

PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 15, 2013

IMPORTANT PA NEN LINKS

SAVE THE DATE!
[PA NEN ANNUAL
CONFERENCE 2013](#)
APRIL 30TH-MAY 1ST

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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PA NEN News

Discounted Annual Conference Registration Rates End TOMORROW!

Save money by registering for PA NEN's Annual Conference by April 19th! Only a few spots remain for this conference, and sessions are filling up quickly. Register at [this site](#)! Registration closes on April 22nd.

SNAC VEGETABLE of the Month: Cabbage

Pennsylvania farmers have started seeding spring crops like cabbage! You can crunch into this hearty vegetable in lots of different recipes. Keep it raw in a cold salad. Cut it thin for a vinegar-based slaw. Or, wrap it around juicy meat and veggies, then bake until soft and translucent. Look [here](#) ([en Español](#)) for cabbage selecting, growing, prepping and cooking tips! This [site](#) also contains the same information for lots of Pennsylvania-grown vegetables!

International and National News:

[A fast food chain promises healthier options.](#)

[Purchasing local food items necessitate large storage freezers in school.](#)

The US Department of Agriculture ([USDA](#)) names a [farm-to-plate role model](#).

[Eating fish and childhood allergies](#)

The Food and Drug Administration ([FDA](#)) wants to find routes for more money. Read more [here](#).

[Probiotics might affect irritable bowel.](#)

[Statistics are in. Families spend more money on organic food.](#)

[Boot camp prepares school cafeteria workers for a changing menu!](#)

[Healthy food is expensive, so let's pay people well to eat well.](#)

[If you'll die for your kids, why won't you cook for them?](#)

[What is in your food?](#)

[A healthier school environment can start at recess!](#)

[More than 33,000 food stamp recipients receive higher education. They're PHDs, maybe JDs.](#)

[Food rewards in the classroom are everywhere.](#)

[This gal teaches affordable, fast cooking methods at a food bank!](#)

[This company cuts 25% of the sugar out of kids yogurt smoothies.](#)

[American fast food cup sizes are larger than Japan's small, medium and large.](#)

[Why is 30 years of age considered the next 45? Is it because many of today's adults live less healthy lives than previous generations?](#)

[People assume that organic labels equate to healthier foods which is not always the case.](#)

[A blood enzyme imbalance might contribute to obesity.](#)

[A city school encourages students to walk to school.](#)

[Fat stored in the belly might be linked to a higher risk in kidney disease.](#)

[Watch as a dietitian uses her hand for portion sizes.](#)

[Preliminary studies link mercury in our system with type 2 diabetes risk.](#)

[Playing the right video game may predict better health behaviors in kids.](#)

[Celiac disease can cause infertility.](#)

[School gardens are in full bloom across California.](#)

[Strict school lunch standards are connected to healthier student weights.](#)

[Creative obesity prevention works!](#)

[Where do you allocate your time, working-out or preparing a meal?](#)

[Per usual, artificial sweeteners will be labeled on the ingredients list of milk.](#)

[However, healthy claims like “low calorie” are not required.](#)

[Be aware of your entire diet. It’s not necessary to avoid certain food groups.](#)

Scroll through studies showing that our food environment Controls childhood obesity at [this site](#) and [here](#).

[Flavorful veggies brighten up dishes.](#)

[The update on soy and nutrition research](#)

Local:

Hummelstown: [Isn’t it amazing how this 92-year-old champ finishes a half marathon?](#)

Philadelphia: [A study correlates the western style diet with increased risk premature of death.](#)

Philadelphia: Try simple, practical ways to exercise with your kids and family at [this site](#).

Resources:

[Check out these selling strategies for local food producers.](#)

[Food and Nutrition Magazine reviews this list of smartphone health apps.](#)

[You can pass on this quick tip sheet for eating out.](#)

[Watch a moving animation of the progression of obesity in the US from 1985-2010.](#)

[This article](#) breaks down cost data analysis from 2005 until the present for nearly 400 schools cafeterias so that schools can understand the potential effect of the new nutrition standards being enacted. Here is the “[Agricultural and Resource Economics Review](#),” the report which originally analyzed the data.

[WIC](#) serves good nutrition to approximately 9 million women and their children or grandchildren. Current funding should allow for a continuation of service to these participants until the end of the year. However, future budgetary restraints remain probable. Read more from [this document](#).

[ChildObesity180](#) unveiled a hub of nutrition and health activities for out-of-school organizations and activities to utilize. The goal is to get kids moving, drinking and snacking smart.

Are you interested in planning a school garden from the ground up? The United States Botanic Garden and the Chicago Botanic Garden developed the “[School Garden Wizard](#)” for you! It outlines resources to build a school

garden and covers all subject areas from searching for funding, building garden boxes, to growing food. Look here for more information.

Watch the animated, health promoting [video clips at the base of this website](#) that focus on the Latino population.

Be on the look-out for "Songs For A Healthier America," a CD created with [Partnership for a Healthier America](#) and [Hip Hop Public Health](#).

You can dance and teach nutrition with these [Jump with Jill music videos](#).

Foodservice professionals will appreciate, "Fruits & Vegetables Galore," a tool for school foodservice professionals. It's packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. Visit [this site](#) to download the guide.

This US Air Force [report](#) encourages families to stay fit to reduce childhood obesity.

Have you seen the "[MyPlate Community Toolkit](#)?"

[Check out these age-based recommendations for soda consumption.](#)

Are you a community gardener? Have you placed your garden (or searched for a garden near you) on the [People's Garden Map](#)? Learn more about the mission of [People's Garden](#), and review some of their resources [here](#)!

