



# Hawaii Physical Activity and Nutrition Newsletter

October 2014

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## Contact Us

[www.healthyhawaii.com](http://www.healthyhawaii.com)

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## News from Hawaii PAN Partners

### RETHINK YOUR DRINK Teen Video Contest

**RETHINK YOUR DRINK**

**start Living healthy!**

KHON and the Department of Health are pleased to announce the

**“Rethink Your Drink” Teen Video Contest!**

Now through November 30th, encourage your middle or high school student to film a :30 second commercial encouraging teens to drink water and healthier beverages instead of soda and other sugary drinks. He/she could win free movie passes and have their commercial air on KHON2 and Hawaii’s CW! Visit [www.KHON2.com/contests](http://www.KHON2.com/contests) for more information.

**Start Living Healthy, Hawaii!**

### Waimānalo Aquaponic Project



The Hawai'i State Department of Health's Healthy Hawai'i Initiative (DOH HHI) through a cooperative agreement with the Centers for Disease Control and

Prevention (CDC) funded a second Waimānalo Aquaponic Project. The goal of the 2013 Waimanalo Aquaponic Project, Ho'oulu 'Ai, was to teach Waimanalo families how to grow food using backyard aquaponic systems in order to increase their access to and consumption of fresh fruits and vegetables. The project was implemented by God's Country Waimānalo and Ho'oulu Pacific from September 14-October 26, 2013. Twenty-one families participated in the five workshops, where they learned about aquaponics and water quality, watched healthy cooking and la'au lapa'au demonstrations (*Native Hawaiian healing with plants and herbs*), and built their own systems.



Overall, the project achieved its goals of teaching families how to build their own aquaponic systems and how to use their systems to grow food. Follow-up with the families will show if the project was able to meet its other goal of increasing the families' fruit and vegetable consumption.



## Hawaii Highlighted Programs, Projects, and Initiatives

### Community

#### Food Day Events in Hawaii



**Food Day, on October 24<sup>th</sup> every year**, is a nationwide celebration of healthy, affordable, and sustainably produced food and a grassroots campaign for better food policies. [Here](#) is the Food Day 2013 Campaign Report.

**October 17** - 8:30 to 11:30 - Family, Fun and Food Day - Liholiho School and Hawaii Chapter of Les Dames d'Escoffier, a morning of healthy tasting and movement for 650 students, parents, staff and teachers.

**October 24** - Punahou School Food Day Garden event.

### **Tour de Cure on Oahu - Sunday, November 2, 2014 in celebration of American Diabetes Month (November)**

Tour de Cure is more than just a cycling event, it is a life-changing event. A day full of fun and excitement where riders of all levels join forces in the fight to Stop Diabetes® and raise critical funds for diabetes research, education and advocacy in support of the more than 497,800 children and adults in Hawaii with prediabetes and diabetes. Routes include a 5, 10, 25, and 50 mile ride.

Ride with Aloha. Stop Diabetes! Register at

[www.diabetes.org/tourdecurehawaii](http://www.diabetes.org/tourdecurehawaii).



### **The Second Annual North Shore Food Summit**

The Second Annual North Shore Food Summit, hosted by the North Shore Community Land Trust, was held this past September 11-12, 2014. This year's Summit took participants on a journey back to a time when the North Shore – and Hawai'i – was food secure because there is no better model of sustainability to guide our work today than that which has already proved to work in the past.

September 11 was held at Waimea Valley and consisted of several fun field trip tracks and a farm-to-table lunch from the newly re-opened The Proud Peacock Restaurant. There was an inspiring keynote presentation by Michel Nischan, a James Beard Award Winning Chef and the Founder of Wholesome Wave.

September 12 consisted of four themed tracks of presentations at the Turtle Bay Resort to help participants better understand the fundamentals of our food system from production to distribution and access, to its relevance to health and culture, and to "growing our future." The increased understanding of sustainable traditional food systems and our ever increasing desire for a more food secure future will help this community movement grow even stronger as the Summit also built momentum around the planned North Shore Food System Assessment and Action Plan. The Summit inspired residents and stakeholders to support and participate in the North Shore Food System Assessment process and the North Shore Food Council. In turn, the North Shore Food Action Plan will grow from these efforts and move the North Shore – and Hawai'i – towards greater food security.

## **Schools**

### **Fitnessgram 10**

Honolulu District is currently utilizing Fitnessgram 10 (FG10) to fitness test all 5th graders in the Kaiser and Kaimuki complexes. The data is then inputted into FG10 and the students receive a hard copy of their results. Resource teacher Denise Darval-Chang visits each class and explains the meaning of the "Health Related" components tested as they review their reports. The students then share the report with their parents, and goal setting is encouraged to happen

between parent and student. In the spring each complex will have a 5th grade complex meet where all 5th graders meet and perform the same test and post data is then obtained, another report is generated which shows both the pre and the post scores and goal setting is revisited. This is a fun opportunity for all 5th graders from the complex to be together prior to going onto middle school. High school students help to serve as volunteers to run the meet, and the 5th grade students get to visit their future high school.

Honolulu District is offering a professional development course for teachers during the Fall break. This course will focus on implementing Fitnessgram 10, along with utilizing Health Teacher, a comprehensive K-12 health curriculum. The course is titled "Teaching Nutrition, Tobacco, and Physical Activity/Fitness Education for an Improved Lifestyle."

For more information, contact:

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### **New Charter School Practices What It Preaches**

SEEQS (the School for Examining Essential Questions of Sustainability) opened its doors in Kaimuki in August 2013 with 6<sup>th</sup> and 7<sup>th</sup> grade classes, and now serves more than 120 students in 6<sup>th</sup> through 8<sup>th</sup> grades. SEEQS focuses on developing an understanding and commitment to personal, community and environmental values. This is accomplished by engaging students and the SEEQS community in fun and dynamic project-based learning, using the lens of sustainability to help students understand how they can help create and be a part of a healthier society and planet.



Four days a week students start their day at 8:30 AM with 45 minutes of physical activity. Students select from options that include yoga, swing dance, running, gardening, and competitive sports such as football and ultimate frisbee. Students arrive at their academic classes energized and ready to learn after their morning physical activity.

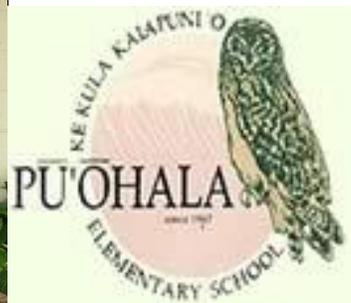
As part of their daily lunch cleanup, students participate in composting (including bokashi systems) and vermiculture, learning about the connections between the food we produce and consume and alternative uses for food waste. Many families provide their own lunches but a healthy lunch can be purchased with vegetarian options. Students bring their own plates and utensils; unused food is composted so there is minimal waste.

SEEQS is blazing a trail for education and society in connecting what we learn and practice today with a healthier society and planet tomorrow.

