

PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 14, 2014

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PA NEN News

Summer Workshops 2014 are Almost Here! *2 Speakers - 3 Locations!*

- Dr. Joye Norris: "Ya Gotta Have Heart...But Is It Enough?" is on June 26, 2014 at Montgomery County Extension Office.
- Chef Cyndie Story: "Chef Cyndie's Nutrition Kitchen" is on July 22, 2014 at the Westmoreland County Extension Office and on July 25, 2014 at Adams County Extension Office

More information will be posted soon. Stay tuned! Registration will open May 5th.

SNAC vegetable of the month:

It's soooooo crisp and fresh! We're not talking about springtime air. Nope! Close though! We happen to think biting into the green or purple leaves of cabbage feels the same way! Check out the wide variety of cabbage available, tips for storing it, recipes, and kids' activities that make this vegetable oh-so-yummy! The [Cabbage Newsletter \(en Español\)](#) holds it all! Check [the website](#) for other vegetable resources.

International and National News:

[10 healthy vegan recipes](#)

[Increased EBT usage was compared to crime rate. What did the researchers find?](#)

[Over the past couple years, obesity rates flattened, and rates of severe obesity rose according to a study in JAMA.](#)

[Some snack bars touted as healthy have similar nutrition to candy bars.](#)

[What American foods do American newcomers dislike?](#)

[The Administration for Community Living \(ACL\) keeps a blog. ACL's Administrator, Kathy Greenlee, wrote a post about efforts challenging senior food insecurity.](#)

[Latino's wellbeing is affected by food stamp cuts.](#)

[Tips for budget-friendly gardening](#)

[We need empathy in healthcare.](#)

[The US Department of Agriculture partners with the Department of Education to provide summer meals.](#)

Eat whole grains for a healthier you. However, sometimes the breads sold in stores don't make the cut. [Listen to this broadcast to find out why not.](#)

[A health professional gets personal about the loss of one of her family members because of a heart attack. She also shares steps to maintain a healthy heart.](#)

[Here is an archive of articles, videos, and research about the reality of food stamps.](#)

[Another celebrity chooses to fight hunger!](#)

[In an article, based off a study in *Pediatrics*, childhood obesity costs \\$19,000 per child.](#)

[A dietitian exposes bad dieting advice.](#)

[More college students battle hunger.](#)

[Men don't know when they have eating disorders because of lack of cultural awareness.](#)

[A large chain store introduces organics on the cheap.](#)

[Give people access to good food!](#)

[This farmer is all about cultivating for food access! Watch him in this video!](#)

[Kids need to go outside! Parents can help!](#)

[How does strategic planning and leadership influence the reach of an anti-hunger organization?](#)

[A dietitian brings up policy suggestions to reduce obesity. You can add your suggestions too!](#)

[Who knew the politics of sugar was so complicated?](#)

Local

Pennsylvania: [More free school lunches are provided through community eligibility.](#)

Pennsylvania: [This local researcher proves that marketing influences health behaviors.](#)

Hershey: [Penn State Hershey research shows that a high fat diet might increase daytime sleepiness.](#)

Philadelphia: [Older women lift weights to stay strong.](#)

Philadelphia: [Local food distribution appreciates their volunteers during national volunteer week.](#)

Resources:

This Vital Sign from the Center of Disease Control and Prevention shows how heart disease and strokes are preventable in a easy-to-understand format. As a health professional, you can share the information on social media. [Check it!](#)

The Society of Nutrition Education and Behavior submitted comments to the 2015 Dietary Guidelines Advisory Committee. Click [here](#) to read the comments.

[Here](#) are the proposed changes to food's nutrition label as recommended by the Food and Drug Administration.

According to [this report](#), school gardens are on the rise.

"[Your Weight Matters](#)" is an online magazine presented by the Obesity Action.

An [infographic](#) pictures how a food ingredient is generally recognized as safe (GRAS).

The Greater Pittsburgh Community Food Bank keeps a list of affordable, healthy recipes on their program "[Recipe Rainbow](#)"!

[Here](#) is a status report on the critical measures that have major influence in reducing preventable disease and death. This paper shares the status of the Healthy People 2020 goals.

Webinars:

NEW-“Ask USDA Question and Answer Session: Summer Meals” will take place on April 24th from 2:00 PM-3:00 PM (ET). On this webinar, you can talk to and question to the US Department of Agriculture’s Food and Nutrition Service’s Summer Food Service Program leaders. Please submit your questions before the event while you register [here](#).

NEW-“The Power of Protein: Separating Hype from Reality” is happening on May 6, 2014 from 2:00-3:15 PM (ET) through the Society of Nutrition Education and Behavior (SNEB). The First 100 non-members of SNEB to register will attend for free as guests of Dairy Council of California. [Register fast!](#)

All Farm to school webinars are archived. To look at sessions that might interest you, click [here](#). All webinars will be recorded and available for free.

“[Successful Synergies](#)” is happening on Tuesday, April 29, 2014 from 2:00-3:00 PM (ET). Learn about the art of collaborating to fight hunger. Understand the role of healthcare and food bank partnerships to improve the health of families’ facing food insecurity. 1.5 continuing education credit hours are available for dietitians and dietetic technicians.

The Institute of Medicine’s Global Forum on Innovation in Health Professional Education will be webcasting its next workshop, “Scaling up Best Practices in Community-based Health Professional Education” on May 1-2, 2014. This workshop aims to discuss novel community-based health education. Click [here](#) for more information.

There is a new Summer Meals toolkit that is explained in this [webinar recording](#). A webinar series on summer school meals will continue throughout the next couple months. Sign up for future events [here](#).

