

PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 7, 2014

IMPORTANT PA NEN LINKS

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PA NEN News

Summer Workshops 2014 are 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 Ext. Office

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

The 2014 PA NEN BOARD BALLOT – Cast Your Vote Today!

The PA NEN Board has several vacancies to fill for the 2014-2017 election term. Seven names have been placed on the ballot. A candidate statement has been provided by each nominee and is located at the beginning of the ballot.

As it states in the bylaws, candidates must be elected by the PA NEN membership in order to be seated on the PA NEN Board.

To cast your vote, simply click [here](#).

The ballot will close on Wednesday, April 16, 2014 at 5:00 PM.

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:

[This photo essay speaks out about the "Faces of Food Stamps".](#)

[This Durham school shows off all the food their healthy cafeteria adopted!](#)

[School food waste solutions](#)

[Kids have trouble identifying healthy food in fast food meals.](#)

[Take 22 simple ways to edge in some more fruits and veggies everyday.](#)

[This is an analysis of the research with controversial claims about the "rise" or "fall" in obesity.](#)

[What does "moderate candy consumption" actually mean?](#)

[7 easy ways to avoid constipation](#)

[Promoting tribal foods on Indian reservations is better for health.](#)

[What are the jobs with a stronger risk of obesity?](#)

[Perception of fat and sweetness lowers in obese women smokers.](#)

[Fitness challenges over social media appeal to some people.](#)

[Stress, adrenal fatigue, and weight gain: what's the link?](#)

This family lies to food pantries. [See why.](#)

[Parents monitor media kids take in, and these children eat less.](#)

[10 ways to fit fruits and vegetables into your diet.](#)

[In NYC, you'll find about 10 bodegas before you reach a supermarket.](#)

[Learn the art of cross training with these sixteen ideas!](#)

[Entrepreneurs invest in the Farm Bill.](#)

[How can grandparents help their grandkids to eat healthier?](#)

How can your school's cafeteria make lunch awesome? [Take these tips.](#)

[What challenges does school foodservice face when trying to serve healthy](#)

[lunches?](#)

["Exergames" get kids in shape!](#)

[The food and nutrition label recommended by the FDA is expected to have some pushback.](#)

How do you get fruits into dinner? [Check out these creative recipes.](#)

[One public health strategy to "ban" fast food meals for kids comes under fire. This article claims that the goal of this strategy was misrepresented by media. They were trying to incentivize healthy fast food.](#)

[If you eat low fat, the healthiness of your diet depends how you replace the fat.](#)

[Long, intense running workouts can be harmful for your heart.](#)

Our food supply is changing because of climate change. [Here is how.](#)

[Grocery stores in underprivileged communities need more than just good food in their stores. They need educators and food demos to promote healthy too!](#)

[Research shows that food hardships, early in life, have long-term implications. That's why daycare feedings try to nip this problem in the bud.](#)

[The sixth annual White House Garden is being planted.](#)

[Parents monitoring the media kids watch is linked to the child's weight.](#)

[How much iron does your child need?](#)

[Quick tips for when kids get stuck on one food.](#)

[Consider these issues before going vegan or vegetarian.](#)

[Food prices are on the rise.](#)

[People are starting use nutrigenomics in practice to test for obesity risk.](#)

[Check out five ways to support young farmers.](#)

[Fermented foods have their benefits.](#)

[Omega 3 supplementation: Is it helpful? Here is the most recent research.](#)

[Stretch budget and boost health with these foods.](#)

[More food pantries pop up on college campuses.](#)

Local

Allentown: [Look beyond black plastic for weed control.](#)

Lancaster: [A local writes about how size looks different from one person to the next.](#)

Pennsylvania: [What is the healthiest county in PA?](#)

Philadelphia: [Sweet and salty tastes are linked to growth. A Philadelphia researcher says, "Growing children's heightened preferences for sweet and salty tastes make them more vulnerable to the modern diet, which differs from the diet of our past, when salt and sugars were once rare and expensive commodities."](#)

Pittsburgh: [Squirrel Hill Food Pantry's director wrote to his legislator about the State Food Purchase Program, and he got a response!](#)

State College: [Research shows that people prefer to go out to eat to places with nutrition facts on the menu.](#)

State College: [Students work to develop behavioral health solutions online.](#)

State College: [Professors and students involved in nutrition science gain recognition from Penn State University.](#)

Resources:

How many packs of sugar are you drinking? [Use this sugar calculator to find out.](#)