You can contact SEEQS at [www.seeqs.org](http://www.seeqs.org)

### **Buy a Veggie/Fruit Bag and Support Pu'ohala Elementary School!**

Pu'ohala Elementary/Ke Kula Kaiapuni 'o Pu'ohala in Kaneohe, recently started a veggie/fruit bag CSA with Oahu Fresh to help make healthy eating more convenient for their families.



Local, farm fresh veggies, fruits and other local add-ons like free-range eggs, cheese & beef are delivered to the school every other Thursday to subscribers. If you would like to support, please sign up online at [www.oahufresh.com](http://www.oahufresh.com) and select "Puohala Elementary School" as your drop site. \$5 from each sale supports learning opportunities for the Pu'ohala School community to learn more about health & sustainability.

## **SNAP/EBT**

### **Four Healthy Cooking Demonstrations at Two East Hawaii Farmers Markets**

Co-sponsored by Kaiser Permanente, the Hawai'i Department of Health, the U.S. Department of Agriculture's Supplemental Nutrition Assistance Program (USDA SNAP), and The Kohala Center, four events at Hilo and Maku'u Farmers Markets promoted healthy diets, locally grown produce, and recipes to SNAP recipients. Cooking demonstrations showed how easy and economical it is to prepare healthy and nutritious meals with fresh produce grown and sold on Hawai'i Island.

At each event, the first 200 SNAP/EBT customers received a \$5.00 match to be

used to purchase fruits and vegetables.

SNAP EBT is accepted at seven Hawai'i Island farmers markets: Hilo, Maku'u, Hawi, Hilo Coffee Mill, Keauhou, Kino'ole, and Volcano.



*Hawaii FoodCorps Fellow Amelia Pedini prepares Papaya Avocado Salad at our SNAP Education event at Maku'u Farmers Market.*



## National Highlighted Programs, Projects, and Initiatives

### Celebrate Farm to School Month

#### **Celebrate National Farm to School Month in October**

October is National Farm to School Month, a time to celebrate the connections that are happening all over the country between schools and local food!

Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and preschools. Students gain access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips.

Over the past decade, the farm to school movement has exploded across the United States, reaching millions of students in all 50 states and Washington, D.C. Farm to school is an important tool in the fight against childhood obesity and food insecurity. In addition to improving child health, when schools buy local, they create new markets for local and regional farmers and contribute to vibrant communities, a win-win-win scenario!

**The National Farm to School Network** offers a variety of resources for free or for sale on the website, [www.farmtoschool.org](http://www.farmtoschool.org) , including posters, stickers

and a communications toolkit as well as daily blog posts highlighting farm to school work across the country. If you fill out a membership form or a "Share Form" on [farmtoschool.org](http://farmtoschool.org) during October, you will be entered to win a drawing for \$1,000 to spend on a farm to school project in your community! Learn more at [farmtoschool.org](http://farmtoschool.org).

Whether you are a food service professional, a farmer, a teacher or a food-loving family, there are plenty of ways to celebrate and get involved!

### **Are you ready for National Farm to School Month?**

National Farm to School Month kicks off on October 1! Do you have the resources you need to host an event, attract media coverage or generate support for your program? The National Farm to School Network (NFSN) has developed [resources and activities](#) to promote Farm to School Month in schools, communities and media outlets including our new [Communications Toolkit](#). The toolkit contains an explanation of this year's Farm to School Month activities, a sample press release, suggested social media posts, sample text for newsletters and ideas and tips for making media pitches.

Also don't forget to [explore our store](#), where you will find stickers, t-shirts, posters, buttons and our most popular item, aprons.



Here are addition resources to explore:

- [About Farm to School Month 2014](#)
- [Farm to School Month Logos](#)
- [Farm to School Month Posters](#)
- [WEBINAR: National Farm to School Month 2014 Campaign](#)

To find even more Farm to School Month resources, check the "Farm to School Month" box in the search sidebar of our [resource database](#).

*We are grateful to [Organic Valley](#), [UNFI Foundation](#), [Orfaea Foundation](#) and [Captain Planet Foundation](#) for their support of Farm to School Month.*

### **Farm to School Legislation Supports the Garden State**

It's said that New Jersey's nickname of the "Garden State" came into being as far back as 1876, when Camden resident Abraham Browning used the phrase to describe his home state, whose bountiful agricultural products were supplying not just New Jersey, but also Pennsylvania and New York. However, as in most states, farmers have faced challenges remaining economically viable in the face of an increasingly nationalized and globalized food system. Enter farm to school.

On Monday, August 25, New Jersey Lieutenant Governor Kim Guadagno signed into law five new actions to support farm to school across the state. These new laws will help advance farm to school practices through:

- **Promotion and recognition initiatives**
- **Local food procurement support**
- **Enhanced funding**

## Learn more about New Jersey's supportive policies on our blog.

We applaud a truly bi-partisan effort in which legislators were able to intrinsically understand the future benefits of farm to school and how support at the statewide policy level would help youth develop into healthy, happy, educated consumers, supporting the state's talented and dedicated farmers and their communities

If you are interested in finding out what your state has done to support farm to school through legislative efforts, check out NFSN's [State Farm to School Legislative Survey 2002-2013](#), which was released earlier this year. Since 2014 has been a busy year for New Jersey and other states, we plan to update this survey next year to include activity from 2014. If you know of farm to school policy efforts underway in your state, please contact NFSN's Policy and Strategic Partnerships Director, [Helen Dombalis](#).

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### New Farm to School Evaluation Framework Available



The National Farm to School Network published a new resource, [Evaluation for Transformation: A Cross Sectoral Evaluation Framework for Farm to School](#). Evaluation for Transformation is a comprehensive guide geared towards helping organizations use common measures to evaluate farm to school programs. The framework is organized around four key sectors: public health, community economic development, education, and environmental quality, and three levels of action: program, research, and policy. It was developed collaboratively with input from more than 300 practitioners and experts, including USDA. The USDA Farm to School Program plans to use this resource as part of its work to evaluate the [USDA Farm to School Grant Program](#). To help users implement the framework and share

it with others, there are several supporting documents available at the [National Farm to School Network website](#). USDA encourages all groups involved with farm to school to consult this resource as well as [other evaluation resources](#) when planning and implementing farm to school programs.

### Produce Pilot Ready to Take Root in Schools



*Nate Sudbeck, AMS Commodity Procurement Specialist*

Whether it's trying on a new pair of shoes or eating a new item from your favorite restaurant, there's always a feeling of excitement when you try something new. Here at USDA's [Agricultural Marketing Service \(AMS\)](#), we get that same feeling when we are able to create new opportunities for our nation's producers. That's why we're excited to announce that AMS and our sister agency—the [Food and Nutrition Service \(FNS\)](#)—have launched a [new pilot program for the procurement of unprocessed fruits and vegetables](#).

