



Your Nutrition News Resource

## Nutrition News Nibbles: October-November 2018

### PA NEN News



[Archive](#)

#### **Save the Date!**

PA NEN's annual conference is coming on April 29-30, 2019 in Nemaquin, PA. 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, policies, systems, and environments to create behavior change and build healthier communities. Come learn, network, and leave with new strategies and techniques that will further your nutrition education journey and your participants' experience. More information [here](#) and more to come later this winter.

#### **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

[Junk food bands in London take effect next February.](#)

[The European union provides \\$12 million dollars to support global food security.](#)

[The international approach to solving food insecurity and growing sustainable food systems is addressed by the CEO of Oxfam America.](#)

The British Medical Journal published research on the benefits of a low-carb diet. Headlines covered the story with their own biases. [Here](#) is a health professional's commentary on the matter.

[The French National Assembly issues a tough report on ultra-processed foods.](#)



"[Cultured meat](#)" is meat grown in a lab using cells taken from an animal without causing it harm. It could be available to the general public in the near future. Proponents for this meat alternative point to the reduction of air and water pollution and



fecal contamination.

[Immigrants from Thailand used to grow what they ate, mostly rice and vegetables; boil most of their food; and rarely consume meat. But in one generation, a “westernized diet” became prominent, their microbiome swapped, and obesity rates skyrocketed.](#)

[A marketing segment focuses on “free-from” and “allergy-friendly” products.](#)

[We could all use some after school snack ideas!](#)



### National News

A new nutrition facts label will be available by 2020. [Learn more about it.](#)

[How do you read expiration dates?](#)

[Preventative Diabetes care is costly for Medicare participants. Will that cause them to miss out on various these services?](#)

[Medicaid users face food insecurity.](#)

US officials say it’s ok to eat some romaine. [Look for labels.](#)

[Fit tests become increasingly important for the Army.](#)

[If potatoes and French fries are the most commonly eaten vegetables in America, how can we make them healthier?](#)



### Local News



Resources for Health Pros

**Pennsylvania:** Profiles of households on the Supplemental Nutrition Assistance Program have been released. Find Pennsylvania statistics [here](#).

**Pennsylvania:** A study at Penn State Milton S. Hershey Medical Center, links a two-year-olds oral bacteria with weight gain trajectories. Though they can’t prove that one thing caused the next, this study asks for much more research in this arena Click [here](#) for a summary.

**Pennsylvania:** [Hunters share their harvest with the food pantries and food banks across the state.](#)

**Centre and Clearfield County:** A mobile food bus - called



[Food Policy Updates](#)



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the [Travelin' Table](#) - will bring food, healthcare professionals and nutrition education to children and adults with limited access to nutrition and health resources. Registered dietitians and nutritionists will provide cooking classes, and health professionals will give medical and dental screenings. The bus will be unveiled at First Night in State College, PA on December 31 and at the Pennsylvania Farm Show in Harrisburg, PA next year.

**Harrisburg:** Center for Champions is a life-on-life mentoring program that supports inner-city kids. Not only do they mentor, but they also hold athletic events, nutrition educations, and academic assistance. Details about the program are [here](#).

**Lancaster:** The Central Pennsylvania Food Bank hosted a networking and workshop event for partner agencies and food pantries. As a nonprofit organization that strives to reduce hunger in 27 central Pennsylvania counties, the Food Bank works with nearly 1,000 partner agencies and programs serving 140,000 people in need each month. This particular event featured an educational day for partners focusing on nutrition education, as well as reviewing the Food Bank's Bold Goal: By 2025 their collaborative network will provide access to enough nutritious food for everyone struggling with hunger in each of the 27 central Pennsylvania counties they serve, and they will convene and nurture partnerships to make progress toward ending hunger. More about this event can be found [here](#). CEO, Joe Arthur, participated. [See him in action](#).

**Montgomery County:** The St. James' Episcopal Church in Collegetown is building an Outreach House. A [video](#) of the groundbreaking ceremony can be found here. Their new space will be twice the size of existing community food pantry!

