

PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 16, 2012

IMPORTANT PA NEN LINKS

[NEWS NIBBLES-PAST ISSUES](#)



PA NEN News

Registration for PA NEN's annual conference ends TODAY!

Sessions are almost full! Reserve your spot at our annual conference, "What's on Your Plate?" Late registration rates begin on April 14th. Review the list of available sessions online and register [here](#).

PA NEN's Summer Workshop, "Fast Food on A Skinny Budget," is back with Amanda Archibald!

This one day culinary-nutrition workshop focuses on preparing health-supportive dishes using a variety of convenient kitchen equipment, affordable familiar ingredients and basic cooking techniques. Recipes are purposely chosen to illustrate that healthful and affordable meal preparation is achievable in minimal time, using limited cooking equipment and basic cooking skills. Look to this [site](#) for workshop locations, dates and registration information. Five CPEs are available for Registered Dietitians and Dietetic Technicians.

PA NEN is 'Blogging' With Mark Winne!

PA NEN has added a blog to the website! What is a blog? It is an online journal that can be used to post articles, breaking news or a collection links for you to comment on, provide feedback or simply read. Our first blog post has been submitted by Mark Winne—an outstanding author, advocate for healthy food for everyone and supporter of sustainable food systems. Click [here](#) to check out his post, "Food Elitism for All," and add your thoughts.

International and National News:

[Trace amounts of plastic is in our food.](#)

[Mark Winne's Personal Blog speaks on Australian food systems down-under.](#)

Here are four resources that outline good choices while eating out: [1](#), [2](#) and [3](#).

[We can urge low-income clients to change unhealthy habits, not just](#)

[their diets.](#)

In [one study](#), obesity in moms correlated to a rise in autism in their children. More research is necessary to prove these as connected issues.

[This author believes that sugary, salty, fatty foods might not be the cause of obesity.](#)

[Breakfast in the classroom? Why not!](#)

The Federal Drug Administration ([FDA](#)) reacted to [antibiotics in our food supply](#).

[The sugar manufacturers seek sweet revenge against corn syrup producers' claims about the nutritional make-up of high fructose corn syrup.](#)

New [research](#) shows that Food Stamps might have reduced the poverty rate by 8% in 2009.

A cultural awareness to encourage certain people to get healthy seems best. This approach cooks up beautifully for [Native Americans](#) and [Mexicans](#).

[Should "lean, finely textured beef" be labeled?](#)

Local:

Philadelphia: [With Earth Day right around the corner, we can respect our environment by eating less meat and more vegetables.](#)

Resources:

You can find Food Resource Action Center ([FRAC](#)) [analysis](#) about the lack of food access in rural areas.

The [Institute of Medicine](#) released a report on nutrition and aging at the end of March 2012. You can see the summary, and download the document from this [site](#).

Have you heard of Front-of-Package labeling? There's a "Traffic Light" system used in Europe that tags the good and bad nutrients of packaged foods with a traffic light (green light meaning "good and healthy" and red warns of the "unhealthy"). Look to [this research](#) study to learn more about this type of categorizing, its successes and failures.

Many who go hungry are actually considered overweight or obese. A new brief, ["Making the Connection: Linking Policies that Prevent Hunger and Childhood Obesity"](#) released by Leadership for Healthy

Communities, a national program of the [Robert Wood Johnson Foundation](#), suggests that policymakers seeking to reduce hunger can inadvertently reduce community obesity rates. Some of the policy strategies outlined in the brief include: Creating a healthy food financing initiatives to increase access to nutritious foods; supporting farm-to-institution, farm-to-school and school garden programs; increasing free and reduced-priced school meals; and partnering with the private sector to extend the nutrition assistance programs' reach through double-coupon initiatives. [Here](#) is the full report.

This "[School Food Purchase Study](#)" provides national estimates of the type, quantity, dollar value and unit price of food acquisitions by public school districts participating in the [National School Lunch](#) or [Breakfast Program](#). The [study](#) examines the overall changes in the composition of school food including foods purchases for a la carte sales and the relative importance of donated USDA foods. It also provides relates and discusses district characteristics, purchasing practices, and food costs.

