

# PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 1, 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 Registration Rates have been Extended to April 19th!

Save money by registering for PA NEN's Annual Conference before 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.

### PA NEN Board Meeting—April 30th, 2013

The PA NEN Quarterly Board Meeting is coming up on April 30th, and all PA NEN members are invited to attend. This meeting will be held at the Sheraton Harrisburg-Hershey Hotel in Harrisburg, PA from 10:00 AM to 2:30 PM. There will be a \$25.00 charge for lunch. Please email [jbartol@phmc.org](mailto:jbartol@phmc.org) by April 5th to RSVP and confirm your spot at the meeting.

### SNAC VEGETABLE of the Month: Spinach

Greens mark the turn of spring! Spinach's hardy leaves inch their way to the soil surface in the chillier months. Farmers take advantage of this cold-resistant crop by growing it in green houses without heating. Keep a pack of frozen or fresh spinach in the fridge to remind you of the growing season around the corner! Check out what you can do with this lovely vegetable in this [SNAC Newsletter!](#)

## International and National News:

[Kids speak to how much they like to garden!](#)

The trials to overcome to start restricting the Supplemental Nutrition Assistance Program ([SNAP](#)) food plan to healthier options. [Read more.](#)

[Candy makers pledge to take new avenues to fight obesity.](#)

[A soda tax might work.](#)

[More fruits and vegetables and fewer soda sales?! Maybe health campaigns work!](#)

[Are you ready for ant-obesity grants?](#)

[A testimony to government nutrition assistance services.](#)

[A study shows that calorie counts sway how much people eat.](#)

[Hunger movements in San Diego declare, "The opposite of hungry isn't full. The opposite to hungry is healthy!"](#)

[A film highlights starvation across America.](#)

[An afterschool fitness program gets kids moving!](#)

[You can teach people to cook on a budget!](#)

[Genetic make-up is linked to childhood obesity risk.](#)

[The food industry pledges to reduce the calories sold to consumers.](#)

[The snack food association takes a stand against obesity.](#)

[Bees pollinate food so it can grow. But, bee populations have been decreasing drastically.](#)

[Physical activity for kids reduces bone loss later in life.](#)

[Doctors get minimal nutrition training.](#)

[Should we drink diet or non-diet soda? Here are the facts; you decide.](#)

[Redesigning supermarkets can make for better health.](#)

[A psychologist walks through responsible ways to educate your children about food marketing.](#)

[It's not fair that the Supplemental Nutrition Assistance Program \(SNAP\) gets a bad rap. \[Read on.\]\(#\)](#)

[How innovative! Schools form a food alliance to purchase eco-friendly, healthy meals and supplies at lower prices.](#)

[Environmentally active schools reduce food waste and save money.](#)

[Latino dances reach the mainstream exercise arena.](#)

[An introduction to healthier snacks in school.](#)

[A bill proposes that school lunch covers to weekends and holidays too.](#)

Strokes occur more often in younger adults. [Listen in!](#)

[The proof is in. Laws that guide schools toward a healthier school lunch actually work.](#)

[The FDA announces a new schematic for the Nutrition Facts Panel.](#)

[Do we want profit or healthy children?](#)

[Georgia plans to add 30 minutes of physical activity for all elementary students.](#)

The US Department of Agriculture ([USDA](#)) [wants to reduce rural poverty.](#)

[The questionable science of counting calories](#)

### Local:

**Central PA:** [On Facebook you can vote for the Central PA Food Bank to receive a 3 million dollar grant in order to serve the food insecure across the nation.](#)

**Pennsylvania:** [Farm Rich brand frozen food is recalled due to potential E. Coli outbreak.](#)

**Pennsylvania:** [Asset tests in Pennsylvania heighten SNAP-eligibility requirements.](#)

**Philadelphia:** [See the potential of parks to get people moving.](#)

**Philadelphia:** [Philadelphians make healthier food choices!](#)

**York:** ["Play the Street" from the Let's Move! Initiative comes to York, PA. Let your community be next on the map!](#)

### Resources:

[Learn how to implement new competitive food \(also known as snack foods in school\) standards in school report.](#)

[Can you find suitable ways to reduce food waste and save money?](#)

[Sabias Usted? Do you know about the plight of Latino childhood obesity.](#)

[Health school meal recipes for beef dishes.](#)

This [resource](#) is for people who want to know more about food policy.

Dietitians, dietetic technicians or dietetics students who are a part of the

Academy of Nutrition and Dietetics ([ACND](#)) you can look to the research behind [healthy nutrition guidance for kids age 2-11](#).

Do you want to know about food security in the Supplemental Nutrition Assistance Program? [Then read this summary](#).

[See if you can tell how big portions have grown over the past 20 years by taking this interactive quiz](#).

Check out [this resource](#) for more information about implementing healthier snacks in school and other facilities. For more information about pursuing healthy vending in your state or community, please contact [Katie Bishop](#) or (202) 777 – 8351 for more information.

### Webinars:

*NEW*-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](#).

*NEW*-Learn about San Diego's creative approach to childhood obesity with this webinar recording. Directions and further information can be found [here](#).

*NEW*-Here is a [link to the webinar recording](#) on healthy vending in school.

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](#).

The [Summer Foodservice Program](#) is holding webinars about expanding summer feeding programs. These webinars will be at various times and dates. [Please fill out the survey for more information](#).

### Events:

On April 10, 17, and 24th, 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](#).

Are you interested in the *Lets Move!* Initiative or learning about employee health and stress management? Then the ECELS Workshop for Health and other Technical Assistance Professionals might work into your schedule. It will be held on Thursday, April 18, 2013 from 9:00 AM – 4:00 PM at the Berks County Intermediate Unit: Education Centre (Room EC 177). CME/CEUs are pending from the University of Pittsburgh. Credit will also be awarded through the PA Keys Professional Development System. For more information, contact [Nancy Alleman](#), the ECELS Lead Training/Technical Assistance Coordinator or call toll free at 800-395-3948 or locally in Pennsylvania at 717-303-0406.

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](#).

How do you cope with natural disasters and food distribution? When will sodium be reduced in our foods? What role does immigration reform play within our food system? Answer these questions and then some at the National Food Policy Conference to be held on April 15-16 in Washington D.C. Review the [agenda](#), and [register 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:**

[Kids Eat Right](#) created the "Eat Right Hunger in Our Community" toolkit. Now there are twenty-eight, \$200 grants available to nutrition educators willing to give two presentations from this toolkit. Applications are due April 12, 2013. Check out [this site](#) for application details.

Might you be interested in our health status of the elderly? Then you could check out the [Health and Aging Policy Fellowship](#) available to health professionals within this realm. Learn about this opportunity at this site. Applications are due on April 15th.

Do you think food insecurity in America is an important issue for the Academy of Nutrition and Dietetics? [Tell them your thoughts](#).

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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