) meant for Congress.

In May, the Senate Appropriations Committee unanimously adopted a fiscal year 2019, bipartisan [Agriculture Appropriations Bill](#). Funding covers anticipated demand for the Supplemental Nutrition Assistance Program, WIC, and school meals programs. Find [the bill](#) and [the report](#) with nutrition provisions beginning on page 79. The markup and passage of the Senate bill is projected to be early this month. Once on the Senate floor it will probably undergo changes.

The Food Trust, supported by the National SNAP-Ed

Strategy Group, recently submitted [a letter](#) to the Senate Agriculture Committee, on behalf of members of the National SNAP-Ed Strategy Group. The letter addresses the section of the bill focused on the Supplemental Nutrition Assistance Program-Education objectives. Supporters of this letter included SNAP-Ed implementing agencies, the grocery industry, public health professionals, and advocates from across the country.

More on the Farm Bill can be found within these articles:

- This [commentary](#) disputes the current House Farm Bill as it is and emphasizes the impact of the Supplemental Nutrition Assistance Program (SNAP).
- [Will veterans go hungry with the potential of a weakening SNAP program?](#)
- [Can work requirements for people on SNAP be slightly less aggressive than current Farm Bill proposes? Have the current work requirements been researched-tested and proven to foster a stronger America?](#)
- The House's current Farm Bill will require SNAP recipients to share monthly proof of employment and requires people ages 18-59 to work, volunteer, or be in a job-training program at least 20 hours a week; or else they will lose their benefits after a couple months. Too, the maximum age facing those time limits is raised to 62 years old. More on the matter can be found in [this video](#).
- The House Agriculture Committee presents fact sheets, blogs, the actual bill and more on the proposed Farm Bill. [Read on](#).
- 350 agencies and organizations came together to voice their [point of view](#) on the proposed farm bill.
- [The House looks to revise the farm bill for a June 22 deadline](#).
- [With the current delays, some project the passage of the 2018 Farm Bill to arrive in 2019](#).
- The initial draft of the Farm Bill arrived at the House, and you can see recordings, videos, agendas and more right [here](#).
- The Academy of nutrition and Dietetics took their [position](#) on the House farm bill. It's based on their view of food insecurity. Their priorities for congress are outlined [here](#).
- [The Congressional Budget Office predicts the cost for enacting various government food, nutrition and conservancy programs through 2023](#).

The [US vetoes the right of the World Health Organization to report on the benefits of the Soda Tax](#) and [blocks a UN panel](#) from supporting the tax.

The 2019 Agriculture Appropriations Bill Moves Forward in House, and the Academy of Nutrition and Dietetics hopes it includes a budget for the Dietary Guidelines for Americans. [Learn more.](#)

The US Department of Agriculture outlines the [first draft](#) of the Genetically Modified Food Label.

[The Food and Drug Administration wants to place potassium on the nutrition label.](#)

Resources

The National Institutes of Health created five sets of "[Your Healthiest Self: Wellness Toolkits](#)" designed to take a holistic approach to improve people's physical, emotional, and relationship health. All of the information in these toolkits are evidence-based and geared toward people finding healthful solutions that fit their individual needs.

The Journal of American Association of Nurse Practitioners [speaks](#) to the need and importance of the nurse, nurse practitioner, doctor and dietitians in providing sound nutrition education in patient care.

The Academy of Nutrition and Dietetics, the Society of Nutrition Education and Behavior and the School Nutrition Association joined together to write a position paper called, "[Comprehensive Nutrition Programs and Services in Schools](#)".

The US Department of Agriculture created data and interactive charts on our nation's weekly food spending by food group, type of retailer, distance to the nearest supermarket and the household's primary food store. Details [here](#).

How can we implement health in all policies? Change Lab Solutions collects a whole bunch of [materials and road maps](#) that could help government, non-profits, and other agencies of change.

Are microwaves safe? The US Department of Agriculture prints [food safety resources](#) on the matter.

ChooseMyPlate for Families shares [mealtime tips, food activities, and so so much more!](#)

The Southern Regional Nutrition Education and Obesity

Prevention Center of Excellence at the University of North Carolina at Chapel Hill gave a [2016 presentation](#). It shares ways to measure policy, systems and environmental change.

The Center of Disease Control and Prevention provides our State Nutrition, Physical Activity, and Obesity Profile. Read it [here](#).

Penn State Extension Nutrition Links brings storing, prepping, cooking and clean eating tips in videos for hard-to-use Pennsylvania produce!

- [Eggplant](#)
- [Pumpkin](#)
- [Kale](#)
- [Brussel Sprouts](#)
- [Beets](#)
- [Parsnips](#)
- [Broccoli](#)

Social Media

NEW- Take this information with a grain of salt, but there is a lot of interesting back and forth on the #FarmBill on Twitter. [Check out the commentary](#).