**Montgomery County:** [The Valley Forge Tourism and Convention Board's fourth annual Freedom from Hunger Food Drive collected 14,000 pounds of food this year.](#)

**Philadelphia:** [A delivery service collects produce that would have been wasted and gives to those in need.](#)

**Philadelphia:** Healthy News Works released their 1st edition for 2018 of Cramp Elementary School's Healthy Newspaper, "The Fit Flyer". 2nd-5th graders produced the paper for their entire community. [Check out the post!](#)

**Pittsburgh:** [North Hills Community Outreach hosted a garden](#) that grew 5,000 pounds of fresh produce for their three food pantries, serving over 1,400 families in need.

## Food Policy

It's still unclear whether Congress will complete the Farm Bill

sooner than later. There were indications that a House and Senate agreement would be reached by Thanksgiving, but that did not materialize. Now they're stating the possibility of releasing it next week. Still some don't think it will be released until next year. Sources say, as it stands, the bill is quiet on the issue of [SNAP work rules](#). That leaves it to US Department of Agriculture to move forward with plans to make it harder for states to get waivers from the existing work rules for able-bodied adults without dependents. The Secretary of the US Department of Agriculture, Sonny Perdue, recommends that the President sign the upcoming farm bill as it is, and congressional negotiators agreed.

[Word is that the new farm bill is close to completion](#). It could potentially provide \$867 billion of funding to food and agriculture programs, such as SNAP, WIC, and food banks.

The [Environmental Working Group](#) and the [Food Resource and Action Center](#) created their own Farm Bill resource center. There, you can get primers, recent legislation, updates and more.

A number of temporary spending bills will expire on December 7, including funding for the US Department of Agriculture, and various decisions on farm bill provisions. The FY 2019 Agriculture Spending Bill (one of those temporary spending bills) will need a full-year appropriation for FY 2019. A [letter](#) was sent by various organizations and agencies to the House and Senate Agriculture Appropriations. It urged them to stop the attempt of the US Department of Agriculture from moving the headquarters of the Economic Research Service and National Institute of Food and Agriculture. Countering that point, Agriculture Secretary Perdue sent [this letter](#) to the Senate Agriculture Committee. He defends his position that the headquarters should move. The US Department of Agriculture received [136 expressions](#) of interest from parties in 35 states wanting to become the new homes of the Economic Research Service (ERS) and the National Institute of Food and Agriculture (NIFA).

Most frequently, [SNAP participants are kept out of the workforce because of health conditions](#).

This [PLOS Medicine study](#) aimed to estimate the health impact, program and healthcare costs, and cost effectiveness of food incentives, disincentives, or restrictions in the Supplemental Nutrition Assistance Program (SNAP). Requiring healthier food selection for SNAP could pay off in the long run. This study estimated that \$6.77 billion to \$41.93 billion could be saved in healthcare costs over the model cohort's lifetime. At the same time, up to 940,000 cardiovascular events and 146,600 diabetes cases could be prevented. An article on the matter can be found [here](#).

Many grass root groups - the Environmental Working Group, Food Policy Action, Food Research & Action Center, National Sustainable Agriculture Coalition, Natural Resources Defense Council and Union of Concerned Scientists share [their opinion](#) on the progression of the Farm Bill. They support a bill closer to the

Senate Farm Bill vs. the House's bill which was passed without any democratic support.

The Trump administration's budget proposal next year will again look to [replace some Supplemental Nutrition Assistance Program benefits with boxes](#) of produce and shelf-stable food. Perdue hopes that Congress would at least allow a Harvest Box pilot project.

Earlier this month, the US Department of Agriculture, Environmental Protection Agency, and the Food and Drug Administration signed a [joint agency agreement](#) to improve communication with Americans on reducing food loss and waste. This [announcement](#) notes that U.S. food waste is estimated at 30-40 percent of the food supply, 133 billion pounds and \$161 billion worth of food.