## **Delaware Healthy Weight Collaborative**

Collaborate for Healthy Weight is a two-phased project supported through the Prevention and Public Health Fund under the Affordable Care Act and made possible by a cooperative agreement from HRSA. National Initiative for Children's Healthcare Quality is leading a coalition of partner organizations that is managing all program logistics and overseeing the work of participating teams. The Delaware project partnered the State Division of Public Health, primary care organizations, and community organizations with the goal of addressing obesity in select populations. In addition, the steering committee of the initiative are interested in creating a permanent capacity for system wide quality improvement in the health care system that integrates medical care and public health, integrates prevention (broadly defined) into primary care/ the health system, and promotes the medical or health care home concept as part of health care reform.

## **Washington State Healthy Nutrition Guidelines**

Washington State made news in the public health circles when Governor Inslee's office issued Executive Order 13-06, effectively making Washington the first state to adopt a comprehensive approach to increasing access to fresh, healthy food on state property and facilities. Now Washington State has made many related resources available on their website: <http://1.usa.gov/1nYMOUd>

## **USDA TV Feature - Postage Stamps Honor Farmers Markets**



Four new postage stamps honor farmers markets and farmers.

YouTube: [Farmers Market Stamps](#)

### **FEATURE – New Stamps Honor Farmers Markets**

FOUR NEW POSTAGE STAMPS HONORING FARMERS MARKETS AND FARMERS WERE UNVEILED AT A FARMERS MARKET NEAR THE WHITE HOUSE. AGRICULTURE SECRETARY TOM VILSACK SAYS THE STAMPS WILL HELP KEEP FARMERS MARKETS ON PEOPLE'S MINDS.

Tom Vilsack, Agriculture Secretary: And a lot of folks have talked about the benefits of farmers markets and that's certainly true. This postage stamp will give us the opportunity to focus on those benefits. It's been mentioned that it obviously is access to great food and I'd encourage everybody to spend a few bucks while you're there.

VILSACK SAYS THE STAMPS ARE COMING OUT AT A GREAT TIME AS FARMERS MARKETS ARE VERY POPULAR THESE DAYS.

Tom Vilsack, Agriculture Secretary: We've seen a dramatic increase in farmers markets across the United States. A seventy six percent increase and today we have over eight thousand two hundred and sixty eight markets throughout the

United States.

THE ARTIST WHO CREATED THE STAMPS SAYS SHE WAS INSPIRED BY FARMERS MARKETS SHE ATTENDS.

Robin Moline, Farmers Market Stamp Illustrator: They show some of what you can get there and the freshness and the spirit of the market. They're a community gathering spot. They're a wonderful place to get good, fresh food, and you get to meet your farmers.

## CDC Healthy Schools

*The Right Place for a Healthy Start*



### NEW RESOURCES - [2012 Physical Education Profiles](#)

Schools can transform into active environments by providing students with quality physical education and opportunities to stay active each day. Two new resources from CDC, [2012 Physical Education Profiles Report \(PE Profiles\)](#) and the [2012 Physical Education Profiles Fact Sheet](#), examine the policies and practices of select secondary schools and identify best practices and areas for improvement.

**PE Profiles** reports on categories aligned with guidelines for quality physical education and physical activity programs in the [CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity \(Guidelines\)](#):

- Physical education requirements
- Physical education curricula and standards
- Physical education instruction
- Student assessment in physical education
- School-based intramural sports programs or physical activity clubs
- Physical education teacher qualifications
- Professional development for physical education

Learn More:

- [CDC School Health Guidelines to Promote Healthy Eating and Physical Activity](#)
- [CDC The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance](#)
- [CDC Physical Activity Facts](#)
- [CDC Comprehensive School Physical Activity Program \(CSPAP\)](#)
- [CDC National Framework for Physical Activity and Physical Education](#)
- [CDC's Youth Physical Activity: The Role of Schools](#)

### **SPARK Physical Activity Challenge**

Hi everybody:

I've been waiting all summer to share this great news with you!

In celebration of the [SPARK 25th Anniversary](#), we're excited to team up with *Let's Move!* Active Schools and the President's Challenge, the premier program of the President's Council on Fitness, Sports, and Nutrition, to host the [SPARK](#)

## 25-Day Physical Activity Challenge!

The goal of the SPARK Challenge is to promote daily physical activity -- at least 60 minutes of physical activity a day, at least 5 days a week. If you teach at a K-12 school, follow these three easy steps and join the SPARK Challenge:

1. Sign Up Your School. Complete the **sign up form** on the SPARK website.
2. Join **Let's Move! Active Schools**. Make sure to mention that you heard about LMAS from SPARK!
3. Recruit Your Students. Have your students sign the **pledge form** and track their physical activity using the **tracking logs** provided.

The SPARK Challenge runs **September 29 - October 31** (25 week days). Make sure to sign up prior to September 29th!

By participating in the SPARK Challenge, your school could win a **\$25,000 SPARK Package!**

Enter today and please help us spread the good word by encouraging schools in your district to enter too.

Thanks everyone,  
Paul (@[paulrosengard](#))

### **Let's Move! Active Schools**

**Let's Move! Active Schools** is a collaborative effort between the Alliance for a Healthier Generation, the Society of Health and Physical Educators and the President's Council on Fitness, Sports and Nutrition to solve the problem of obesity. The joint initiative provides schools, parents, youth and communities with tips and resources for incorporating physical activity into any lifestyle to make it a priority.

As a supporting organization, SPARK encourages schools and school districts to sign up for *Let's Move! Active Schools*. Schools that **sign up before January 1, 2015** and indicate that they heard about Let's Move! Active Schools from SPARK will be automatically entered into a monthly drawing for a **\$100 SPARK gift certificate**.

### **NATIONAL PHYSICAL ACTIVITY PLAN PUBLIC COMMENT SURVEY**

September 25, 2014 - October 31, 2014

The National Physical Activity Plan Alliance (The Alliance), would like to invite you to participate in a brief **survey** regarding the update and revision of the National Physical Activity Plan (NPAP).

Over the past 5 years the field of physical activity and public health has continued to evolve and the time to review and update the NPAP's content and structure is here!

During this revision process The Alliance wants to hear from you:

- How can we increase American's physical activity levels?
- What strategies should be prioritized to increase physical activity?
- How can we ensure the success of the NPAP?

The Alliance is working hard to update and revise the Plan; however, the American public's input and suggestions are important in this process. We look forward to using your feedback to guide the revision process and help shape our



## **Childhood Obesity Prevention News from Healthy Eating Research**

[News & Events](#) on what's going on in the field of childhood obesity prevention. This page is brought to you by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation. <http://bit.ly/1lhxiD8>

**Cafeteria Man: Changing Lunchrooms One Fresh, Local Bite at a Time**  
**Meet Tony Geraci, the "Cafeteria Man,"** who is dedicated to making schools healthier. This page is brought to you by PreventObesity.net.