NEW- Have you heard of the body positive movement? It encourages people to value their unique identities and body size. This allows them to be liberated from self-hatred. The Straight/Curve is a movie produced to push the fashion industry to utilize diverse body types for their models. Their Twitter handle is [here](#) and a [movie trailer](#).

NEW- Any toddler-mom might be able to attest to how their kiddo eats a banana. But, see if this [visual checks out](#).

Webinars and Podcasts

NEW- The Global Alliance for the Future of Food put on this webinar, "Unravelling the Food Health Nexus Building a Healthier Food System". A recording can be found [here](#).

NEW- Conagra nutrition webinars are archived on this [website](#) and are free. They cover topics like obesity prevention, dietary patterns, food trends, information on packaged foods and lots more.

NEW- The Heritage Radio Network presents a podcast, [Radio Cherry Bombe](#), which addresses the social issues of our time through food. You can listen in on any device.

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

NEW-This Earth Eats podcasts takes a hard look at the emotional impact of food aid for refugees. [Listen in!](#)

NEW-Team Nutrition takes on Child and Adult Care Food Program (CACFP) webinar on June 21 from 2:00-2:30 PM in English and 3:00-3:30 PM in Spanish. This free [webinar](#) will focus on how to offer whole grains at CACFP sites. Click here to register.

NEW-This [TEDex Talk](#) looks into one girls dream to provide dance lessons to those with special needs. So inspiring!

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

Check all of Villanova's Macdonald's Center for Obesity Prevention and Education (COPE) webinars and resources:

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

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](#).

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](#).

Events

New- In Boston the American Society for Nutrition is holding their [Best in Science & Health Meeting](#) on June 9-12, 2018 at the Hynes Convention Center in Boston, MA. During this meeting, a multidisciplinary team will join together to discuss hot topics in food and nutrition.

New- On Wednesday June 13 from 9:00 AM-2:00 PM, you can dress as your favorite Frozen character to visit Olaf and all his Frozen friends as they welcome back summer at Lebanon Family Health Services. At their 4th Annual "Farm to Table" event, kids of all ages can get their pictures with Olaf and visit Elsa's "Watering Hole" where they will learn about healthy summer beverages. Participants will also learn about healthy ways to cook farm fresh summer produce demonstrated by WIC staff. Farmer's Market Produce vouchers will be issued to eligible WIC participants and produce can be purchased with WIC Vouchers or cash. Other activities include face painting, exercises, seed planting, games and more. This event is free and open to the public! For more information, visit this [website](#).

New- "Obesity, Stigma and Health – Motivating Action without Bias" is an event being held by Villanova's Center for Obesity Prevention and Education in Driscoll Hall Auditorium. Taking place on June 27 from 9:00 AM-3:00 PM; this body-positive, forward-thinking program will be sure to please. It comes at a cost. Details can be found at this [website](#).

New -On August 26-29, you can join the Healthy Eating in Practice conference for influencers, researchers and practitioners focused on preventing chronic and diet-related diseases. Click [here](#) to join them and other world renowned speakers.

New -The Food Trust maps [healthy-for-you workshops](#) for people who are eligible for the Supplemental Nutrition Assistance Program (SNAP) within the Philadelphia, Norristown, Reading, Lehigh Valley, Chester and eastern Delaware counties.

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 - The Chesapeake Foodshed Network is creating a pilot. They need Co-Chairs to lead their Community Ownership, Empowerment and Prosperity Action team to reform the food system in the Chesapeake region, specifically in marginalized communities. The team's Co-Chairs receive a stipend for stakeholder engagement, collaboration opportunities and lots of resources. Applications are due by June 27. More information is [here](#).

New -The US Department of Agriculture (USDA) seeks comments on proposed rule for [National Bioengineered Food Disclosure Standard](#) until July 3. This rule was mandated by Congress in 2016. Now, the comment period allows consumers to play a role in how bioengineered foods will be labeled. Comments can be submitted at this [website](#) or filed with the Docket Clerk, 1400 Independence Ave. SW, Room 4543-South, Washington, DC 20250. More details can be found [here](#).

New -The potential consolidation of the National Agricultural Statistics Service and the Economic Research Service at the U.S. Department of Agriculture could result in a loss of research capacity in the areas of food and nutrition. The Academy of Nutrition and Dietetics wants to voice the importance of the ERS research is to the dietetic arena. You can share how you use ERS reports, data and other publications with [Nicole Burda](#), director of legislative and government affairs.

New -The US Department of Health and Human Services' Administration for Community Living (ACL) has released a [funding opportunity](#) for the aging services network. Grants support the testing and documentation of innovative and promising practices that enhance the quality, effectiveness, and proven outcomes of nutrition services. Funding could support nutrition efforts combined with addressing a local or national need such as reducing falls, improving chronic conditions, improving oral health, increasing social connections, and more. Four projects will receive \$250,000 for 12 month periods. If you're interested, an [informational call](#) is slated for 2:00 PM (ET) on June 12.

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.

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](#).

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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