This Administration's proposed public charge rule. This [piece of legislation](#) stops people from being able to access the nutrition, health, housing and other government benefits without causing adverse penalties to immigrant families' status. It also expands the list of programs that could trigger these consequences.

Trade disputes will cause an influx of apples, pork and cheese into food banks. \$1.2 billion dollars-worth of products will be distributed nationally. This food will need refrigeration which puts stress on local food pantries who might not have this capacity. More in [this article](#) and [this one](#).

Here is a [brief synopsis](#) of how the trade war will be affecting farmers and the low-income.

Food industry lawsuits are occurring regularly. [Here](#) is a list of recent issues brought to court.

[The American Medical Association seeks more transparency on the food label.](#)

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### Resources

The National Institutes of Health (NIH) is currently developing their strategic plan to highlight themes within nutrition research over the next 10 years. The [NIH Nutrition Research Task Force \(NRTF\)](#) was tasked with creating the plan. You can review it [here](#), and public comments are being accepted through December 15.

The Global Nutrition [report](#) was just released. It documents health profiles and malnutrition issues in all countries and goals to combat them.

[The Committee on World Food Security \(CFS\)](#), a part of the UN's Food and Agriculture Organization, printed a [report](#) called,

"Principles for Responsible Investment in Agriculture and Food Systems".

The National Academy of Sciences held a Food Forum workshop in Washington, DC that focused on sustainable diets, food, and nutrition. A report on the workshop can be found [here](#).

The *Journal of Agriculture, Food Systems, and Community Development* published [a paper](#) by the UConn Rudd Center for Food Policy & Obesity. They surveyed the types of initiatives food policy councils undertook and identified food sector targets and results to inform standardized impact assessments.

SNAP-Ed Connection released a compilation of [Spanish nutrition education materials](#).

The US Department of Economic Research Service printed a [report](#) called, "The Association between Restaurant Menu Label Use and Caloric Intake." Though we can't prove menu labeling caused less food to be eaten, people at full-service restaurants using menu labels ate 167 fewer total calories per day than did nonusers, and fast-food restaurant menu label users consumed 180 fewer total calories per day. A two-page summary is [here](#), and an article [here](#).

The Robert Wood Johnson Foundation released a [report](#) called, "Better for You Foods: A Guide to Evaluating the Quality of Nutrition Standards." They wanted to see how nutrition standards align with the MyPlate guidelines.

The Food Research and Action Center released their 2018 "[Afterschool Suppers: A Snapshot of Participation 2018 Afterschool Nutrition Report](#)". See the trend in participation in federally supported programs like the National School Lunch Program, Child and Adult Care Food Program, the National School Breakfast program and more.

The Center of Disease Control and Prevention's National Center for Health Statistics released a [report](#) on fast food consumption of American Adults in 2013-2016.

The US Department of Agriculture's Economic Research Service printed a [report](#) called, "America's Eating Habits: Food Away from Home".

Mathematica Policy Research outlines a nutrition [issue brief](#) called, "Nutrition Supports for Families with Young Children". It shares numbers and graphs of the nutrition support programs we have for those who are food insecure.

The Nutrition and Obesity Policy Research and Evaluation Network developed, "[Wellness Teams Work! A Guide for Putting Wellness Policies into Practice in Schools](#)." It summarizes the evidence behind active school wellness teams.

World Food Day started on October 16, 1945 by the United Nation's Food and Agriculture Organization (FAO). It was founded with a purpose of uniting all nations in the fight against hunger. To this day, nations still join together to celebrate. This year's theme was, "Our actions are our future: a zero hunger world is possible by 2030". [Find out more about it.](#)

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### **Social Media**

Childhood food insecurity is real. This [video](#) shows the honest truth.