## **Featured Resources and Research**

### **Hawaii**

- **Resources**

**October is National Farm to School Month and October 24th is Food Day!**

This October, Kōkua Hawai'i Foundation will be joining others around the state and nation to celebrate **National Farm to School Month** and **Food Day**. We invite you to celebrate with us! Schools can invite a chef or farmer to visit your school, host a student farmers' market, serve local produce as a snack, or coordinate a family event and give tours of your school's garden! Families can host a locally grown meal with friends, visit their local farmers' market, plant a garden, visit a local farm, and more! If you are on Facebook, Instagram or Twitter, you can tag your posts with #AAOlocalfood and join together with folks across the nation to support local food. After your event, send a photo or video along with a paragraph describing your event to [aina@kokuahawaiifoundation.org](mailto:aina@kokuahawaiifoundation.org). Participating schools who host and report on their events will have a chance to win a KHF Classroom Celebration Kit stocked with reusable plates, cups, and utensils from **Preserve** for the entire school to use for classroom parties, nutrition classes, and other food events. *(All minors in submitted photos/videos must have signed **Kōkua Media Releases** allowing use of their image in KHF outreach.)*

'AINA Field Trips and 'AINA Chef Visits introduce students to where their food comes from, who grows their food, and the relationship between their own health, food, agriculture, and the environment. Farm to School Month is a great time to host a chef at your school or visit a farm, lo'i, or fishpond (loko ea). For tips on planning a farm field trip, see **our 'ĀINA In Schools Farm Field Trip Resource Guide**. Kōkua Hawai'i Foundation Field Trip Grants and Mini-Grants can support 'AINA Field Trips and 'AINA Chef Visits. The deadline to apply for a **KHF Field Trip Grant** or **KHF Mini-Grant** for this school year is March 1, 2015.

**Safety for All Ages: Safe Routes to School in Asian American, Native Hawaiian and Pacific Islander Communities**

As the fastest-growing racial group in the U.S., Asian Americans, Native Hawaiians, and Pacific Islanders have a key stake in the transformation of American streets. These communities are pioneering innovative, multilingual approaches to safe streets and healthier communities, with equity and

intergenerational cooperation at the heart of the work.

- **Research**

**Hawaii Journal of Medicine & Public Health**



Please enjoy your complimentary copy of the Hawaii Journal of Medicine & Public Health, a joint effort between the Hawaii Department of Health and the University Clinical Education & Research Associates at the John A. Burns School of Medicine (JABSOM).

*To view the full edition, please click on the hyperlink in the title above while pressing the Ctrl key or visit the website at [www.hjmph.org](http://www.hjmph.org).*

**National**

- **Resources**

**HKC's Favorite Healthy School Celebration Snacks**

Help kids connect the happiness of special celebrations with healthy choices. [Click Here](#) for ideas and recipes for healthy snacks to bring to your school celebrations this year!

**Healthy Meeting Toolkit**

The National Alliance for Nutrition and Activity (NANA) is asking organizations to sign a pledge to have healthy meetings, conferences, and events. To assist organizations, NANA has developed a [Healthy Meeting Toolkit](#).

**Tennessee Nutrition and Physical Activity Toolkit for Multi-Disciplinary Professionals**

Supported by a USDA-funded grant entitled Nashville Children Eating Well (CHEW) for Health, Meharry Medical College Preventive Medicine physicians compiled a Nutrition and Physical Activity Toolkit with evidence-based and innovative resources for obesity prevention and treatment. With a Tennessee Department of Health Eat Well Play More implementation grant award, the Preventive Medicine physicians provided ten (10) one hour workshops for multidisciplinary professionals across the state of Tennessee. The workshops trained a total of 228 educators, health care providers, dietitians, administrators, community outreach workers, researchers, and worksite wellness team members. Students and trainees in many of these fields also participated. The workshops provided an overview of the resources in the toolkit and fostered discussion of local and statewide obesity prevention policy opportunities in order to build a network of community advocates working to fulfill the mission of the Tennessee Obesity Task Force (TOT). During the workshops, audience participation was

elicited to enhance the toolkit utilizing the expertise of each group. The Meharry Preventive Medicine physicians reviewed all suggested nutrition and physical activity resources, and added appropriate resources to the existing toolkit. Through partnership with the TOT evaluation team, the revised toolkit has been posted on the TOT website in its entirety at <http://www.eatwellplaymoretn.org/resources-and-tools/resources/> and in an interactive form at <http://www.eatwellplaymoretn.org/state-initiatives/grantees/>.

**USDA ChooseMyPlate.gov – Meet Your Physical Activity Goals**

Did you know that raking leaves for 30 minutes burns ~ 150 calories?! See how other daily activities stack up using the **Physical Activity Tracker**.

**USDA Local Food Directory**

Check out USDA's new **Local Food Directories**. There are separate, searchable directories for farmer's markets, food hubs, CSA's and on-farm markets that you can use to find sources of local food in your area.

▪ **Research**

**[Using a Participatory Research Approach in a School-Based Physical Activity Intervention to Prevent Diabetes in the Hualapai Indian Community, Arizona, 2002–2006](#)**

Teufel-Shone NI, Gamber M, Watahomigie H, Siyuja TJ Jr, Crozier L, Irwin SL

**[Food Insecurity and Self-Reported Hypertension Among Hispanic, Black, and White Adults in 12 States, Behavioral Risk Factor Surveillance System, 2009](#)**

Irving SM, Njai RS, Siegel PZ

**[Evaluation of the Placement of Mobile Fruit and Vegetable Vendors to Alleviate Food Deserts in New York City](#)**

Li KY, Cromley EK, Fox AM, Horowitz CR

**[Outstanding Student Research: Li et al on Investigating the Placement of Green Carts to Improve Access to Healthful Foods in Food Deserts](#)**

Posner SF

**[Self-Reported Physical Activity Among Middle-Aged Cancer Survivors in the United States: Behavioral Risk Factor Surveillance System Survey, 2009](#)**

Nayak P, Holmes HM, Nguyen HT, Elting LS

**[Seasonal Alterations in Park Visitation, Amenity Use, and Physical Activity – Grand Forks, North Dakota, 2012–2013](#)**

Roemmich JN, Johnson L

**[Buying Food on Sale: A Mixed Methods Study With Shoppers at an Urban Supermarket, Philadelphia, Pennsylvania, 2010–2012](#)**

Phipps EJ, Kumanyika SK, Stites SD, Singletary SB, Cooblall C, DiSantis KI

**[USGS Report Highlights Water Quality Implications of Pesticide Applications in Agricultural and Urban Areas](#)**

**[A recently published study](#)** by researchers at the U.S. Geological Survey

(USGS) sheds light on how pesticide applications on land are impacting aquatic life in the nation's rivers and streams. The study compares pesticide concentrations across two decades to note trends in the temporal and geographic distribution.

The study, published in Environmental Science & Technology by USGS researchers Wesley Stone, Robert Gilliom, and Karen Ryberg, monitored pesticide concentrations in rivers and streams at 182 sites from 1992-2001 and 125 sites from 2002-2011. Each of the sites were categorized as agricultural, urban, and mixed based on the dominant land use in the watershed using 2006 National Land Cover Data. Read the study [here](#).