National Good Food Network [archived webinars](#). Find recordings about local and regional food systems, food hubs, and market-based models for healthy food, just to name a few.

From March to June 2014, the USDA Farm to School Program will host two webinars a month on various aspects of local procurement. They will happen at 2:00 PM (ET) on the second and fourth Thursdays of the month. They will showcase workers of state agencies and school districts as speakers. For more information and to register, please visit the [webinar series website](#).

Events:

Set up a social media page (like Twitter and Facebook) to efficiently market your farm. Develop a management plan for these sites. At this event, you also will learn from proficient Social Media Marketing professionals at the top of their game. [Join the fun](#) on Wednesday, April 23 from 6:30pm-8:30 PM.

Help the Central PA Food Bank distribute food to families that need it!
[Volunteer today!](#)

Pittsburgh Boy Scouts are collecting food for the Greater Pittsburgh Community Food Bank all this month! There are many ways to donate. Give food to the boys collecting in your neighborhood. You'll also find them at some local Giant Eagle stores. If these opportunities aren't feasible, give online through the virtual food drive. [Look here](#) for more information!

Channels Food Rescue in Harrisburg, PA is holding "Cross the Globe 2014!" on Sunday, May 18th from 5:00 PM-9:00 PM. You can enjoy world cuisines from 11 different nations, along with live entertainment. You don't want to miss it! For information, [click here](#).

The Second Harvest Food Bank of Northwest Pennsylvania is seeking volunteers to help out during this year's Stamp Out Hunger Food Drive, on Saturday, May 10th. They will need drivers to pick up donations in assigned neighborhoods. [Look here](#) for more information.

"Hunger and Resilience" is a photography display at the James E. Winner Jr. Arts & Culture Center in Sharon, PA. It will run from April 3-May 5th on Tuesdays and Thursdays from 10:00 AM-5:00 PM. In this showing, you will see photos and audio stories of people struggling with hunger. Find out more information and to make a reservation, click [here](#).

The Greater Pittsburgh Community Food Bank holds "Produce to People," to get food where locals need it most. See where and when the drop off sites are, and [check out other food distributions](#) throughout the Pittsburgh area.

Might you have a group of people interested in volunteering Philabundance? Check out all the opportunities [here](#).

The Institute of Medicine is holding a Global Health Forum focusing on maintaining the youth's health from around the world. It's happening on April 17-18, 2014 at 8:30 AM (ET) in Washington DC and will be broadcasted over the internet. You can follow the #YCG hashtag on Twitter, or sign up [here](#).

"Public Health: Start Here" is Penn State's Public Health Day Symposium. Join them on Friday May 9th at the National War Museum in Harrisburg, PA from 1:00-5:00 PM, followed by a Public Health Association reception from 5:00-7:00 PM. For details about presenters, a schedule, and registration; contact mphprogram@phs.psu.edu.

Online registration is now open for the 2014 Pennsylvania Academy of Nutrition and Dietetics Annual Meeting & Exhibition (AME). It's being held in

Bethlehem, PA from April 23-25, 2014. Access the schedule, location and register [here](#).

The Department of Aging's Nutrition Conference will be held on April 30 - May 1, 2014 at the Wyndham Gettysburg. This year's theme is Maintaining Senior Health - Food Can Help. The conference is designed for dietitians, dietary managers, Area Agency on Aging staff, Meals on Wheels, food vendors, senior community center directors and persons associated with meal programs for older adults. Sessions will provide information about how nutritious meals contribute to maintaining the health and wellness of older adults; learn new methods of food preparation; provide delicious meals and updates on the latest nutrition and educational developments. Continuing education credits (CEUs) are available for Registered Dietitians and Certified Dietary Managers who attend. Look [here](#) for information.

Grants and Opportunities:

School students are brainstorming ways to make their schools healthier with funding from Action for Healthy Kids. Figure out how your students can get involved, and [sign up today](#).

Try out MyPlate Challenge on Fruits and Vegetables More Matters. Take a picture of your food to pin on their Pinterest Page. Find out more details [here](#).

Action for Healthy Kids posted their 2014 and 2015 school breakfast and physical activity grant listing that will help create healthier school environments. [Check them out, and get all the information](#).

Funding under the Healthy, Hunger-Free Kids Act (HHFKA) of 2010 will help develop innovative strategies to prevent hunger and food insecurity. Specifically, this money is for demonstration projects with the initiative to strive to reduce childhood hunger. Letters of Intent to Apply are due May 1, 2014. The request for applications can be found [here](#). For more information, click [here](#).

Are you a nutrition and dietetics student? Why not write an article for the Academy of Nutrition and Dietetics' "Student Scoop"? Submit what you would like to write about and when you can provide it by. Email these things to students@eatright.org. The submission deadline for articles is a month before publication date. Here are some of the requirements: Articles must be 300-400 words. References must be cited according to Academy style guidelines. Articles will be reviewed by editors. Submit a photo with your article.

The "Innovative Food/Culinary Efforts Award" application deadline has been extended to May 1. The \$1,000 award encourages dietetics professionals to make original, innovative food and a culinary career. You must be a member of [the Academy to log-in to this page](#).

5 million dollars is allotted for grants focused on community food projects that look to serve low-income individuals through food distribution, access to local food, and other community outreach through federal nutrition programs. On the National Institute of Food and Agriculture website, [you can find out more information](#).

Would you like a grant to plan, implement, or sustain a farm or garden at your school? Then, look what's available for the Farm to School Grants. Applications are due on April 30, 2014. Find out more information [here](#).

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