Farmers received some money for your Thanksgiving dinner. [See the breakdown.](#)

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### **Webinars and Podcasts**

**NEW**-The Food Research and Action Center is hosting multiple webinars and conference calls over the next month. They're listed below:

- December 6 at 1 PM (ET): "[Summer Meals Matter Conference Call: Recruiting Summer Meal Volunteers](#)"
- December 13 at 3 PM (ET): "[Breakfast Matters Webinar: Enacting State School Meals Legislation](#)"
- December 20 at 1 PM ET: "[Afterschool Meals Matter Conference Call: Engaging Afterschool Networks and Existing Funding Streams](#)"

**NEW**-Food Tank hosted their most recent food system summit in New York City. It brought together big names in food politics, agriculture, industry, foodservice, and nutrition. Watch the whole summit for free [here](#) and [there](#).

**NEW**-The Harvard Chan, "[This Week in Health](#)" [podcast archive](#) shares health and wellness headlines, wellness, and insights from Harvard experts.

**NEW**-Food Tank started a [podcast](#) asking movers and shakers in our food system sharing 20 minutes of insight.

**NEW**-The Sourcing Matters Show interviewed dietitian and public health professional, Marion Nestle. You can [listen](#) to the podcast about ideas for voting with our food dollar.

**NEW**-The True Health Initiative is hosting a 30 minute webinar called, "How Do We Adapt to the Emerging Growth and Evolution of Health Promotion? - An Interview with Dr. Rajiv Kumar" on Wednesday December 12, 2018 from 1:00-1:30 PM (ET). It's

free, and you can register [here](#).

**NEW-**The TED Radio hour broadcasted a one-hour show entitled, "The Food We Eat." TED speakers explore our deep connection to food, across age, across place, and across culture. You can listen in [here](#).

**NEW-**The US Department of Agriculture's Team Nutrition hosts a Child and Adult Care Food Program (CACFP) monthly webinar series on various topics from yogurts that are lower in sugar, ways of serving food in large foodservice operations, healthy cooking methods and more! Click [here](#) for upcoming webinars, recordings, and more information.

**NEW-** "Bite" is a podcast from Mother Jones. This [episode](#) speaks to SNAP-recipients about how these benefits saved their lives.

**NEW-**Liz's Healthy Table Podcast [interviews](#) Clancy Cash Harrison about fighting food insecurity and the stigma that comes along with it.

**NEW-**The National Academy of Sciences held a presentation called, "Current Status and Response to the Global Obesity Pandemic". During this talk, they spoke about what obesity looks like now, prevention and treatment efforts, and challenges within this process. You can watch the presentation [video](#) here.

**NEW-**Villanova's College of Nursing hosts nutrition and wellness webinars through their McDonalds Center for Obesity Prevention and Education. Upcoming webinars are listed [here](#). Previous ones are archived [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.

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### Events

**NEW-**The Delaware Valley Society of Nutrition Education (DVCSNE) has two great speakers lined up for a talk called, "The Role of Diet and Nutrition in Cancer Prevention." It's scheduled for Monday, December 10 at 2:00-4:30 PM at Temple University. Elaine Trujillo, MS, RD, from the Nutrition Science Research Group of the National Cancer Institute and Dr. David Sarwer, PhD, Associate Dean for Research and Director of the Center for Obesity Research & Education, will present at the College of

Public Health at Temple University. The cost is \$20 for DVSCNE members, \$30 for non-members, \$10 for students and free for Temple staff and students. 2.5 continuing education credits are available for registered dietitians. Details [here](#).

**NEW**-West Chester and Cabrini University are hosting their Annual Convergence of Childhood Obesity and Hunger Symposium at West Chester University on February 22 from 8:00 AM - 4:00 PM (ET). It invites nurses, public health pros, social workers, dietitians, and others within the healthcare system. The event will cover community-wide opportunities to reduce food insecurity for kids and their families. You can join this event for \$40 as a professional and \$20 for students. Registration and more information [here](#).

**NEW**-On February 24-26, the [National Anti-Hunger Policy Conference](#) will be taking place in Washington, DC. Speakers focus mostly on federal feeding programs from changes to the Child and Adult Feeding Program, school meals, and the Supplemental Nutrition Assistance Program.

"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](#).

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### **Grants & Opportunities**

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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