Can you donate your fresh produce to your local food pantry? Find out how at [this site](#).

Webinars:

NEW-You can watch this recorded webinar titled, "The Importance of Nutrition to Healthy Immune Function." It is located [here](#). It's presented along with [webinar handouts](#) and a [Q and A follow-up](#) video. Take a peek at more recorded webinars available under the archives section of this website.

NEW-The People's Garden site contains lots of webinars about gardening, procurement, asking for volunteers at a community garden, starting a school garden and more. Look to this [archive](#).

The Farm to School Grant Webinar recording is now available. The US Department of Agriculture ([USDA](#)) presented a 4-webinar series about applying to the Farm to School Grant Program for fiscal year 2014. Visit [this website](#) to watch them.

The Food Research and Action Center ([FRAC](#)) is presenting on new School snack reform in schools. See the [recorded webinar](#).

The Society of Nutrition Education and Behavior is presenting, "Spring into

Active Learning - Use Simulation to Develop Counseling Skills" on Thursday, April 30th at 12:00 – 1:00 PM (EST). During the webinar, you will explore an innovative method to promote advancement of skills among practitioners in the areas of assessment, education and counseling of obese clients. 1 continuing education credit is provided. It costs \$10 to attend. Click [here](#) for a detailed description and registration information.

During this webinar you can learn to create a healthy workplace. Check it out on May 15th from 1:00-2:00 PM (EST). Register and learn more at [this site](#).

Early Learning and School-Age Practitioners in Pennsylvania! There are self-learning modules available on [ECELS website](#). Here are just a few of the topics they explore:

- [Self, Active Play](#)
- [Environmental Health](#)
- [Family Child Care Health and Safety](#)
- [Food Allergy](#)
- [Model Child Care Health Policies](#)
- [Oral Health and Nutrition](#)

For more on breastfeeding and child feeding, see the list of self-learning modules, [here](#).

Events:

NEW-Stamp out Hunger! Place a bag of non-perishable food items on your doorstep on the morning of May 11th, and your postal carrier will pick it up for a donation to end hunger! [Find out more!](#)

NEW-Teachers, administrators, youth garden instructors, even volunteers can come to Longwood Garden from July 8-11th for gardening class! Find ways to integrate teaching curriculum into school and campus gardens too! Continuing education credits for teachers will be provided. [Learn more and register](#).

NEW-Support the hunger activists at [Philabundance](#) until April 21st, by [voting](#) for your favorite structure made of cans during CANstruction Philadelphia!

The M.E. John Lecture titled, "Growing Health: A Vision for U.S. Food and Agriculture Policy" will be presented by David Wallinga, M.D., M.P.A. He is the Senior Advisor in Science, Food and Health at the Institute for Agriculture and Trade Policy and founder of www.HealthyFoodAction.org. The event will begin at 2:30 PM on Friday, April 19th at Penn State's Agricultural Science and Industry Building, room 101. Stop [here](#) for details.

Sink your teeth into some local treats at the [Central PA Food Bank's](#) 17th Annual Taste of Lancaster County on Sunday, April 14th! Purchase your tickets [here](#).

The Highmark Walk for a Healthy Community is raising money for local health and human service agencies in Pennsylvania. Join today and walk through these Pennsylvania locations: Pittsburgh, Erie, Bethlehem, Harrisburg and Johnstown. [See this site](#) for race times, locations and more registration details.

On April 24, the Cumberland County Cooperative Extension Office is holding sustainable garden classes and much more. Look to [this site](#) for details.

The 2013 Nutrition Conference is scheduled for May 1 – 2, 2013 at the Penn Stater Conference Center Hotel. Attention to elderly nutrition and care will be brought center stage. The registration deadline is April 19, 2013. See more information at [this site](#).

Check out a listing of food and agriculture conferences happening across the nation. There will be an event held in Philadelphia in August. Look to [this site](#) for more details.

Both the Nutrition and Prime Time Health Conferences will be held from May 1-3, 2013 in State College, PA. Please phone the [Long Term Living Training Institute](#) at (717) 541-4214 for additional information, and registration materials will soon be available [here](#).

The [Pennsylvania Dietetics Association](#) wants members to lick their chops to get ready for their annual conference, "Setting the Table for Life Long Learning." Free the dates of April 21st- 23rd for a trip to Monroeville, PA. You can register [here](#)!

Grants and Opportunities:

NEW-[Jump With Jill](#) wants you to dance, film it, and send it her team by May 17th! By doing so, you could win a \$1,000 grant and a Watermelon Party. Even without the grand prize, you could be featured on her website! [Here are winning tips](#), so you might make the best video out there. And, [take last year's winners as an example](#)! Find out more contest information [here](#)!

NEW-The [Second Harvest Food Bank](#) in Erie, PA has a sponsorship opportunity available for their Buffet on the Bay 2013 event! If your business or organization is interested in sponsoring and joining the fun on Saturday, June 29, please call Heather today at (814) 459-3663, ext. 113.

Chefs that are ages 8-12 can enter the [Let's Move](#) lunch recipe contest until May 12th. Go to [this site](#) for recipe requirements and details.

The [National Garden Association](#) presents multiple grants and awards for garden interventions and initiatives. Click [here](#) to get to their website, and then click on the "Fundraising and Grants" tab.

The [US Department of Agriculture](#) announced the Childhood Obesity Prevention Program Development Grant opportunity open to universities and researchers. Click [here](#) for details.

Do you own a restaurant or run a foodservice facility? Then highlight healthy options on your kids menu for this recipe challenge! Applications aren't due until October 1, 2013. Find out more details [here](#).

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