Look to "[Building a Healthy America: A Profile of the Supplemental Nutrition Assistance Program -- U.S. Department of Agriculture Food and Nutrition Service](#)." This report summarizes the past research on the SNAP program outcomes. You can look to this information, so to be on the same page as we work together to provide SNAP benefits to those Americans in need.

[Reductions in obesity rates would significantly lower healthcare costs. Here is the report and supporting statistics.](#)

Webinars:

There is a webinar called, "Creating Just and Healthy Food Systems: The Role of Professional Associations" on Wednesday, April 25, 2012 from 2:00-3:00 PM (EST). These days, food systems reach out globally. To realize a healthier, more just food system, it will take the strength of numbers. Professional associations can bring this type of support from their members and their resources. If this topic spikes your interest, you can [register now](#).

Events:

The [35th Annual National Food Policy Conference](#) will be held in Washington D.C. on May 17-18th. Discussion topics include: the progression of nutrition policy, antibiotics in our food supply, the changing climate of our food system, genetically engineered foods, the future of food assistance programs, school food nutrition and much more. Look [here](#) for the agenda and [here](#) to register.

Do you know any kids in Philadelphia and surrounding areas? Might they like hiking, biking, swimming or running? [Triyouthalon](#) (pictures of their events are available on [Youtube](#)) was organized to bring families

together to enjoy exercising, eating healthy and supporting each other. Three or four duathlons and triathlons are held throughout the year for participants of various ages. Their next event for kids age 15 and older will be held on May 19th, 2012 at Pennypack Park. Check out [this site](#) to learn more and register for upcoming events.

On Monday, May 7, 2012 at the Leows Philadelphia Hotel a culinary event called, "Taste of the Nation Philadelphia" will be held to fight childhood hunger. Organizations involved include the [Greater Philadelphia Coalition Against Hunger](#), [Philabundance](#) and the [Food Trust](#). Click [here](#) for more information and registration.

Grants and Opportunities:

NEW-The USDA released a Request for Applications for the Farm to School Grant Program. The RFA is posted on grants.gov and the USDA Farm to School [website](#). Two kinds of grants are available: (1) a Planning grant is intended primarily for K-12 school food authorities who participate in the [National School Lunch](#) or [Breakfast Programs](#) that are beginning Farm to School. (2) an Implementation grant is geared towards advancing already existing Farm to School initiatives. K-12 school food authorities, state and local agencies, Indian tribal organizations, agricultural producers or groups of agricultural producers and non-profit entities working in partnership with school districts, may apply for implementation grants. Applications are due June 15, 2012 and awards are expected to be made in October 2012. Two webinars will be offered to inform applicants about this grant opportunity. The first will be on Tuesday, May 15th at 1:00 PM (EST) for Implementation grants and on Thursday, May 17th at 1:00 PM (EST) for Planning grants information. Visit the [USDA Farm to School website](#) for more details.

NEW-[Action for Healthy Kids](#) its School Grants for Healthy Kids opportunities in the 2012-2013 school year. Schools will be awarded \$1,000 to \$5,000 with further contributions from Action for Healthy Kids in the form of people, programs, and school nutrition expertise. Participating schools must take part in the [National School Lunch](#) or [Breakfast Program](#). Over 50% of their student population must be eligible for free and reduced school meals. Sign up here to attend a [webinar](#) to learn more about the available grant opportunities for 2012-2013. Applications are due on May 5th.

The USDA is looking for people willing to promote farmers markets, produce stands and other farm-to-consumer marketing efforts. Through their Farmers Market Promotion Program grant, the hope is to spread the word about fresh, affordable, healthy food choices available to all Americans, especially those with limited food access. Grants will be accepted through www.grants.gov and are due on May 21, 2012. Information on applying for the grant is available online at this [site](#). Look to the [USDA blog](#) or [press release](#) for more information and direct

contact people.

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