#### **Research & Publications Database** –

A new searchable database that allows access to resources by focus area, resource type (e.g., report, grant summary, infographic), keyword, and demographic information. Healthy Eating Research is a national program of the Robert Wood Johnson Foundation.

### ▪ **Recommended Reading and Viewing**

#### **New Report: Vending Contradictions: Snack and Beverage Options on Public Property**

A new CSPI study found that 58% of beverages in vending machines on state and local public property are sugar-sweetened drinks. A number of states and localities are working toward ensuring 50% of beverage options are healthier. This shows that the goal is attainable and that many could go further (to 75% or 100%). But there is a lot more work to do; only 5% of food vending options on public property are healthy.

Providing healthier options on public property ensures access to healthier foods and beverages, helps to create a more supportive food environment for government employees, visitors, and participants in government-sponsored programs, and allows state and local governments to “walk-the-walk,” by not contradicting their nutrition and obesity prevention programs. <http://www.cspinet.org/vendingcontradictions.pdf>

Improving food and beverage options on public property is a low-cost policy option that can be achieved through legislation, executive order, regulation, or contracting. We hope that if you are not part of this growing movement, you will consider working to adopt a policy in your state, city, or county.

Please let us know if you can share the findings with your members/social media networks (see model posts below) or if you have questions. If you are working on improving the nutritional quality of foods and beverages in public places and we have not connected, please reach out. We would be very interested to hear what you are working on and find out if we can be helpful. For CSPI and NANA materials on improving the nutritional quality of foods and beverages in public places, please visit:

[www.cspinet.org/nutritionpolicy/foodstandards.html](http://www.cspinet.org/nutritionpolicy/foodstandards.html)

#### **New Healthy Vending Study**

A new study of healthier vending in Chicago parks found nearly 90 percent of Chicago park-goers like the healthier options and healthier snacks boosted average monthly per-machine sales from \$84 to \$371. This study demonstrates more good reasons to push for healthier food choices for state and local property and programs. For more information on how to

work to improve options in your state, county, or city visit <http://www.cspinet.org/nutritionpolicy/foodstandards.html>

### **FDA Releases New Food Safety Modernization Act (FSMA) Rules, Public Comment Period Opens September 29**

On September 19, the Food and Drug Administration (FDA) released revised language for two major proposed rules detailing standards for farms that grow fresh produce (fruits and vegetables) and for facilities that process food for people to eat.

FDA's originally-proposed rules were issued in January 2013 and included several requirements that could have negatively affected many sustainable farmers and food businesses. After an extensive public outcry, including tens of thousands of comments to FDA from concerned farmers, food entrepreneurs, and consumers, the FDA agreed to revise the rules.

Read the latest version of the [Produce Safety Rule](#), the rule that outlines standards for farms that grow fresh produce, and the [Preventative Controls Rule](#), the rule that pertains to facilities that process food for human consumption.

### **Nutrition Assistance In Farmers Markets: Understanding the Shopping Patterns of SNAP Participants**

This study was undertaken to understand why some SNAP participants shop at farmers markets and others in the same geographic area do not. Results suggest that SNAP participants buy most of their fresh fruits and vegetables at farmers markets. Of those who shop at farmers markets, overall value including quality and price are major reasons for shopping at markets. Of those who do not, reasons for not shopping at farmers markets centered on convenience.

<http://www.fns.usda.gov/nutrition-assistance-farmers-markets-understanding-shopping-patterns-snap-participants>

### **Healthy Incentives Pilot Final Evaluation Report**

The Healthy Incentives Pilot (HIP) tested a way of making fruits and vegetables more affordable for participants in the Supplemental Nutrition Assistance Program (SNAP). Under HIP, SNAP participants received a financial incentive for purchasing fruits and vegetables. The HIP evaluation used a random assignment research design. Specifically, 7,500 Hampden County SNAP households were randomly selected to participate in HIP, while the remaining 47,595 households continued to receive SNAP benefits as usual. The final evaluation report presents findings on the impacts of HIP on fruit and vegetable consumption and spending, the processes involved in implementation and operating HIP, impacts on stakeholders, and the costs associated with the pilot.

<http://www.fns.usda.gov/healthy-incentives-pilot-final-evaluation-report>

### **Cutting Calories: Good for Health, Good for Business**

Four years ago, 16 companies, acting together as part of the [Healthy Weight Commitment Foundation](#) (HWCF), announced an ambitious pledge—to remove 1.5 trillion calories from the U.S. marketplace by 2015. They wanted to help reduce obesity in America, especially childhood obesity. [Research published today](#) in the *American Journal of Preventive Medicine* confirms that the companies far exceeded their pledge, and are making a difference that's helping families buy fewer calories.

Collectively, these companies sold 6.4 trillion fewer calories in 2012 than they did in 2007, **which we announced** in early 2014. What's new in these studies tells us that, during that same pledge period, families with children bought fewer calories from packaged foods and beverages—and the biggest cuts were from major sources of excess calories in kids' diets, such as sweets, snacks, and soft drinks.

Why is this pledge so important, and what's the next step for industry leaders who want to help reverse the childhood obesity epidemic? RWJF **senior vice president Jim Marks** and lead study author **Barry Popkin, PhD**, of the School of Public Health at the University of North Carolina at Chapel Hill, share their views.

[http://www.rwjf.org/en/blogs/culture-of-health/2014/09/cutting\\_6-4\\_trillion.html?rid=bjey8suk-PkPMX2cPPgHYwzWKHOAb-Zi-zb894496hs&et\\_cid=70345](http://www.rwjf.org/en/blogs/culture-of-health/2014/09/cutting_6-4_trillion.html?rid=bjey8suk-PkPMX2cPPgHYwzWKHOAb-Zi-zb894496hs&et_cid=70345)

### **New Food Policy Video Series Released**

Vice, an international media outlet, is launching a new documentary series on its food channel MUNCHIES titled "The Politics of Food." The series will explore "culinary stories through a political lens to capture the controversial issues that transpire during the journey from the source to the plate," according to Vice. "Our hosts will investigate all sides of these charged topics to uncover the emotional, financial, ethical, and environmental impacts around what we consume." See the trailer and learn more [here](#).

### **Common Market: Overcoming Obstacles to Local Frozen Produce**

In October 2013, **Common Market**, a Philadelphia-based food hub, launched its first line of local, source identified frozen spinach. Entering the business of lightly processed produce is a logical next step for many food hubs, but how to get there is not always clear. **Overcoming Obstacles to Local Frozen Produce** is a case study that outlines the research and development that Common Market conducted in order to launch their first frozen line. Common Market began the exploratory process in 2010 by conducting a demand and price analysis with their institutional partners. Upon receiving commitments from several institutions, the hub began the research and development process by conducting 10 site visits to processors using different methods of freezing. After additional research and testing, they met with several different farmers in order to determine who would be the best fit for the frozen spinach line. This case study dives deep into the nuts and bolts of the three year process that led to Common Market's first line of local, source-identified frozen spinach. From process mapping to lessons learned and future challenges, it provides a fantastic starting point for entering the value-added processing market. [Read the full report here](#).