[30 kid approved recipes](#)

Action for Healthy Kids is working to make the connection between kids' academic success and physical health. [See more in their annual report with their goals. It's quite user-friendly and full of pictures.](#)

[Here is an overview of recent Farm to School legislation happening across the country.](#)

The Food and Nutrition Service (FNS) has released [the Fiscal Year \(FY\) 2015 SNAP-Ed Guidance](#). It is similar to the FY 2014 Guidance but highlights FNS' expectations regarding State SNAP-Ed requirements. The Guidance encourages State and Implementing Agency staff to review the updated toolkit, [SNAP-Ed Strategies and Interventions: An Obesity Prevention Toolkit for States](#), to help identify evidenced-based obesity prevention policy, systems, and environmental change interventions.

Check out the ["Healthy Meeting" toolkit](#) and the [summary](#) of what it's all

about.

View [the vegetable roasting guide visual](#). Too, learn the best and simplest ways to cook vegetables from this [infographic](#).

The US Department of Agriculture's Farm to School team has developed a clear and comprehensive guide on procuring local foods for school nutrition programs. [Take a look!](#)

Researchers visited more than 7,000 grocery stores in California, from small corner stores to big-box stores. They led a survey which looked at how tobacco, alcohol and junk food are marketed. Check out the many unhealthy promotions in these stores by reading the Healthy Stores for a Healthy Community campaign's [report](#).

Webinars:

NEW-"Perinatal Health Behaviors: Women, Weight and Smoking," is a webinar on Thursday, April 17th from 12:00-1:00 PM (ET). Join in to learn about the relationship between smoking cessation and weight gain, ways to address this issue, and to see how postpartum relates to it all. [Reserve your webinar spot!](#) The webinar is free. Continuing education credits for dietetic technicians and registered dietitian nutritionists are available.

NEW-"School snack standards: USDA's Smart Snacks Standards - What they are, When do they kick in and How you play a role" is a webinar being held on April 16th at 2:30 PM (ET). It's free, [so register today](#).

NEW-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.

NEW-"[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](#).

TedEx Manhattan held an online conference called, "Changing the Way We Eat" on March 1, 2014. If you're interested in our food system and food

availability, this resource is for you! It's an annual event, so you can watch movies from previous speakers here.

- [2011](#)
- [2012](#)
- [2013](#)
- 2014 is on its way.

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.

Wholesome Wave's Healthy Food Commerce Investments program is focused on studying food hubs and their viability. This webinar will outline what makes a solid, investable hub business? Food hub managers, potential investors, and food hub supporters will all benefit from this presentation. View the recording [here](#).

Food banks have tremendous infrastructure and a commitment to feeding people nutritious food. Several food banks have invested in local/regional food systems. Join this conference for some examples! Be ready for presentations from FoodLinkNY and the Sacramento Food Bank. [View the recording here](#).

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:

NEW-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.

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

NEW-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!

NEW-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](#).

NEW-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](#).

Check out the Health Education Council and Break Free Alliance's fourth national conference, "Promising Practices to Promote Tobacco Free Active Living and Healthy Eating in Low Socioeconomic Status Communities." It will be held in Washington, DC. Look [here](#) for more information.

"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.

Lancaster Family YMCA Kids Marathon at Garden Spot Village is on April 11, 2014. Kids from kindergarten to 8th grade can join from 6:00-12:00 PM. During this time, they will finish 25 miles of walking, biking, or running. Get more information about the [event here](#).

Stroehmann Walk+Run Against Hunger will be held on April 12, 2014. It's a 5K starting at the Philadelphia Art Museum that raises funds for over 100 hunger relief agencies in South Eastern, PA. You can learn more about this event at [this site](#).

Grants and Opportunities:

NEW-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](#).

NEW-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](#).

NEW-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](#).

NEW-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](#).

The Academy of Nutrition and Dietetics Foundation names research money available annually to Academy members at all levels of practice. These grants are available in variety of areas including renal disease, childhood obesity, nutrition and oral health, diabetes medical nutrition therapy, diet and neurological disorders and nutritional epidemiology. The application deadline for research grants is April 1. [You must be a member of the Academy to log-in and get to the application](#).

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](#).

The Student Advisory Committee is providing a 2014 National Nutrition Month Student Award Program, to honor student dietetics associations and clubs that hold an event during National Nutrition Month. After your event, apply for the award by April 15. Find out more by looking under of the "student community" section of www.EatRight.org, or email students@eatright.org.

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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