

PA NEN - Weekly Food & Nutrition News Nibbles



Week of April 22, 2013

IMPORTANT PA NEN LINKS

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

[NEWS NIBBLES](#)

[NEWSLETTERS](#)

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717.233.1791



PA NEN News

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:

[Schools cover the extra cost for locally grown produce in meals.](#)

[Are fast food chains tricking consumers into buying "healthier" foods?](#)

[Frozen foods are can help fill in the gaps when fresh food is too time consuming or unavailable. Companies are ready to push for them!](#)

[Spruce up the kids' lunchboxes!](#)

[Research shows that foodborne illnesses are on the rise.](#)

[We could get sick because of antibiotic resistant bacteria in our food supply.](#)

[A gerbil study links a high salt diet with higher risks of stomach cancer.](#)

[Should we be aware of the lead in rice?](#)

[Get moving underwater! Pool aerobics helps the elderly exercise safely.](#)

[A gal swore off driving her car for a couple of years. See how she became more active and happier!](#)

[Blanched veggies keep fresh longer.](#)

The US Department of Agriculture ([USDA](#)) wants to track meat. The details are on this [site](#).

[It's important to research hunger in America!](#)

[Celebrate spring by adventuring through a park!](#)

People want to know how much, where, and what foods the Supplemental Nutrition Assistant Program ([SNAP](#)) dollars are spent on. [Read on](#).

[This organization creates an active culture in the Latino community.](#)

[Food diaries on a smartphone become the most popular and practical way to track your diet.](#)

[See the neuroscience proving the scholastic benefits of eating breakfast and participating in physical activity.](#)

[2 simple strategies for eating less at the buffet line](#)

[Parents don't have to pressure or restrict kids from eating. Foods in moderation are the key.](#)

[Take note of some recipe ideas for healthy, happy kids on their birthdays!](#)

Local:

Philadelphia: [A farm team prepares for next season!](#)

Pennsylvania: Look in your freezer...Do you have any of [these frozen snacks](#)?! They're being recalled for an E. Coli contamination.

Pennsylvania: Deli meat! There's been a recall on cooked meat, poultry, and deli products because of a Listeria contamination. Look for a sell-by date of May 13-June 22 and at [this website](#) for details.

Philadelphia: [A Philly-based dietitian organizes your spice cabinet!](#)

Philadelphia: [5 ways to be active and have fun with kids](#)

Resources:

Is a vegan lifestyle okay for babies? Check out these [age based recommendations](#) for a vegan diet.

April 29th-May 5th marks Screen-Free Week! [This website](#) outlines the campaign details and pushes tips to turn off the TV.

See how your diet impacts your health and our environment by taking [this quiz!](#)

A [study](#) reviews diet and exercise among patients at various income levels suffering from cardiovascular disease.

Review this great [Meatless Monday Toolkit](#) for schools, and [here's](#) the supporting website.

[Considering obesity might cost up to \\$150 billion dollars in health care costs, investing in solid nutrition research will provide savings to individuals and the entire healthcare system. Surely, this would offset the cost of the studies.](#)

[What are the consequences of Sequestration on hunger?](#)

This lengthy [report](#) outlines research and strategies to prevent weight gain among adults.

Find the US Department of Agriculture's ([USDA's](#)) budget at [this link](#). The Food, Nutrition and Consumer Services section starts on page 51. Before you jump into it, check out the budget synopsis:

- It predicts a reduction to 44.7 million Supplemental Nutrition Assistance Program ([SNAP](#)) participants per month as the economy improves.
- It also hopes to extend the Recovery Act benefits for six months until March 31, 2014. This extension costs \$2.2 billion, and without it, a four-person household will lose \$37 per month in SNAP benefits.
- Child nutrition programs and WIC are also funded to support projected participation rates and food inflation.
- The budget also proposes \$35 million in competitive grant funding to help up to 10,000 schools purchase cafeteria equipment.

The Senior Farmers' Market Nutrition Program will hopefully receive \$21 million. Funding for Older Americans Act nutrition programs would be the same as the previous year. [Details about this can be found on page 106 of the Health and Human Services budget brief.](#)

Webinars:

NEW-The recording of the, "Why Obesity Is Important to the Latino Community Web Forum," (originally broadcasted on Tuesday, April 16, 2013) is now available. Supplemental resources and presentation slides can be found on this [site](#) too!

NEW-On April 30, join the webinar, "School Meals and Community Partnerships: Creative Solutions against Food Insecurity." It's third in a series which teaches the nutrition requirements for the National School Lunch Program, documenting the recent changes to improve the nutritional

quality of school meals. [Register today!](#)

NEW-Today's Dietitian keeps a listing of continuing education webinar recordings! Some are free and others are not. See if any on [this list](#) spark your interest.

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.

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:

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!](#)

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.](#)

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

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.

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](#).

Grants and Opportunities:

[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!](#)

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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