### **In Season Now: Fall Produce to Add to Your Shopping List**

Now that it's officially fall, it's time to say goodbye to juicy watermelon and summer squash. Sad, we know. But crisper weather brings a whole new variety of **fruits and vegetables** to work into your repertoire.

### **FHWA releases new BIKESAFE guide as part of DOT's effort to improve pedestrian and bicycle safety**

**CHAPEL HILL, NC** — The Federal Highway Administration (FHWA) released its new Bicycle Safety Guide and Countermeasure Selection System (BIKESAFE). This resource helps support the U.S. Department of Transportation's new **pedestrian and bicycle safety initiative**.

"At FHWA, our safety program is multi-faceted. We have developed a broad range of expertise and resources to promote pedestrian and bicycle safety and will continue to actively promote these resources and develop new tools to help communities build streets that are safer for people walking, bicycling, and taking public transportation," said Acting Federal Highway Administrator Gregory G. Nadeau.

BIKESAFE is an online guide for implementing countermeasures to improve the safety and mobility of bicyclists. It provides practitioners with information and tools to review and select engineering and roadway infrastructure improvements to reduce bicyclist injuries.

BIKESAFE is comprised of four sections: A guide of basic information, specific countermeasure details, case studies, and an expert system tool for countermeasure selection, as well as links to dozens of other helpful web resources.

**Guide:** This section helps practitioners better understand the issues facing bicyclists, how to analyze crashes, and how to implement new treatments.

**Countermeasures:** The Countermeasures section includes a comprehensive list of 46 engineering, education, and enforcement countermeasure options, as well as details of each countermeasure, including its description, purpose, considerations, safety effect, and cost.

**Case Studies:** There are 34 case studies, or success stories, that document one or more of the countermeasures that have been implemented, along with the background of the problems, bicycle safety solutions selected, and the results of the treatments.

**Selection Tool:** The expert countermeasure selection system allows users to input the basic safety problem and site conditions. The expert system will propose a "short list" of candidate treatment options that likely would be suited to address the specific bicyclist safety problem for that situation.

This online version of BIKESAFE updates an eight-year-old version and is now available as an interactive tool, usable on your computer, tablet, or smartphone. BIKESAFE can be found at <http://www.pedbikesafe.org/BIKESAFE>.



## Grants and Awards

### Hawaii

#### **Grants for School Gardens - Whole Kids Garden Grants**

For the fourth year in a row, **FoodCorps** has partnered with Whole Kids Foundation to provide \$2,000 grants for new or existing edible gardens run by K-12 schools or their nonprofit partners. The application is open now through October 31, 2014. Learn more about the program [here](#). Apply today!

#### **Grants for School Gardens - Annie's Grants for Gardens**

Annie's is a longtime supporter of gardens around the country. For many years, Annie's has offered Grants for Gardens to schools and other educational

programs that help put children in direct contact with growing real food. Annie's Grants for Gardens awards can be used to buy gardening tools, seeds or other needed supplies. Applications period is October 1- December 15, 2014. [Click here to read more and apply.](#)

### **Grants for School Gardens - Kitchen Gardeners International Sow It Forward Mini-Grants**

Kitchen Gardeners International's Sow It Forward mini-grants program just opened its online application's doors. KGI expects to offer 100 full grants and roughly 60 partial grants. A full grant has a value of \$500 and normally consists of a cash grant of \$300-400 with the remaining \$100-\$200 taking the form of seeds and gift certificates for garden supplies and KGI's online garden planner. The partial grant normally has a value of \$325 and consists of a \$300 cash grant and \$25 one-year subscription to KGI's online garden planner. There are no geographic limitations on what types of food garden projects will be considered. Application deadline for the 2015 grant cycle is January 9, 2015. [Apply today!](#)

### **Institute for Strategic Funding Development Grant Writing Course**

Can be contacted to put on a grant writing class in Hawaii.

More information: <http://www.isfdonline.com/programs-and-services>

### **Hawaii Community Foundation Calendar (Grant Deadlines)**

As one of the oldest community foundations in the country, HCF manages a repository of more than 600 charitable funds that have been set up by generous individuals, families, and businesses across the state to benefit the people of Hawaii. View a list of grantmaking programs and their application deadlines at: <http://www.hawaiicommunityfoundation.org/nonprofits/apply-for-a-grant>

## **National**

### **Colorado Health Foundation Out-of-School Time Physical Activity Grant (Colorado)**

This funding supports providing **high quality, structured physical activity** in out-of-school time settings. The foundation is interested in receiving proposals for: implementation or enhancement of quality, structured physical activity opportunities in out-of-school time settings (school- or community-based programs). Nonprofit organizations or public agencies in Colorado that currently implement an out-of-school time program targeting youth in kindergarten through eighth grade are eligible to apply. The foundation will consider proposals for up to two years of funding. Grant deadlines are October 15, 2014, February 15, 2015, and June 15, 2015.

**Deadline: October 15, 2014 - Award Amount:** Award Amounts Vary - [Click Here](#)

### **Lowe's Toolbox for Education (National)**

Lowe's will donate up to \$5 million to public schools and public school parent teacher groups - at as many as 1,000 different public schools per school year. This year, as a foundation, we are challenging ourselves to seek ways to provide the tools that help our educators and parent groups through today's challenging times efficiently, while providing the greatest impact, with basic necessities taking priority.

**Deadline: October 15, 2014 - Award Amount:** \$2,000 - \$5,000 - [Click Here](#)

### **Whole Kids Foundation School Garden Grant**

The School Garden Grant program provides a \$2,000 monetary grant to a K-12

school, or a non-profit working in partnership with a K-12 school, to support a new or existing edible garden on school grounds. Submission deadline is **October 31, 2014**. For information, visit <https://www.wholekidsfoundation.org/index.php/schools/programs/school-garden-grant-program>

#### **Fuel Up to Play 60 (National)**

Funding is available to K-12 schools enrolled in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. Funds can be used to conduct in-school promotions focused on creating a healthier school and to implement Healthy Eating and Physical Activity Plays. Funds can also be used for professional development, nutrition education materials, and physical education equipment & materials.

**Deadline: November 5, 2014 - Award Amount: \$4,000 - [Click Here](#)**

#### **Extension Risk Management Education Competitive Grants Program**

***Application deadline: November 17, 2014***

The four regional Extension Risk Management Education (ERME) Centers (**Southern, Western, Northeast** and **North Central**) request applications for grants up to \$50,000 through the Extension Risk Management Education Competitive Grants Program. The four regional Centers anticipate awarding a total of approximately 60 new grants from this announcement. The ERME program provides funding for results and outcome-based risk management education projects designed to help producers learn and use tools and approaches that can reduce the adverse effects of the uncertainties of weather, yields, prices, credit, government policies, global markets, and other factors, including human resources and legal issues.

#### **Farm Credit East AgEnhancement Grant**

*Proposals for Northeast Farm Credit AgEnhancement grant funding will be considered **three times per year: April 1, August 1 and December 1.***

Each year, Northeast agricultural credit associations and CoBank award grants to help organizations promote awareness of agriculture in the 6 New England states, New York and New Jersey. Funds are provided as part of the Northeast Farm Credit AgEnhancement program, an ongoing educational campaign that supports programs, projects, events, and other activities that promote and strengthen agriculture, forest products or commercial fishing industries in the region. [Learn more](#) about the projects we support and what some of the recipients say about the AgEnhancement Grants.

#### **USDA SNAP Funding**

Last week, the U.S. Department of Agriculture National Institute of Food and Agriculture announced the [availability of up to \\$31.5 million in funding](#) to "help participants in the Supplemental Nutrition Assistance Program (SNAP) more easily afford foods like fruits and vegetables." **Applications are due December 15, 2014.**

#### **American Pastured Poultry Producers Association Scholarship**

***Application deadline: December 15, 2014***

The American Pastured Poultry Producers Association (APPPA) is now accepting applications for its annual \$500 scholarship/gift. The scholarship will be awarded to an individual, farm, or organization that can demonstrate an educational need directly related to pastured poultry. Full details can be found [here](#).

## **Agricultural Safety and Health Council of America Safety Grants Program**

***Application deadline: January 7, 2015***

Grants up to \$10,000 are being offered by the Agricultural Safety and Health Council of America (ASHCA), a national coalition of agribusinesses, producer organizations, and safety professionals in order to foster new champions of agricultural safety and health. The purpose of the ASHCA Safety Grants Program is to provide financial support to promote evidence-based safety/health strategies addressing farmers, ranchers and agricultural workers. Full details can be found [here](#).

**The SPARK Grant-Finder Tool** helps you locate funding for your Physical Education, After School, Early Childhood, Classroom Activity, or Coordinated School Health program. Grants can be used for curriculum, teacher training, or equipment. - See more at: <http://bit.ly/1qjohMD>

## **Voices for Healthy Kids**

The American Heart Association and Robert Wood Johnson Foundation *Voices for Healthy Kids* program has several different types of grant opportunities addressing six priority areas: smart school foods; healthy drinks; marketing matters; food access; active places; and active kids out of school. **For more details.** (no deadline)



## **Conferences, Trainings, and Professional Development**

### **Hawaii**

**Transition Oahu** is a source of upcoming events on gardening, permaculture, and sustainable food production. More information:

<http://www.transitionoahu.org/>

### **Online Training**

#### **Farm to School 101 - Webinar**

**October 14, 2014, 12 p.m. Central Time**

In celebration of National Farm to School Month, this webinar will offer an introductory look at farm to school and ways you can get started. Three speakers will discuss the three core elements of farm to school: procurement, education and school gardens. Speakers include Bertrand Weber/ Andrea Northup from Minneapolis Public Schools Culinary and Nutrition Services; Brittany Wager from ASAP; and Jeff Bryant from Urban Roots.

#### **Building Healthy Food Systems Webinar: Overcoming Historical Trauma**

**Oct. 15, 2014**

Register: <http://bit.ly/1nO8WAw>

#### **Fruit Trees in the School Garden - Webinar**

**October 21, 2014, 4 p.m. Eastern Time**

Hosted by edWeb.net

What in the garden could possibly be more exciting to students than a tree-ripened nectarine? Fruit trees and orchard-culture bring stability and

productivity to the garden, all in a high yielding and low maintenance package. In our community's next webinar, Leo Buc, Director of Common Vision, will discuss best practices for growing fresh fruit in school gardens. We'll focus on every step of the process for new plantings as well as rehabbing existing trees.

### **Webinar on the Food Policy Council Movement**

The Center for Livable Future at Johns Hopkins' Bloomberg School of Public Health, Food Day, and Roots of Change invite you to participate in a national webinar dedicated to the empowerment of food policy councils and other place-based stakeholder bodies committed to transforming the food system.

Please join colleagues from across the nation who, like you, are building the new food system through processes and projects that are transformative for cities, counties, and states.

The webinar will take place on **Wednesday, October 22, 2014 from 8:30 PST / 11:30 EST to 9:50 PST / 12:50 EST**. [Click here to register today!](#)

### **What You Will Learn**

Six councils will offer seven-minute presentations that reveal visions, lessons, and triumphs from a variety of situations: urban and rural, large and small, state and local. No matter your situation, there will be something to gain. Throughout the presentation participants will have time for comments and questions.

### **Agenda**

8:30 am Welcome, Process & Introductions

8:40 am Presentations & Dialogue

9:45 am Closing Comments

9:50 am End

### **Presenting Food Policy Councils**

California

Colorado

Douglas County, Kansas

Duval County, Florida

Missoula, Montana

Worcester, Massachusetts (invited)

### **Warning Labels on Sugary Drinks: Promoting Informed Choices**

ChangeLab Solutions hosted a webinar that discussed a policy to require safety warnings on sugar-sweetened beverages to inform consumers of the harmful health impact of consuming those products. This is an emerging policy strategy that has great potential to change social norms around sugar-sweetened beverages (SSBs), to reduce the prevalence of youth and adult obesity and diabetes. The presenters discussed in detail their experience in developing SB 1000, groundbreaking legislation introduced in the California Senate in 2014. The lessons learned from the California campaign provide a foundation for subsequent efforts in states and communities across the country. Presenters also discussed the impact of this policy on communities of color, as well as available resources for moving this strategy forward in your state or community.

To watch the webinar recording, review the slides (PDF) or resources mentioned during the presentation, visit the [Warning Labels on Sugary Drinks: Promoting Informed Choices webinar archive page](#).

## **National and International**

### **Farm2Campus Conference**

*October 31 - Louisville, KY*

This conference is designed to engage with food organizers, students, administrators, sustainability coordinators, dining service managers, chefs and concerned individuals to share best practices about finding and using local food, forming effective coalitions, comparing price points for local vs conventional foods, marketing healthy food to students, and the future of local food on campuses around the country. Learn more and register [here](#).

### **International Pacific Health Conference**

November 3-5, 2014

Auckland, New Zealand

<http://bit.ly/1leeWmB>

### **National Association for the Education of Young Children Annual Meeting and Expo**

November 5-8, 2014

Dallas, TX

<http://www.naeyc.org/conference/reasonstoattend>

### **Mississippi Food Summit and Agricultural Revival**

*November 7-9 - Jackson, MS*

The Mississippi Sustainable Agriculture Network, will host their 2<sup>nd</sup> Annual Mississippi Food Summit this fall. This year's Food Summit will be bigger than ever and include film screenings, a music festival, workshops, panels, and speakers you won't want to miss! The Summit includes full day and half day workshop intensives, and many free events. [Register](#) now for the Early Bird Discount and reserve your spot.

### **NESAWG "It Takes a Region" Conference**

*November 10-12, 2014 - Saratoga Springs, NY*

The Northeast Sustainable Agriculture Working Group will host their 2014 "It Takes a Region" conference in Saratoga Springs this November. The conference will explore some of the tremendous advances made in region-sizing the food system to date, as well as new opportunities for collaboration. Attendees will explore and address the work of farmers, food hubs, cooperatives, and market innovators, non-governmental organizations and Departments of Agriculture, independent researchers, land grant universities, farmworkers, as well as the efforts of science writers and journalists to amplify our stories. For more information and to register, check out [NESAWG's website](#).

### **Carolina Farm Stewardship Association Sustainable Agriculture Conference**

*November 10-12, 2014 - Greenville, SC*

The Sustainable Agriculture Conference brings together those new to the movement and experienced veterans to network and collaborate. There is no place like the Sustainable Agriculture Conference to learn from the experts about cutting-edge techniques and innovative programs and to connect with others who are just as passionate about rebuilding a healthy, local foodshed from seed to plate.

This conference will feature opportunities to connect with sustainable ag farmers, non-profits, extension agents, higher ed. experts, exhibitors, activists and more with 55 workshops, 3 pre-conference tours to innovative farms and restaurants, 9 hands-on intensives and 2 get-your-hands-dirty off-site learning

opportunities. More information and registration details can be found on [CFSA's website](#).

**American Public Health Association 142nd Annual Meeting**

November 15-19, 2014

New Orleans, LA

<http://www.apha.org/meetings/annual/>

**Local Orbit's Hub Camps are Back!**

Local Orbit is excited to announce three new Hub Camps:

**Hub Camp: The Nuts & Bolts of Local Food Distribution**

*November 17-19, 2014 in Denver*

*January 24-26, 2015 in Portland*

*March 1-3, 2015 in San Diego*

Apply Today.

Hub Camp is an intensive three-day, hands-on, immersion experience designed to help you quickly learn, launch and adapt as you grow your local food system. Practical, hands-on training led by Noah Fulmer and Erika Block.

- Noah Fulmer, the Director of Training at Local Orbit, is the former operator and co-founder of Farm Fresh Rhode Island, a wholesale food hub that aggregates and delivers produce, dairy, meat and dry goods from 60 local farmers and producers to 100 buyers each week.
- Erika Block, CEO of Local Orbit, which supports diverse local distribution models across the country. Erika brings unique perspective on best practices and challenges within this emerging sector, and she's also built and managed two start-up businesses.
- Plus: Wholesale buyers and topic experts on food safety, finance & legal issues

The interactive format is structured with flexibility to address the individual needs of each participant. Walk away from Hub Camp with a six-month action plan for building a multi-farm aggregation and distribution business.

Space is limited to 20 participants per workshop, so **APPLY EARLY**.

**Learn More.** For more information, please email **Kate Barker**, [kate@localorbit.com](mailto:kate@localorbit.com).

**LOCUS LinkUp: Building the Next Walkable Places in New England**

*November 20, 2014 — Boston, MA*

Participants at this regional LOCUS LinkUP will have the opportunity to network with top real estate CEOs and executives in the region, learn about sites available for development or redevelopment within the region, and work with local decision-makers to determine what policy changes are needed to reduce barriers to building more mixed-use and transit-oriented development. **Read more >>**

**2014 International Symposium on Minority Health & Health Disparities**

December 1-3, 2014

National Harbor, Maryland

<http://bit.ly/1kn8COT>

**2nd Annual Fair Food Business Boot Camp**

*December 2-4, 2014 - Wellesley, MA*

This 3-day intensive skill-building program hosted by the Fair Food Network is designed to give good food entrepreneurs the knowledge and resources they need to grow—plus the potential to win up to \$10,000 in consulting services.

Led by Jay Friedlander, College of the Atlantic's Sustainable Business Program chair and organic food entrepreneur and hosted by Food Sol at Babson College in Wellesley, MA. Download your application [here](#), and apply by October 15.

**14th Annual New Partners for Smart Growth Conference**

*January 29-31, 2015 – Baltimore, MD*

From veteran experts to smart-growth novices, learn from hundreds of speakers who cross disciplines to share insights, valuable tools and strategies for making smart growth a success in your community. Many of Smart Growth America's staffers will be in attendance. Let us know if we can connect! [Read more >>](#)

**12th Active Living Research (ALR) Annual Conference**

February 22-25, 2015

San Diego, CA

**2015 National Physical Activity Plan Congress**

Ronald Reagan Building and International Trade Center,  
1300 Pennsylvania Ave. NW, Washington D.C.

February 23-24, 2015

[Register Today!](#)

**Moving Active Transportation to Higher Ground:  
Opportunities for Accelerating the Assessment of Health Impacts**

Washington D.C.

April 13-14, 2015

**38th Annual National Food Policy Conference**

Sponsored by the Consumer Federation of America

April 21-22, 2015

Capital Hilton, Washington D.C.

**8<sup>th</sup> Biennial Childhood Obesity Conference**

The 2015 Childhood Obesity Conference will be held on **June 29 – July 2, 2015**, at Town and Country Resort and Conference Center, San Diego, CA. Conference hosts include The California Department of Public Health, California Department of Education, the University of California, Berkeley, Dr. Robert C. and Veronica Atkins Center for Weight and Health, The California Endowment, and Kaiser Permanente. Now in its 8th year, the biennial Childhood Obesity Conference is the nation's largest, most influential collaboration of professionals dedicated to combating pediatric obesity/overweight.

**Conference Registration will open October 15, 2014.**

**\*Catch the Early Bird Rate from October - December 2014.**

For information, visit:

<http://www.childhoodobesity2015.com/index.cfm?pid=871>

**Calls for Proposals**

**National Physical Activity Plan Congress:**

**Accepting Submissions for Poster Presentations**

In February 2015, the National Physical Activity Plan Association (NPAPA) will host the first NPAP Congress. The Congress will bring together hundreds of leaders in public health, education, media and government who will review progress to date and determine priorities for an update to the NPAP, to be released in November 2015.

One important component of the National Physical Activity Plan Congress will be

**poster presentations** highlighting policies, programs, initiatives and research that address elements of the NPAP. Congress attendees are invited to submit abstracts summarizing their projects.



**The deadline for submission of abstracts is Monday, November 17, 2014.** Abstracts will be peer reviewed and notification of acceptance will be provided by December 15, 2014.

Abstract Requirements:

Abstracts not exceeding 600 words should be submitted in PDF format and should provide title, authorship, and institution. The following sub-headings should be included: background, purpose, methods, results and conclusion. Abstracts must be submitted by 8:00 p.m. Eastern on Monday, November 17 to [abstracts@physicalactivityplan.org](mailto:abstracts@physicalactivityplan.org).

**8th Biennial Childhood Obesity Conference**

**Mark Your Calendars - Upcoming Poster, Roundtable and Exhibitor Deadlines!**

- **Poster, Roundtable, and Exhibitor registration** will open October 15, 2014 through April 1, 2015.

For information, visit:

<http://www.childhoodobesity2015.com/index.cfm?pid=871>

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